



YOU WANT TO ACT

***76% of workers report that workplace stress affects their mental health and 75% experience burnout.**
People are spending a lot of time in the Red Zone and out of the Green Zone.



Green Zone:

1. Use the rational part of your brain
2. Effective problem-solving
3. Resilience
4. Teamwork
5. Engagement
6. Influential leadership
7. Peak performance
8. 31% increase in productivity
9. 37% increase in sales

Burnout occurs when people are spending most of their time in the Red Zone. That is the bad news.

Red Zone

1. Use the emotional part of your brain
2. Poor problem-solving
3. Feel helpless
4. Overwhelmed with distress
5. Disengagement
6. Passive or aggressive leadership
7. Poor performance
8. Costs US companies over \$300B annually
9. 91% of workers report unmanageable stress

The good news is that, no matter what is happening, there are research-supported strategies to get out and stay out of the Red Zone. You want to ACT

A = Apply your Awareness (Learn how to identify when in the Red Zone)

C = Change your State (Do something healthy and helpful to decrease distress)

T = Transform your Perspective (Rewire your brain so your mindset propels peak performance)