



Coping with Stress Dumping:

3 Steps to deal with stress caused by other people

What do you do when a phone call from an upset client, your college-aged offspring, or a stressed-out friend causes your stress to increase?

Mimicking other people's stress is part of how our brains create empathy, which is why it can feel awful to have someone dump their stress all over you.

This program, created specifically for high-performance teams in high-pressure occupations as part of Eliz Greene's work with hotel managers, call centers, and relocation professionals, reveals how to protect your sanity, well-being, and performance from stress dumping.

It includes 3 steps to:

- Recognize the signs of stress dumping.
- Frame the interaction to decrease the stress impact.
- Wipe off the stress rather than passing it along.