



## Early Stress Signals – Personality and Behaviour

*“We all boil at different points!”*

We believe that stress is different for different people. For those of you have used the Insights Colour Energies with us, here is a quick guide to why the colours get stressed, how they react and how to bring them back. If you haven't, please get in touch to discuss a complimentary profile so this all makes a bit more sense.

### Stress Signals - Fiery Red

**Stress Causes:**

- Lack of focus
- Indecisiveness
- Being out of control

**Early Stress Signals:**

- Appears aggressive
- Impatient
- Irritable, demanding

**Remedy:**

- Allow for fast action
- Take decisions or time out
- Put them in control



### Stress Signals - Sunshine Yellow

**Stress Causes:**

- Restriction on flexibility
- No interaction and fun
- Personal rejection

**Early Stress Signals:**

- Over responsive
- Appears opinionated
- Argumentative

**Remedy:**

- Allow room for maneuver
- Save face
- Distract onto something different



## Stress Signals - Earth Green

### Stress Causes:

- Unfair Or Impersonal Treatment
- Violation Of Values
- Interruptions Or Time Pressures

### Early Stress Signals:

- Becomes Silent, Withdrawn Or Hurt
- Judgmental, Impersonal, Resistant
- Stubborn And Over Cautious

### Remedy:

- Personal Contact To Restore Trust
- Understanding Sincerity
- Put the Task Aside To Another Day



## Stress Signals - Cool Blue

### Stress Causes:

- Lack of information, structure & logic
- Poor quality work
- Time wasted or task rushed

### Early Stress Signals:

- Becomes questioning and deliberate
- Nit picking
- Aloof, withdrawn and resentful

### Remedy:

- Get their feedback on the way forward
- Informational and emotional support
- Back to beginning and analyse more carefully



***MRD can help you enjoy the benefits of reducing stress in your self, your team and your organisation. Get in touch to discuss your needs.***

[www.mrdynamics.com](http://www.mrdynamics.com)

01423 331 504

07747 848 690

[richard@mrdynamics.com](mailto:richard@mrdynamics.com)

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