

Managing stress – the hare and the tortoise



We all recognise the people who rush around, impatient, never sit still – **hares**

Then there are those that are rarely worried by deadlines, calm, especially in a crisis, **tortoises**





It is not always the hare that is effective in the long-run, hares are more likely to become stressed, to burn out.

Tortoises, whilst sometimes almost *too* laid-back can, in spite of this manner, often be the race winners as in Aesop's fable.

There may be differences in our behaviours at work and at home or in different situations, however, many have a propensity to display either mainly hare or tortoise behaviours.














Hare

-  Never late
-  Competitive
-  Speaks fast
-  Emphasises points
-  Rushes
-  Feels pressure
-  Tries to do too many things at once
-  Impatient
-  Drives self and others hard
-  Hides feelings
-  Seeks public recognition



Tortoise

-  Casual about time
-  Not competitive
-  Speaks slowly
-  Chooses words carefully
-  Calm
-  Controls pressure
-  Takes one thing at a time
-  Patient
-  Easy going
-  Shows feelings
-  Personal satisfaction is more important than public recognition

These are, however, habits of behaviour *not* personality traits – we can therefore **choose** our behaviour. In order to manage stress to a healthy level we can modify our behaviours gradually, hares adopting more tortoise behaviours and visa versa.

The stress curve

