

SHOWING OUR TRUE COLORS

under **STRESS** by author **MARY MISCISIN**

When a person uses their skills, talents, and natural preferences in positive, resourceful ways they are “shining brightly” or “Showing Their True Colors” in positive ways. They have a sense of worth and self-respect, generally feeling satisfied and fulfilled. As the song goes:

***“Your True Colors
are shining through...
Don’t be afraid to let
them show!”***

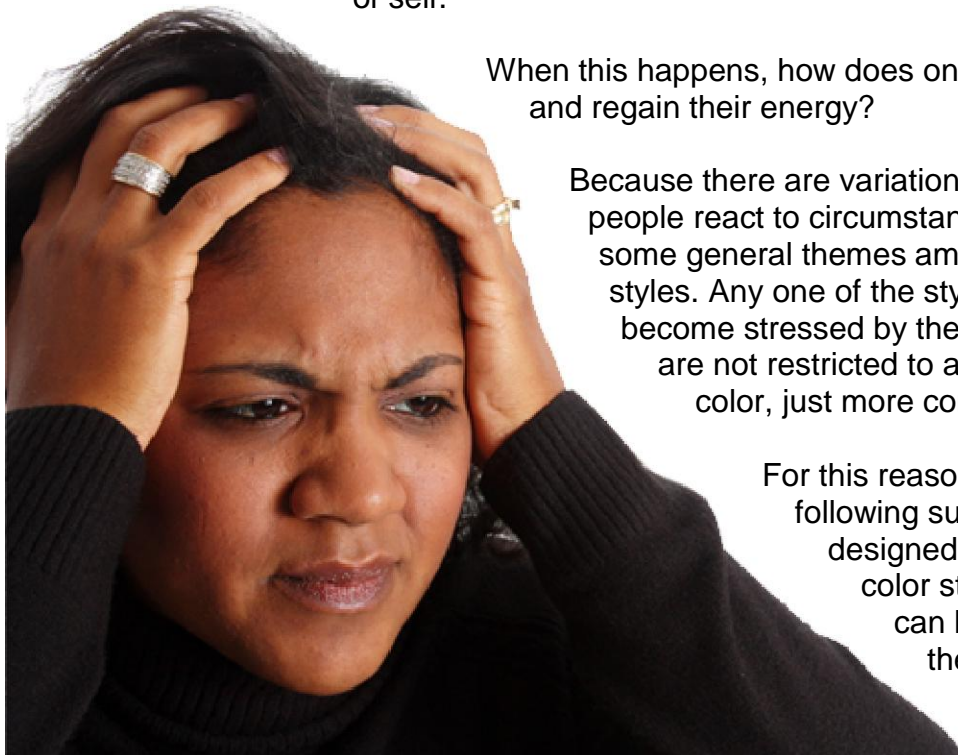


However, when a person experiences major or long-term stress, feels they have no control over their circumstances, or perceives they are being threatened, judged, or victimized, they can begin to “fade” and lose their motivation or sense of self.

When this happens, how does one diffuse stress and regain their energy?

Because there are variations in the ways people react to circumstances, there are some general themes among personality styles. Any one of the styles could possibly become stressed by these situations, they are not restricted to any one dominant color, just more common.

For this reason, although the following suggestions are designed with the specific color styles in mind, they can be applied across the spectrum as well.



BLUES and STRESS

Because Blues find great pleasure in contributing to others, they can become overextended spending great amounts of time solving others' problems and end up putting their own needs last. In addition, if they spend too much time in a relationship or environment where there is constant change, conflict, or "negativity", the stress can get overwhelming.

COMMON BLUE STRESSORS:

Conflict

Isolation or feeling left out

Rejection

Negativity

Being "used" or taken advantage of

Apathy

Insincerity

Lack of acknowledgment or appreciation

Not able to express genuine self, Not able to share

Saying "no"

STRESS TIPS FOR BLUES

It's easy to think that if others would just change the way they behave it would lessen your stress. However, it is more powerful to focus on what you can directly control—and that is your own behavior. The following are some suggestions:

● HONOR “NEGATIVE” EMOTIONS

Some people express themselves in assertive ways that can seem rude or mean. When safe and appropriate, allow others the freedom to debate, even if they get a bit loud and boisterous. Also remember that some people need a period to be sad or grumpy, so hold your “cheering up” for when *they* are ready.

● RELEASE GRUDGES

Don't fall into the trap of wasting your emotional energy on others you feel have wronged you. Go to your inner source of guidance. Is this really who you are in the world—righteous and unforgiving? How can you reframe the situation to learn something from the experience, *really* forgive and let it go?



● EXPRESS YOURSELF

Find ways to release your creativity, uniqueness and individuality. Do you like to dance, draw or sing? When is the last time you got a chance to indulge in a passion and express your true self?

● WATCH YOUR WORDS

Whether aloud or quietly to yourself, do you use over-generalizations in your vocabulary? Using words such as “always”, “never”, “constantly”, “no one”... deletes the exceptions and forces your brain to focus on the negative, making things seem worse. For example saying “I am always overwhelmed” does not include the moments when you are not. Saying “no one understands me” prevents the brain from finding those who might. Be specific: “She misunderstood me yesterday.”

GOLDS and STRESS

Not surprisingly, Golds seek to maintain a certain equilibrium. Too much or too little responsibility can cause them stress. Sometimes lack of closure on projects or even issues from the past can cause worry or disturb them in the present. So if you are Gold, how do you find reprieve while maintaining your health, sanity, and responsibilities?

COMMON GOLD STRESSORS:

Lack of follow through, when others don't do as promised

Self or others not adhering to schedule or plans

Change- especially frequent, unplanned, or unanticipated

Unclear expectations; lack of rules, instructions, or guidelines

Not knowing where they fit, lack of membership or belonging

Lack of consistency, leadership, or a master plan

Neglect of family time or traditions

Missing deadlines, not enough time to complete tasks

Rule breakers; rules or policies not being enforced

Interruptions

STRESS TIPS FOR GOLDS

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● VALIDATE YOURSELF

Acknowledge the things you accomplish and your contributions, rather than focus constantly on the things that aren't yet complete. You are respectful, responsible and loyal, constantly striving very hard to do a good job. Know that your efforts are appreciated even if it isn't always expressed in a way you readily recognize.

● BE RESPONSIBLE...FOR YOURSELF

Take time to take care of yourself. It is your duty to spend time nourishing your own health and well being, not anyone else's. How can you possibly perform your functions if you yourself are in no condition to do so? It is of utmost importance that you explore and find avenues for self-preservation.



● START NEW TRADITIONS

Are some of your traditions adding more stress than pleasure? Maybe it is time to allow or enlist some help from others to modernize a tradition. Just because it's always been done a certain way in the past does not mean it is still the best way. Families, organizations and norms are constantly shifting and changing. Embrace change and explore new ways to enhance old customs.

● DELEGATE

Be aware of how hard you are driving yourself. Learn to discern the projects and tasks that can be passed on to others. Realize that sometimes others are actually eager to pitch in and help. When you are able to let go of having things accomplished in a very specific manner, you open up all kinds of possibilities.

GREENS and STRESS

As a natural non-conformist, a Green's approach to the world may not always mesh with the rest of society. On a never-ending quest for competency, improvement and autonomy, they have a tendency to "do their own thing" regardless of whether others think their ways are eccentric or not. For instance, for many Greens, work can be play and "play" can be work. It is not unusual for them to "work" on projects during a regular scheduled holiday while others feel compelled to picnic because it is what they believe they are "supposed to do" on that particular day.

COMMON GREEN STRESSORS:

Overly sensitive people, emotional outbursts

Lack of independent thinking

Small talk or chit chat

Mistakes and ineptitude in self and others

Not enough time to gather data

Lack of mental stimulation, redundancy, or routine

Policies and procedures that block progress

Nothing new to look forward to

People who don't try to solve things before seeking help

Made to look incompetent

STRESS TIPS FOR GREEN

If you are Green and feel yourself fading from stress, it is time to shift your focus outward. You are a big-picture thinker in many areas, therefore use this ability and apply it to your situations. What you focus on becomes real for you, so relocate your attention to more empowering thoughts and ideas. Consistently analyze whether your actions are taking you in the direction you really want to go. The following are some suggestions:

● BALANCE YOUR CRITIQUES

Refrain from “punishing” or getting irritated at others for not living up to your expectations and high standards. Some people simply don’t care about the same things as you do—and never will. Take action to change the things that you can and recognize the things that you cannot so you can channel your energy into other pursuits that are higher on your priority list.

● SCHEDULE TIME FOR HEALTH

If your health goes down the tubes because you are not taking a break to exercise and eat right, how do you expect to have your full capabilities to work at your potential? Design a strategy for maintaining your health. Investigate programs and create one that fits your particular needs. For fun, chart your progress.

● PRIORITIZE

Learn to discern the difference between things that really do need to be perfect and those that just need to be done. Focus on progress instead of perfection.

● HONOR YOUR INDEPENDENCE

You are not anti-social, a misfit, or unfriendly just because you prefer independent activities. Don’t force yourself to get involved with functions you are not interested in just because of social pressures. You have the unique ability and inherent nature to be content and find pleasure in solo activities, so enjoy them!



ORANGES and STRESS

The quick thinking and demand for action of Oranges can get them ahead of themselves. Since they usually enjoy operating in a rush of adrenaline, they might have a tendency to arrange their lives so they are constantly on the edge and perhaps putting others on edge as well.

COMMON ORANGE STRESSORS

Lack of freedom or choices, feeling trapped

Not being able to use their skills

Forced to keep quiet or not participate

Insufficient attention

Waiting, slow actions

Indecisiveness

Routine

Lack of physical contact

Details, paperwork

Inactivity, restriction of physical movement

STRESS TIPS FOR ORANGES

What Oranges may find fun and exhilarating, others may perceive as stressful. If you have a dominance of Orange in your personality style, how can you get your own needs for freedom, spontaneity, and attention met without trampling others in the process? The following are some suggestions:

● MOVE THAT BODY!

Get some physical activity. Exercise: pump iron, jump rope, climb trees. When stressed, go for a walk, jog, or run to cool off- but do come back when your thinking clears. Get out and dance, roller skate, bike ride, something that will get you in action- now!

● COMPETE

Get involved in competitions and games. Take charge of arranging events if that's what it takes. Find ways to compete that won't jeopardize your job, health, or budget. Making a bet or challenging someone to meet a deadline is a great way to get you motivated to stay on target and have some fun along the way.

● FOCUS

Concentrate on one thing and complete it before starting something else. Decide what is most important and what has to be addressed. Reduce distractions by turning off your phone or putting away projects that are not a priority. Instead of reading emails the second you receive them, block a specific time of day or period of time to read and respond. You'll be amazed at how much you accomplish.

● KEEP HEALTHY HABITS

Notice when you may be slipping into unhealthy, compulsive behaviors such as taking physical risks, overindulging in or "extracurricular" activities such as gambling, overeating, drinking... as well as "work-a-holic" marathons. Refocus your energy and take breaks to play more productively by indulging in health-enhancing activities; stretch, drink water, breathe!



Want to learn even MORE?



Color Style E-Reports

Now you can now download a comprehensive E-report of your own dominant True Colors Style, or get all four to learn more about your friends, family and co-workers!

<http://www.positivelymary.com/Shopping/TrueColors-E-Report.htm>

Each report offers a detailed description of the Color Style, including the Colors strengths and core values. You will discover how each Color Style views itself, AND how others view them. Explore how to bring out the best of each Color, and receive tips for relating effectively. Learn the typical stressors for each Color, and how each Color responds to stress. And finally how to "brighten" this color in yourself or others. All this and much more in each 30 page report written by Mary Miscisin in her consistently delightful style

Author - Mary Miscisin, M.S.



Mary Miscisin is an internationally recognized authority and certified master trainer in the True Colors methodology. Her book, *Showing Our True Colors* – used across the globe for problem-solving and relationship building - set the stage for innovative applications of the True Colors concepts including communication skill-building, corporate wellness and online assessments.

Mary's background from her Masters degree—combining psychology, communication and health education—to University instructor, certified practitioner of Neuro-Linguistics, MBTI Qualified Administrator, and over 20 years of facilitating employee wellness programs provides a wealth of experience she brings to participants in her action and information-packed presentations.

As a sought after presenter, Mary has inspired audiences from school districts to Fortune 500 companies. She is best known for her fascinating programs, high energy and positively engaging style that makes learning easy and fun. Mary's passion is to help others understand, appreciate and share the True Colors personality concepts with the world.



Mary Miscisin & True Colors on PBS

True Colors International and Public Television have teamed up to introduce True Colors to the world! Mary Miscisin, author of "Showing Our True Colors" hosts the special pledge program, **Get Curious, Not Furious – Communicating Your True Colors**. If you are certified True Colors facilitator, you'll want to let folks know the concepts you present are being highlighted in this exciting show. Not a facilitator? Then you definitely do not want to miss this opportunity to see Mary Miscisin in action and learn more about your True Colors!

To find out when it airs in your area, go to www.pbs.org/tvschedules and enter your zip code. Don't see it on the schedule? ASK FOR IT! (Email or call your local station and request it.)

