

# Don't Panic!

## A Recipe for Success in Times of Stress

What happens when nine fascinating people with experience successfully navigating stressful situations at work come together to cook a meal? Insights simmer along with the food in **Don't Panic! A Recipe for Success in Times of Stress**. In this entertaining and thoughtful video, cooking serves as a metaphor for working through a challenge together. After the flames die down, the participants enjoy the meal they've created and share what they've learned from their dialogue.



The program examines five key morsels of advice:

### Know Yourself

Know what you know, what you don't know, and the difference between these. Self-awareness is critical to successfully navigating challenges.

### Build Support

Develop a network of people you trust and who trust you. Don't be afraid to ask for feedback and support.

### Assess Your Situation

Realistically assess the situation you face. Filter noise and rumors from reliable information. Step back and interrogate reality.

### Take Action

Don't be immobilized by fear. Be resilient in the face of a setback. Remember you always have options and that hope trumps fear. Look for opportunities in a crisis or difficult situation and pursue them.

### Learn from Everything

Look for learning opportunities even in what may appear as bad news. Every shadow has a light source. Find it. Learning is the ultimate benefit from a challenging situation.



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- 24-minute video
  - As with all QMR programs, this course is available for online Streamed Learning or as a classroom package on DVD
  - The classroom version comes with comprehensive facilitation materials that include course outlines, training activities reproducible handouts, and PowerPoint slides

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