



## Stressors & Remedies

### INTJ

#### Possible Stressors:

- Dealing with details, especially in an unfamiliar environment or details that defy logical frameworks
- Unexpected events that derail careful planning
- Working under ignorant, irrational or illogical people
- Too much extraverting
- 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:

- Feel scattered, disorganized, out of sorts
- Anger, agitation, irritability, fatigue
- Adversarial attitude toward the outer world
- Overdoing sensory activities – i.e. eating, cleaning, repairing, exercising
- 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 quiet time to reenergize
- Accomplish a concrete task to regain a sense of mastery – organize the office, paint a room, plant a garden
- Take time off, pull back from nonessential meetings and commitments to gain time for reflection
- Engage in simple, non-pressured activities that involve your senses (seeing, hearing, etc) such as taking a walk and experiencing nature
- Focus on hobbies and recreation
- Pursue physical activities with others loosening your natural reserve
- Ask for/accept help when needed
- 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](mailto:melinda@melindaelliottcoaching.com) to find out!