

Time and stress management in this age of “always-on social media” and the concept of Gross National Happiness



Women Leaders on the Move: Breakthrough Thinking and Real Life Solutions

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***” People are disturbed not by things,
but by their perception of things...” (Epictetus)***

“There is no definition of stress that everyone agrees on, what is stressful for one person may be pleasurable or have little effect on others, we all react to stress differently”

(The American Institute of Stress)

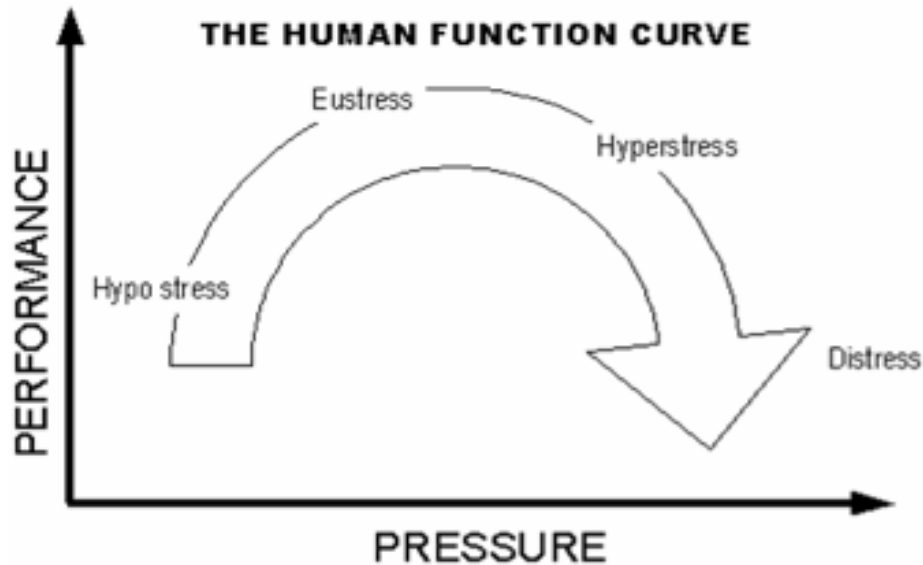
“The non-specific response of the body to any demand for change” (Hans Selye, 1936)





Stress is part of our life with a double aspect:

- 1) help us learn and grow = motivation (**eustress**)
- 2) undermine our performance and cause us diseases = demotivation (**distress**)





Change means:

physical
biological
mental
emotional
behavioral
cognitive



response to events



Two dimensions:

- subjective
- objective



External factors	Internal factors
<ul style="list-style-type: none">- physical environment- job, boss, colleagues- relationships with others- home, children, family- situations & challenges- financial problems- expectations on a daily basis- chaotic continuum	<ul style="list-style-type: none">- nutritional status- overall health & fitness- emotional well-being- amount of sleep- inability to accept uncertainty- pessimism- perfectionism- lack of assertiveness- expectations- diseases/pathologies



Keywords related to stress:

- relationship
- socializing
- quality of life and work
- environment


**stress is a
question of
communication
in private and
social life**





In Europe stress represents 4% of GROSS INTERNAL PRODUCT

Stress work-related is costly

on corporate side	on human capital side
<ul style="list-style-type: none">- absenteeism-employee turnover-diminished productivity-medical, legal and insurance expenses-workers' compensation payments 	<ul style="list-style-type: none">- anger- anxiety- sadness- frustration- nervousness- loss of enthusiasm- change in habits

feelings and emotions connected to performance & productivity



GROSS NATIONAL HAPPINESS (GNH) vs GROSS DOMESTIC PRODUCT

an indicator developed in Bhutan: the calculation of "wealth" should consider other aspects besides economic development, as cultural and spiritual ones

Two objectives: preservation of the environment and quality of life

Nine dimensions:

1. Psychological well-being
2. Health
3. Use of time
4. Communitary vitality
5. Education
6. Culture
7. Environment
8. Governance
9. Standard of living





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**We spend as much time
at work managing our feelings
as we do working**



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Does multitasking activity work?

How to take control of your time?

How to face work-life day changes?

How not to waste time and energy?

How to keep an appropriate focus in work and life?

How can we learn to correct our individual perceptions?

How to be more proactive than reactive?





“always-on social media”: **time-wasting** or **big opportunity**?

Today our home lives bleed into our work lives and viceversa through the indifferent Blackberry, Iphone, social media or other devices

- 1) to be overwhelmed by “Stress 2.0” ?
- 2) to be successfully translated into “Wisdom 2.0” ?



why and how: objectives and achievements!



3300 social media marketers surveyed between 30-59



- 60% of all participants: female
- 58% of marketers are using social media for 6 hours or more each week
- 34% invest 11 or more hours weekly

Some major advantages:

- more business exposure
- increased traffic
- improved search rankings



How **to avoid procrastination** connected to inappropriate Internet use?

How **to manage the endless stream** of mass electronic missives or text messages by friends, co-workers, people?

How **to find a balance** within the information stream?

In a study of Microsoft workers, people took an average of 15 min to refocus on the core tasks after answering an email interruption!



**It is not the technology itself to determine its usefulness,
but what we add to the empty box!**

We can approach the process on 3 levels

- individual
- interpersonal
- organisational

Main source: willingness, control and decision-making



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Time management

As work time = performance



As individual life = process

Time = Efficiency

Efficiency = Planning

Planning = Results

Results = Growth & Satisfaction



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We should learn to be aware of time value



Time is not refundable: 168/h per week available

80% of what we get in our life comes from only 20% of our activities

Working agenda!



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- Write duties and responsibilities and share them with the boss or a colleague
- Define and share SMART objectives with the boss to be monitored and measured
- At the end of the day check the status of the objectives and the related behaviour
- Once a week measure the performance, write down the successful results, communicate them to the boss
- Ask the boss a feedback on mistakes or disappointments
- Take time to disconnect 20-30 minute a day
- Do not schedule too many events together
- Break and decompress without talking about work
- Take a walk instead of a coffee break
- Learn your stress signals while working





95% of our daily thoughts are based on the day before

Mind management = Time management

Mind fitness = Time fitness



- regular exercise
- relaxation techniques
- coping strategies
- visualization
- reframing

Don't forget personal agenda:



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- 1 min at the beginning of the day to thank the Universe for the unexpected daily opportunities
- 1 min a day to smile to the boss, colleagues, friends, family
- 10 min a day to meditate in silence while taking control of the breathe
- 5 min at the end of the day to list the positive aspects of the day
- 5 min before going to bed to plan the agenda for the next day
- 1 hour on Sunday to plan the week
- 1 day each month for social responsibility activity
- 1 day a week with friends
- 2 days a week for fitness, yoga or relaxing exercises
- once a year do something you want to improve or you fear





We should learn to see things and events in a different way:

- identify the cause
- think of the possible solution
- stay detached and observe from the outside
- don't resist the obstacle, accept stress and limit
- consider the difficulty as temporary
- put into evidence the best aspects of the experience for your growth
- concentrate on the aspects you can control
- visualize daily things that make you laugh or happy



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Leadership in stress and time management is to begin our daily journey of thousand miles with the first single step in the right direction!



THANKS!