



Stressors & Remedies

ENFP

Possible Stressors:

- Immediate decisions requiring focus on facts, data
- Barrage of activity that takes focus off of what's important
- Loss of relationships
- Isolation in the midst of illness or tragedy
- Situations in which all options feel closed
- Being disrespected; competence doubted
- Being overloaded with details or being forced to attend to too many practical matters
- Violation of important values
- Being overcommitted or overextended
- Supervision that is too close and communicates distrust and doubt
- Too little outside stimulation or excitement
- Rules that inhibit the creative process and drain energy

Typical Reactions to Stressors:

- Physical exhaustion, illness (or fear illness), depression
- Depression, loss of enthusiasm or motivation
- Passive-aggressive in dealing with others
- Work harder, longer but less effectively
- Worry, anxiety
- Withdraw, shut down, avoid people
- Generate possibilities with no data and no follow-through
- Over emotional
- Over active
- Physical neglect – go without sleeping, eating or bathing

Resources and Remedies:

- Rest, pay attention to physical needs
- Participate in physical activities
- Take time for solitude, meditate
- Set boundaries; say no when appropriate
- Assess reality – the actual facts of a situation – instead of what could be
- Prioritize tasks and delegate to others
- Engage in relaxing activities engaging the senses – take a walk, listen to music
- Plan, make lists to avoid unwelcome surprises
- Share your feelings with someone who will provide non-intrusive, forthright concern

What else can you learn about yourself from your Myers Briggs® Type? Contact melinda@melindaelliottcoaching.com to find out!