

REACTIVE TRAIT NAVIGATING CHALLENGES

You struggle with negative emotions. You are more likely than the average person to feel sad, anxious, and self-conscious. You often interpret people or situations as threatening, causing anxiety. In social situations, you are likely to sense that you are being evaluated harshly or rejected by others.

Challenges You May Experience from Yourself and Others

Negative emotions tend to surface or are exaggerated in stressful or challenging situations. Stressful situations or settings can be common in certain jobs. These situations may include tight or unrealistic deadlines, feeling overworked, dealing with a difficult coworker, supervisor or customer, etc. When you are working in a stressful setting you may be perceived by others as being anxious, tense, restless, easily discouraged, temperamental, or worried. It's helpful to be aware of your emotions when under stress at work so that you can monitor your behavior.

How to Effectively Manage Challenges

- **Practice self-awareness:** Recognize when negative emotions arise in stressful situations and acknowledge their impact on your thoughts and behavior.
- **Utilize coping strategies:** Develop healthy coping mechanisms such as deep breathing, mindfulness, or taking short breaks to manage stress and anxiety.
- **Seek support:** Reach out to trusted colleagues, friends, or supervisors for emotional support and guidance during challenging times.
- **Set realistic expectations:** Avoid setting overly ambitious goals or expectations for yourself that may contribute to increased stress and anxiety.
- **Communicate effectively:** Clearly express your concerns or limitations to colleagues or supervisors, when necessary, while maintaining professionalism and seeking solutions collaboratively.
- **Prioritize self-care:** Invest time in activities that promote mental and emotional well-being, such as exercise, hobbies, or spending time with loved ones outside of work.
- **Learn from setbacks:** Use challenging experiences as opportunities for growth and self-improvement, reflecting on lessons learned and adjusting your approach accordingly.

Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Practicing self-awareness, utilizing coping strategies, and seeking support will help you manage stress and negative emotions while fostering a more positive work environment. This alignment with Jesus' principles can lead to personal growth and resilience in the face of challenges.

- **Practice Self-Awareness:** Jesus emphasized the importance of self-reflection and understanding one's own heart and motivations (e.g., Matthew 7:3-5, where He speaks about examining oneself before judging others). Recognize when negative emotions arise in stressful situations and acknowledge their impact on your thoughts and behavior. This self-awareness can help you manage your reactions.
- **Utilize Coping Strategies:** Jesus often withdrew to pray and seek solitude, highlighting the importance of taking time for oneself to find peace (e.g., Mark 1:35). Develop healthy coping mechanisms such as deep breathing, mindfulness, or taking short breaks to manage stress and anxiety, following Jesus' example of prioritizing time for reflection and rejuvenation.
- **Seek Support:** Jesus encouraged community and support among His followers, as seen in Matthew 18:20, where He said, "For where two or three gather in my name, there am I with them." Reach out to trusted colleagues, friends, or supervisors for emotional support and guidance during challenging times, fostering a sense of community in your workplace.
- **Set Realistic Expectations:** Jesus taught about the importance of being realistic and prepared, as illustrated in the Parable of the Talents (Matthew 25:14-30), which emphasizes using resources wisely and not overextending oneself. Avoid setting overly ambitious goals or expectations for yourself that may contribute to increased stress and anxiety. Instead, focus on achievable objectives.
- **Communicate Effectively:** Jesus was direct yet compassionate in His communication, addressing concerns clearly (e.g., John 16:12-15, where He prepares His disciples for what is to come). Clearly express your concerns or limitations to colleagues or supervisors when necessary, maintaining professionalism and seeking collaborative solutions.
- **Prioritize Self-Care:** Jesus highlighted the importance of rest and renewal, as seen in Matthew 11:28-30, where He invites those who are weary to come to Him for rest. Invest time in activities that promote mental and emotional well-being, such as exercise, hobbies, or spending time with loved ones outside of work, ensuring you take care of your holistic health.
- **Learn from Setbacks:** Jesus often used challenges and setbacks as teaching moments for His disciples, emphasizing growth and understanding (e.g., Luke 22:31-32, where He tells Peter that his faith will be tested but also strengthened). Use challenging experiences as opportunities for growth and self-improvement, reflecting on lessons learned and adjusting your approach accordingly.

Notes
