

# Managing Stress – INFP

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> <li>❖ <b>1<sup>st</sup> Feeling:</b> Dominant</li> <li>❖ <b>2<sup>nd</sup> Intuition:</b> Auxiliary</li> <li>❖ <b>3<sup>rd</sup> Sensing:</b> Tertiary</li> <li>❖ <b>4<sup>th</sup> Thinking:</b> Inferior</li> </ul>	<ul style="list-style-type: none"> <li>❖ <b>Introverted Feeling:</b> Inwardly focused on evaluating ideas according to values</li> <li>❖ <b>Extraverted Intuition:</b> Outwardly focused on possibilities for people</li> <li>❖ <b>Sensing:</b> As you mature, consider more current realities</li> <li>❖ <b>Extraverted Thinking:</b> Developmental challenge is evaluating objectively</li> </ul>

## INFP Brief Description:

- ❖ Leads by promoting harmonious teams where each person is valued
- ❖ Influences by highlighting common ideas and new possibilities
- ❖ Focus is on group consensus and values

## INFP Characteristics Frequently Associated:

- ❖ Idealistic, loyal to their values and to people who are important to them
- ❖ Curious, quick to see possibilities, can be catalysts for implementing ideas
- ❖ Seek to understand people and are adaptable, flexible, and accepting unless a value is threatened

## Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for INFPs may include frequent interruptions, large gatherings or social situations, spending too much time outside oneself, routine activities, overcommitting oneself, and highly competitive situations.

Understand how your type displays stress: Under stress, INFPs may become quiet, have negative physical symptoms such as headaches and sleep disturbance, eat more, and have feelings of inadequacy.

Situations that are stressful for INFPs:	
<b>I = Typical Work Stressors for Introverts</b> <ul style="list-style-type: none"> <li>❖ Noisy</li> <li>❖ Constant supervision</li> <li>❖ Leading discussions</li> <li>❖ Public speaking or large group presentations</li> <li>❖ Frequent interruptions</li> <li>❖ Too much time outside oneself</li> </ul>	<b>N = Typical Work Stressors for Intuitive Types</b> <ul style="list-style-type: none"> <li>❖ Having to attend to realities</li> <li>❖ Having to do things the proven way</li> <li>❖ Having to attend to details</li> <li>❖ Checking the accuracy of facts</li> <li>❖ Needing to focus on past experience</li> <li>❖ Being required to be practical</li> </ul>
<b>F = Typical Work Stressors for Feeling Types</b> <ul style="list-style-type: none"> <li>❖ Analyzing situations objectively</li> <li>❖ Setting criteria and standards</li> <li>❖ Critiquing and focusing on flaws</li> <li>❖ Focusing on tasks only</li> <li>❖ Being expected to use logic alone to make decisions</li> <li>❖ Asking questions that are divisive</li> </ul>	<b>P = Typical Work Stressors for Perceiving</b> <ul style="list-style-type: none"> <li>❖ Having to organize selves' and others' planning</li> <li>❖ Working with timeframe and deadlines</li> <li>❖ Others' distrust of last-minute energy</li> <li>❖ Having to finish and move on</li> <li>❖ Developing contingency plans</li> <li>❖ Being required to plan ahead</li> </ul>

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### Managing Stress Tips for INFPs:

- ❖ In your dominant, you thrive when work encourages enactment of your personal values and when you can help others.  
→ **TIP:** Make sure to prioritize these cultural aspects when selecting where you work. Find quiet space and natural surroundings to work alone or unplug.
- ❖ You become stressed when working on too many things at once with time pressure. When this happens, you may become judgmental or overall critical of others.  
→ **TIP:** Learn to recognize when you are becoming stressed, so you can pause and reflect. Be open with others about being stressed and build in time for solitude and rest.
- ❖ Your desire to help others and achieve goals can lead you to become overcommitted and overwhelmed with projects.  
→ **TIP:** Focus on meeting your needs as well as the needs of others. Set and define your limitations and avoid taking responsibility for other people's roles. Delegate the details and ask for help.
- ❖ Be careful not to interpret corrective feedback as personal criticism.  
→ **TIP:** Acknowledge and reflect on the feedback. Consider it a helpful tool for your growth and development.
- ❖ To maintain a balance, carefully balance time spent with others with time to reflect so that you don't become overwhelmed.  
→ **TIP:** Listen to your body and recognize that physical symptoms arising maybe a warning sign that you need time to yourself. Schedule personal breaks during long periods of intense interaction.
- ❖ Document actions to help you adapt and flex outside your preferences to manage stress triggers.  
→ **TIP:** Conduct a continue, start, and stop exercise that can help you simplify ways to implement actions on a regular basis. For example:

<i>Continue</i>	<i>Start</i>	<i>Stop</i>
<ul style="list-style-type: none"><li>❖ <i>Focusing on the best in others</i></li><li>❖ <i>Being trustworthy and maintaining your inner harmony</i></li></ul>	<ul style="list-style-type: none"><li>❖ <i>Acknowledging the effect criticism has on you</i></li><li>❖ <i>Taking more time for yourself to reenergize and come up with a new idea to motivate yourself on a project</i></li></ul>	<ul style="list-style-type: none"><li>❖ <i>Getting upset and hiding it from others</i></li><li>❖ <i>Acting before thinking things through when stressed</i></li></ul>