



Facilitation Questions

What is the relationship between stress and performance?

How can stress be beneficial for performance?

In what ways can stress impact motivation and productivity positively?

How can I reframe my mindset about stress?

What are some strategies for embracing stress as a positive force?

How can we shift our perspective to see stress as a challenge, not a threat?

What are the physiological effects of stress on the body?

How does stress affect our physical health in both positive and negative ways?

What are some mechanisms by which stress can actually improve resilience and overall well-being?

What role does mindset play in how we experience stress?

How does our perception of stress influence our physiological response?

What are some practical techniques for cultivating a healthier mindset towards stress?

How can we leverage stress to enhance personal growth?

What are some ways to harness the energy of stress for personal development?

In what ways can stress serve as a catalyst for learning and self-improvement?