



Stressors & Remedies

INFJ

Possible Stressors:

- Having to monitor too many details
- Working under ignorant, irrational or illogical people
- Too much extraverting
- Hearing too much cynicism from others
- Trying to solve everything alone
- A noisy, disorganized work environment
- Being asked to violate standards and principles or to tolerate deceit
- Lack of follow-through and poor performance by co-workers

Typical Reactions to Stressors:

- Intense anger, agitation, irritability, pessimism, fatigue
- Adversarial attitude toward the outer world
- Overdoing sensory activities- eating, exercising, watching TV, shopping
- Physical stress symptoms such as muscle tension
- Seeing external details as major obstacles that impede progress
- Obsessive attention to perceived sources of stress; difficulty refocusing attention
- Sleeplessness due to persistent reviewing of problems

Resources and Remedies:

- Withdraw; find quite time to reenergize; walk or exercise
- Reexamine the facts – what was actually said, what really happened – and then reconsider the implications
- Break big goals into smaller, realistic goals
- Delegate
- Ask for/accept help when needed
- Focus on hobbies and recreation
- Take time off
- Engage in simple, non-pressured activities that involve your senses (seeing, hearing, etc) such as taking a walk and experiencing nature
- 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!