

THE  
*Pepper Guide*  
**TO GRAZIADIO**

---

WAYS TO REDUCE FEELING  
OVERWHELMED IN A  
VOLATILE WORLD

# PROVIDING BUSINESS INSIGHT THROUGH THE LENS OF BEST *FOR* THE WORLD LEADERS

At Pepperdine Graziadio, we believe that fulfilling our mission of developing Best *for* the World Leaders requires equipping our students with the knowledge and resources needed to evoke a positive imprint on their industries and communities. With our Graziadio Guide, we dive into diverse topics ranging from current business trends to ongoing activities within our values-based community to amplify our focus on service, purpose, and leadership.

WE INTEND TO  
*inform & inspire*  
THROUGH POWERFUL  
STORYTELLING



# WAYS TO REDUCE FEELING OVERWHELMED IN A VOLATILE WORLD

Are you working longer hours, getting less done, and feeling bad about it? Well, you aren't alone. New research suggests that our workday has increased by almost 40% since the pandemic began. And while we can't control the external environment, we can work with our inner resources to become overwhelmed with a growth opportunity. How? Simple.

RESTORE *energy*

UNCOVER *insight*

GAIN *support*



## RESTORE YOUR ENERGY

Focusing on too many things at once can be mentally exhausting. The first thing you can do is reclaim your energy. It begins by checking in with ourselves. We need brain-friendly practices to be at our best. If we do this, we are more productive, and we create the conditions for learning and growth.

*Ask yourself the following questions:*

- + When are you at your best—energized, clear-headed, strong-voiced, open-minded?
- + What are the signs you need a break or a pause to reflect on what is going on?
- + Are you eating, sleeping, and exercising to fuel your daily life?
- + Do you schedule breaks in your day? If not, we recommend starting with 5 minutes.



## UNCOVER INSIGHT

Once we have energy, we need purposeful time to reflect on new insights as our work contexts continue to change. Without pausing to reflect and review, we risk falling into automatic habits and patterns that don't get us where we want to go. An antidote to this is to adopt a new practice, calendaring time to reflect on both the big picture and what's working for you today.

*Some crucial questions are:*

- + Where is there divisiveness, depletion, or lack of energy?
- + What could release stress and open up creativity and connection?
- + Are you investing time where you have the most influence and impact?
- + How do you perceive your employees and co-workers are feeling right now?
- + Where do you see/feel alignment, collaboration, good communication, and strong connections?

Our brains are plastic, and with consistent attention to new habits and practices, we can grow new neural pathways and shift out of automatic. We now have more energy and unique insight to help us become more productive and efficient.



## GAIN SUPPORT

It's now time to capitalize on the fact that our brains are social organs and need to reconnect with others. Our brains are wired for connection—healthy, trusting, caring relationships enhance our ability to learn and deal with challenges.

*Here are some ways to start cultivating more beneficial relationships:*

- + Reach out and invite colleagues and friends into a professional or social circle to offer and receive mutual support.
- + Have curious conversations and surface your beliefs and assumptions in your circles, opening yourselves to new perspectives.
- + Schedule time with your team at work to check-in about how things are going. Ask for feedback regularly.

Remember, when our external world is throwing too much our way, our inner world's state is critical. Our brains can grow new neural pathways because we put new practices and habits in place. To make these changes now and for the foreseen future, we need to have energy, insight, and support!