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

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)

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