

WORKSHOP

Hypostress, Eustress, Hyperstress, Distress in Decision Making Process: Leadership Perspective



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NEW PARADIGM

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Stress can have a significant influence on the decision-making process. When people experience stress, it can impair their ability to think clearly and rationally, which can impact their decision-making abilities.

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A B O U T

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X57 deals with the creation and management of the implementation of projects that stimulate the increase in the efficiency of knowledge resources. We specialize in the effective use of knowledge codified in the intellectual potential and skills of employees.



LEARNING

G O A L S

&

O B J E C

T I V E S

Learning goals:

The curriculum allows better understanding that stress can have a negative impact on decision-making by impairing cognitive processes and leading to emotional reactivity and cognitive biases. Therefore, it's essential to manage stress levels to improve decision-making abilities.

Learning objectives:

Students will understand that some levels of stress can have a significant influence on the decision-making process. When people experience hyperstress or distress, it can impair their ability to think clearly and rationally, which can impact their decision-making abilities.

LEARNING OUTCOMES



Learning outcomes:

Students will be able to understand how:

- stress can cause individuals to focus more on the potential risks and negative outcomes of a decision.
- stress can cause individuals to react more emotionally to a situation, which can lead to impulsive decision-making. Individuals may prioritize immediate gratification over long-term goals.
- stress can create cognitive biases, or patterns of thinking that can skew decision-making. People under stress may focus too much on recent events or overemphasize the significance of small details, which can cloud their judgment.
- Stress can also cause individuals to focus their attention on only one aspect of a situation, ignoring other relevant information.

STRESS

CAN HAVE
SIGNIFICANT
IMPACTS ON
AN
INDIVIDUAL'S
PHYSICAL
AND MENTAL
HEALTH.

1. Cardiovascular problems: Prolonged work stress can increase the risk of developing high blood pressure, heart disease, and stroke.
2. Mental health disorders: Work stress can also contribute to the development of anxiety, depression, and burnout.
3. Gastrointestinal problems: Work stress can cause irritable bowel syndrome (IBS), indigestion, and ulcers.
4. Musculoskeletal disorders: Prolonged work stress can cause neck and back pain, repetitive strain injuries, and tension headaches.
5. Sleep problems: Work stress can cause sleep problems such as insomnia and sleep apnea, which can lead to fatigue, reduced productivity, and a lower quality of life.
6. Weakened immune system: Chronic work stress can weaken the immune system, making individuals more susceptible to illnesses and infections.

What can you expect...

Participants can expect to gain a better understanding of the relationship between stress and decision-making and learn practical strategies to manage stress and make better decisions. The workshop can also provide opportunities for discussion and reflection, allowing participants to apply their learning to their personal and professional lives.

DURATION:

One day - 8 hours

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Action plan:

1. Understanding stress: The workshop start with an explanation of what stress is, how it affects the body, and its impact on decision-making.
2. The science of decision-making: The workshop delve into the cognitive processes involved in decision-making and how stress can affect these processes.
3. Types of stress: Participants will learn about different types of stress, such as hypostress, eustress, hyperstress and distress, and how they can influence decision-making differently.
4. Strategies to manage stress: Participants will learn strategies to manage stress levels, including mindfulness techniques, exercise, and time management.
5. Avoiding decision-making biases: Participants will learn about different types of cognitive biases that can occur during decision-making and how to avoid them.
6. Implementing healthy decision-making practices: The workshop will focus on implementing healthy decision-making practices in daily life, such as taking breaks, prioritizing self-care, and seeking support when needed.

**DON'T ALLOW
STRESS TO
INFLUENCE ON
YOUR ABILITY TO
MAKE CORRECT
DECISIONS**

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