

Managing Stress – ISFP

Order of Preferences	Type Dynamics
<ul style="list-style-type: none"> ❖ 1st Feeling: Dominant ❖ 2nd Sensing: Auxiliary ❖ 3rd Intuition: Tertiary ❖ 4th Thinking: Inferior 	<ul style="list-style-type: none"> ❖ Introverted Feeling: Inwardly focused on evaluating ideas according to values ❖ Extraverted Sensing: Outwardly acting on the immediate facts and details ❖ Intuition: As you mature, consider longer-term possibilities ❖ Extraverted Thinking: Developmental challenge is evaluating objectively

ISFP Brief Description:

- ❖ Leads by encouraging others to cooperate
- ❖ Influences by example, helping others pursue their ideals
- ❖ Focuses on practical care of people

ISFP Characteristics Frequently Associated:

- ❖ Quiet, friendly, sensitive, and kind
- ❖ Enjoy present moment, prefer to have their own space and timeframe to work within
- ❖ Loyal and committed to their values and people who are important to them; dislike conflict

Managing Stress:

Appreciate your stress triggers and figure out ways to minimize them: Stress triggers for ISFPs may include conflict among friends, family, and associates, public discussion of personal matters, rigid deadlines, and dealing with overly complex issues for a long period.

Understand how your type displays stress: Under stress, ISFPs may become excessively critical of self or others, make quick and hasty decisions, many impulsively take charge, or avoid stressful situations.

Situations that are stressful for ISFPs:	
<p>I = Typical Work Stressors for Introverts</p> <ul style="list-style-type: none"> ❖ Noisy ❖ Constant supervision ❖ Leading discussions ❖ Public speaking or large group presentations ❖ Frequent interruptions ❖ Too much time outside oneself 	<p>S = Typical Work Stressors for Sensing Types</p> <ul style="list-style-type: none"> ❖ Attending to own and others' insights ❖ Having to do old things in new ways ❖ Having to give an overview without details ❖ Looking for the meaning in facts ❖ Focusing on possibilities ❖ Too many complexities
<p>F = Typical Work Stressors for Feeling Types</p> <ul style="list-style-type: none"> ❖ Analyzing situations objectively ❖ Setting criteria and standards ❖ Critiquing and focusing on flaws ❖ Focusing on tasks only ❖ Being expected to use logic alone to make decisions ❖ Asking questions that are divisive 	<p>P = Typical Work Stressors for Perceiving</p> <ul style="list-style-type: none"> ❖ Having to organize selves' and others' planning ❖ Working with timeframe and deadlines ❖ Others' distrust of last-minute energy ❖ Having to finish and move on ❖ Developing contingency plans ❖ Being required to plan ahead

Managing Stress Tips for ISFPs:

- ❖ 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 being around negativity and criticism. When this happens, you may harshly attack others even if the judgment isn't being directed at you.
→ **TIP:** Acknowledge the effect criticism has on you. Witness it and take the time to release it from your grip before attacking others.
- ❖ Your desire to help others and achieve goals can lead you to become burnt-out, 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. Find time to reenergize alone.
- ❖ 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:

Continue	Start	Stop
<ul style="list-style-type: none"> ❖ <i>Staying attuned to others and helping others</i> ❖ <i>Using common sense and being realistic and practical</i> 	<ul style="list-style-type: none"> ❖ <i>Acknowledging the effect criticism has on you and taking the time to have fun or engage in relaxing activities</i> ❖ <i>Letting others know that you need clear expectations and freedom to complete your tasks</i> 	<ul style="list-style-type: none"> ❖ <i>Avoiding and putting things off that you know you need to take care of</i> ❖ <i>Allowing yourself to burnout before taking the time to recharge</i>