

## **Executive Stress Antidote** **by Robert Whipple: MBA, CPTD**



You may need an executive stress antidote. Conditions in the world over the past few years have led to a much higher level of risk. If you are an executive, you may live in a very high stress world.

The pressure for performance has caused health problems for numerous executives. The margin between success and failure is razor thin. Coupling that with a high degree of fluidity in working conditions makes the problem worse. It seems there is no way to avoid the incredible pressure executives face daily.

It is easy to feel powerless in a rut of never-ending expectations, not enough time, and frustrated co-workers. They go on with the same struggle daily, rarely gaining on the problems that are making them sick.

### **The Antidote**

What if there was an executive stress antidote? You could get out from under the immense pressure and have the ability to relax. Would that be helpful?

There is a pathway to this kind of existence. The first step on the path is to acknowledge the problem and realize that continuing to live that way is untenable.

Step two is to realize that as a leader you have the power to make change. Take back that power, then commit to finding solutions.

There are always more solutions than you know, always another way. That new way is the antidote, but until you decide to make it a priority, you will remain stuck. Once you and your team commit to finding the antidote for your situation, everyone gets new power and inspiration.

The antidote involves carving out time to work with your organization to create an improved culture. Develop a new way of interacting, a new way of approaching the demands of the world. Committing to change, to a more successful approach to your challenges, opens the door to more productivity and success.

### **Document Behaviors**

Investing in the culture means spending time with people learning how to work better as a team. It means documenting behaviors for how we treat each other to enable accountability. You must listen more often and more effectively to improve communication.

## **Building Trust**

The executive stress antidote means learning to trust each other. More delegation is possible, and micromanagement is not necessary. The perceived need to micromanage creates a significant percentage of executive stress.

## **Be Vulnerable**

Improving the culture means having the executive be more willing to be transparent and admit mistakes. This practice makes him or her more of a human being: subject to being vulnerable. It enables stronger rather than weaker leadership. The environment is relaxed and healthy.

## **Conclusion**

Take back your power; commit to positive change. Reduce problems and replace them with sanity and the joy of achieving great goals together.

If you are an executive near the limit of endurance, try investing in the culture. It will have a much higher ROI than any other activity you can envision. It could even save your life!

Bob Whipple is CEO of Leadergrow, Inc. an organization dedicated to growing leaders. He can be reached at [bwhipple@leadergrow.com](mailto:bwhipple@leadergrow.com) 585-392-7763. Website [www.leadergrow.com](http://www.leadergrow.com) BLOG [www.thetrustambassador.com](http://www.thetrustambassador.com) He is author of the following books: *The Trust Factor: Advanced Leadership for Professionals*, *Understanding E-Body Language: Building Trust Online*, and *Leading with Trust is Like Sailing Downwind*