

STRESS & BALANCE for the RED Personality

BASIC NEEDS OF THE RED PERSONALITY

- Structure / organization
- Routine / schedules
- Belong and serve
- Power / status / security

BASIC IRRITATIONS FOR A RED

- People wasting their time
- Being told what to do or vague directions
- Surprises or excessive changes
- Losing at anything
- Too much planning, not enough action
- Emotional outbursts at work / can't separate work from home
- People that are unproductive, make excuses or don't meet deadlines
- Lengthy, complex explanations or abstract thinking
- When people question your authority or disagree with you

HOW A RED EXPRESSES ANGER IN CONFLICT

- Become more forceful
- Use physical means to express frustration
- Get angry
- Raise voice to intimidate
- Attack others personally
- Pound fist
- Get aggressive

BEHAVIORAL PATTERNS OF A RED IN STRESS

- Become impatient, abrupt and argumentative
- Have difficulty relaxing or getting a good night's sleep
- Work too hard and push themselves, often to the point of exhaustion
- Excitable and anger easily
- Become vocal and physically aggressive when feeling threatened
- Tend to skip meals, eat one meal a day or grab something quick
- Breathing becomes shallow and rapid

CREATE BALANCE & REDUCE STRESS FOR A RED

- Recognize stressors / when becoming stressed
- Deep breathing and get plenty of rest
- Count to 10 before speaking / yelling
- Watch your diet - eat regular meals, watch fat, don't grab fast food just to fill your stomach
- Exercise that increases cardiovascular circulation (including competitive sports)
- Passive relaxation (can be difficult for a Red) – get lost with the TV

STRESS & BALANCE for the **ORANGE** Personality

BASIC NEEDS OF THE **ORANGE** PERSONALITY

- Emotionally needed
- Service to others
- Cooperation / teamwork
- Emotional support

BASIC IRRITATIONS FOR AN **ORANGE**

- Being criticized for being emotional
- Being taken for granted
- Not keeping promises made to them
- Being treated impersonally or given the silent treatment
- Abrupt, rude, overbearing behavior
- Offensive or intimidating behavior
- Being pressed to make a decision before sorting out feelings
- Being taken advantage of

HOW AN **ORANGE** EXPRESSES ANGER IN CONFLICT

- Become accommodating
- When pushed, and can no longer stuff it, known to yell and throw things
- Become passive / aggressive
- Become moody
- Emotional outbursts
- Will back stab and gossip
- Become condescending
- Become antagonistic
- Is emotionally distant

BEHAVIORAL PATTERNS OF AN **ORANGE** IN STRESS

- Take on too much and let other's problems become their own
- Worry, creating a continual low level of anxiety about life
- Become erratic and suffer from emotional outbursts and deep states of depression
- Experience and wallow in self-pity
- Outlook on life becomes negative, and life itself becomes hard
- Use food for emotional comfort, struggle with weight issues
- Hold their emotions in till boiling point, then let loose

CREATE BALANCE & REDUCE STRESS FOR AN **ORANGE**

- Massage or long hot bath or shower
- Give yourself permission to do something for yourself
- Work with your breathing – don't hold your breath
- Guided imagery to create state of mind to allow you to relax
- Acupuncture
- Diet – watch carbohydrate intake that causes highs and lows
- Attend social activities
- Have strong support systems that when stressed can turn to for help dealing with those emotions
- Affirmations to create a relaxing environment
- Jazzercise or brisk walk with a good friend

STRESS & BALANCE for the **YELLOW** Personality

BASIC NEEDS OF THE **YELLOW** PERSONALITY

- Independence / autonomy
- Competence / expertise
- Intellectual challenges
- Novelty and change

BASIC IRRITATIONS FOR A **YELLOW**

- People who are illogical and display emotional outbursts
- Others taking an authoritarian approach and dictating to them
- Being embarrassed or humiliated in public
- Insulting their intelligence
- Controlling or intimidating behavior
- Asking them a question, then not listening to the answer
- Being forced into a decision before having time to think about it

HOW A **YELLOW** EXPRESSES ANGER IN CONFLICT

- Split hairs
- Nit pick everything
- Become argumentative
- Become aggressive
- Show open hostility
- Assume intellectual superiority over others
- See others as inferior and writes them off
- Challenge the other person's thinking
- Become indignant when accused of doing something that is not honest or ethical
- Withdraw and display emotional indifference

BEHAVIORAL PATTERNS OF A **YELLOW** IN STRESS

- Tries to create an environment of collaboration
- Become mentally immobilized and unable to solve any problems or make any decisions – analysis paralysis
- Conflict between head and heart causes despair, confusion, and self-doubt
- Lose confidence and draw deeper into themselves
- Become antisocial – want to work things out themselves

CREATE BALANCE & REDUCE STRESS FOR A **YELLOW**

- Visualization – to allow mind to wander and create pictures and outcome desired
- Breathe!
- Progressive muscular relaxation
- Take cat naps
- Diet – reduce or eliminate stimulants of caffeine and alcohol so don't add to internal chatter which causes stress
- Self-hypnosis
- Reading a book that seems mindless
- Listen to music
- Yoga

STRESS & BALANCE for GREEN Personality

BASIC NEEDS OF THE GREEN PERSONALITY

- Close personal relationships
- Meaning to their existence
- Individuality / authenticity
- Flexibility / spontaneity

BASIC IRRITATIONS FOR A GREEN

- People playing psychological games with them
- Being patronized or talked down to
- Being labeled instead of recognized as an individual
- Criticizing their friends
- Environments that don't allow for flexibility, spontaneity and creativity
- Feeling neglected

HOW A GREEN EXPRESSES ANGER IN CONFLICT

- Become bitter
- Avoid others
- Become fickle
- Turn against others
- Become insensitive
- Cry
- Become condescending
- Explode
- Become cruel

BEHAVIORAL PATTERNS OF A GREEN IN STRESS

- Become emotionally immobilized
- Suppress their feelings
- Avoid conflict even at their own expense
- Blame themselves and feel guilty for everything that happens
- Afraid to say no for fear of hurting someone's feelings
- Struggle with feelings that they are not worthy of being loved
- Get caught up in emotionalism and lose all objectivity

CREATE BALANCE & REDUCE STRESS FOR A GREEN

- Do something fun
- Meditation or creative mental imagery
- Massage – do regularly - carry stress in shoulders and neck
- Affirmations – create your own
- Herbs
- Listening to music – be careful to select relaxing music
- Tai Chi
- Color therapy or art therapy
- Aromatherapy or flower essence