



This meeting is  
being recorded

# HBA Ambassador PROGRAM

## Ambassador Exchange

April 2025

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# Welcome



**Lauren Peck**  
Director, Stakeholder Engagement, HBA

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# Ambassador Exchange Agenda

- Welcome
- **Mini-Impact Workshop**
  - **Topic: Managing Stress and Chaos**
  - **Speaker: Sharon List**
- Connection Session
- Insights and Highlights



*Did you know...  
Impact Workshops are available for your  
cohort? Scan for more info!*



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# Mini-Impact Workshop

## Managing Stress & Chaos



**Sharon List, ACC**  
Founder and Coach, All Inclusive You



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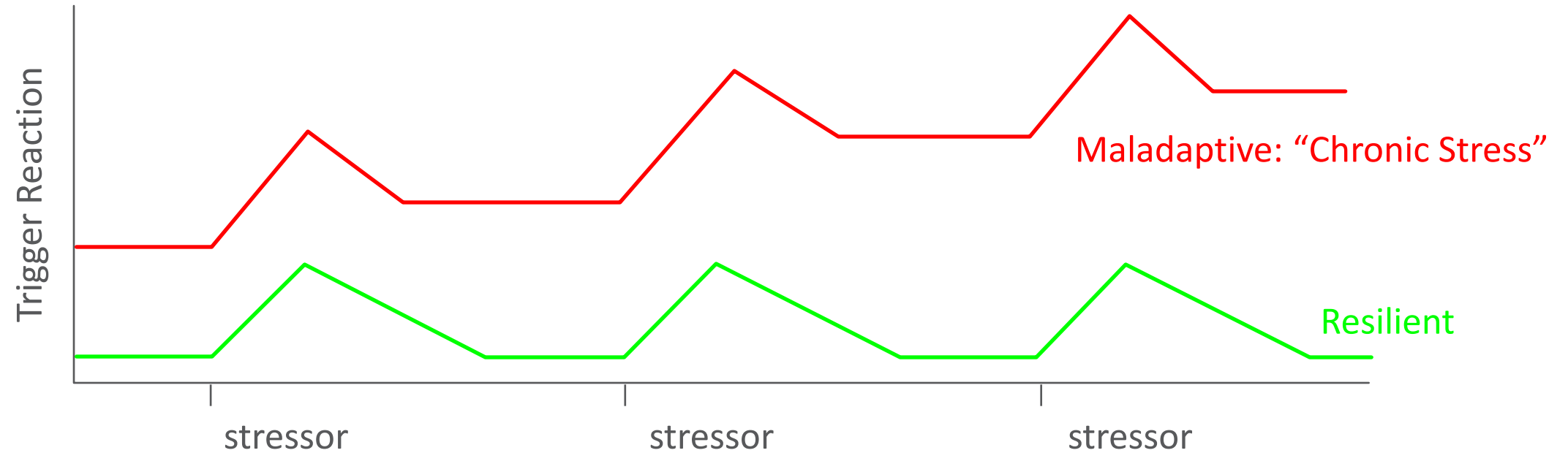


# Where are you now?

- Acknowledgement of your current state and situation
- On a scale of 1 to 5, where 1 is relaxed and 5 is very stressed, how are you feeling right now?
- Acceptance



# Resilient Response to Stress VS. Maladaptive Response to Stress



# Recognize Your Stress Signals

- The first step of effectively responding to stress is to **RECOGNIZE** when we are stressed.
- Stress can come from both positive and negative life events.
- Stress can be small daily demands that deplete our coping resources.



Relational	Emotional	Behavioral	Mental	Physical
Resentment	Anxiety	Overeating	Racing thoughts	Racing heart
Judgment	Overwhelm	Over-exercise	Negative thinking/Worry	Headaches
Lack of intimacy	Sense of pressure	Alcohol overuse	Trouble thinking clearly	Tight neck, jaw or shoulders
Distrust	Boredom	Skipping meals	Loss of sense of humor	Stomachache/indigestion
Intolerance	Helplessness	Decreased exercise	Inability to make decisions	Sweaty palms
Avoidance	Easily upset		Inability to focus	Restless sleep
Lashing out at others	Anger			
Self-alienation	Loneliness or sadness			



# Choosing Your Relaxation Response

- The Relaxation Response (R.R.) is essentially the physiological opposite reaction to the “fight or flight” response.
- It is experienced as a state of profound rest.



# "Mini"

## Relaxation Response examples

"Relaxation Response" and "Mini" terms derived from  
Benson-Henry Institute for Mind Body Medicine

Deeply breathing in  
and out for 1 minute

Looking at a picture of  
a place where you feel  
relaxed

Saying a phrase that  
triggers relaxation,  
such as "come down"

Visualize "melting"  
feeling as you come  
down into your breath

Repeating an  
affirmation such as "I  
am enough", "All is  
well", "I can do this"

Touch sand or a stress  
ball

Smell an essential oil  
or fragrance that calms  
you

Music – listen to a song  
that calms you

Mindful moving/doing:  
2-minute practice  
(Yoga pose, guitar,  
sudoku)

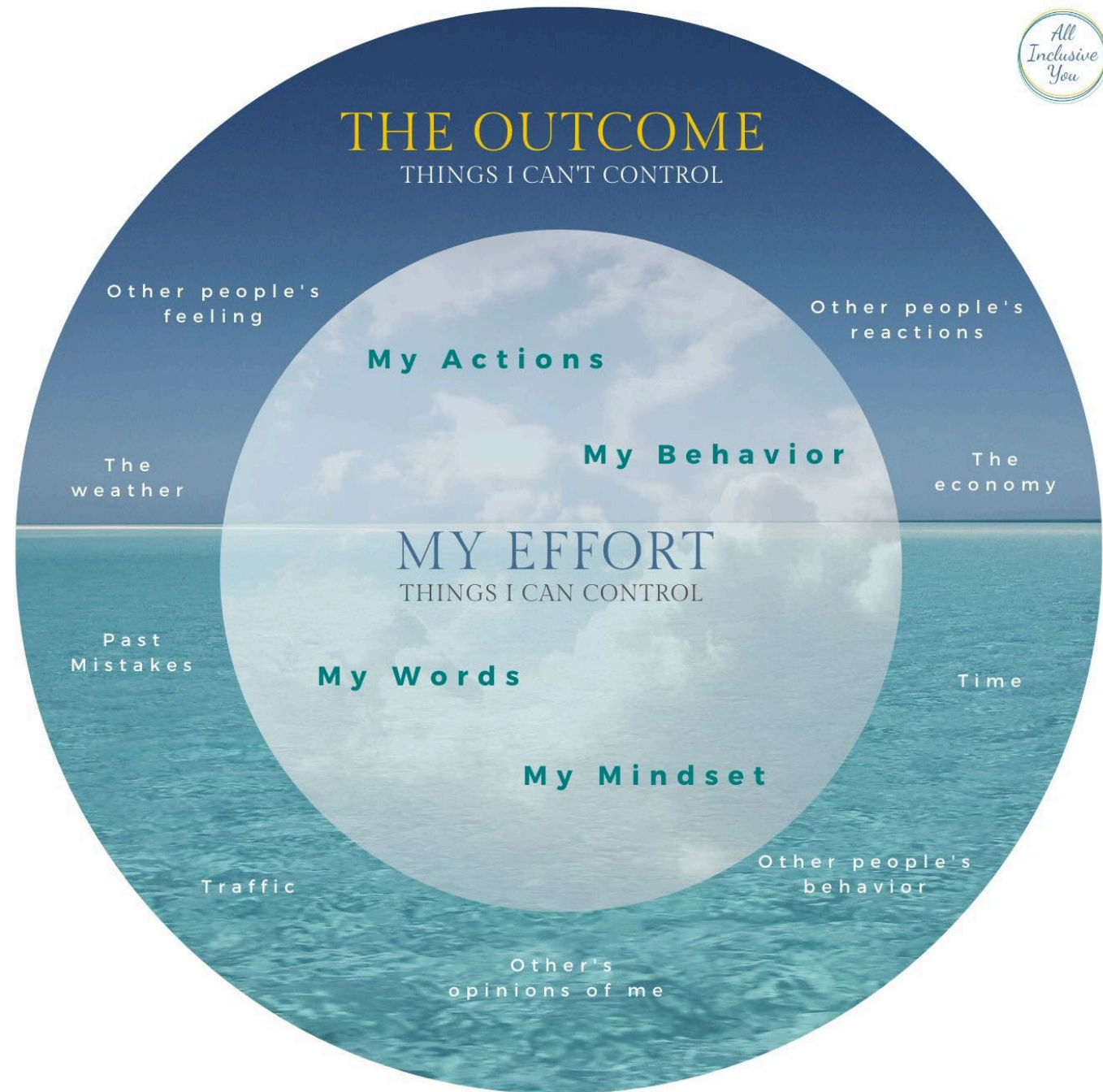
Humor – read a comic,  
fail blog or watch a  
funny clip

Call a friend for a few  
minutes to reset

Watch the snow settle  
in a snow globe

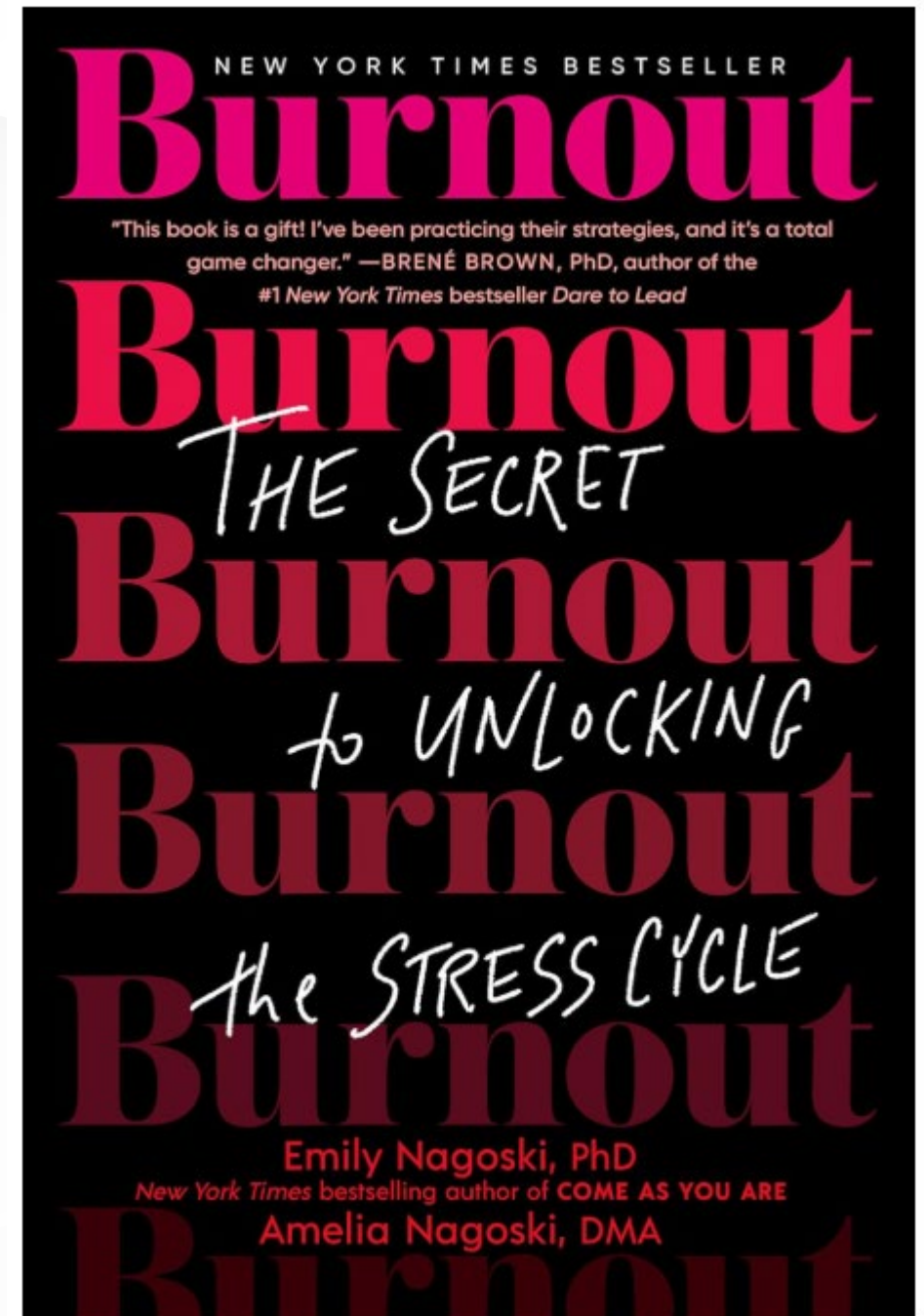
If \_\_ (stress response) \_\_ /  
Then I will \_\_ (mini) \_\_ .

And then choose my  
next aligned action  
**within my control.**





You need to deal  
with the stressor  
AND the stress.



# Managing Stress is an ongoing, intentional process



# Connect with me!

**Sharon List, ACC - Founder of All Inclusive You**

Speaker | Certified Coach | Certified Yoga Instructor | Former CPA



**Schedule a free strategy session:**

<https://www.allinclusiveyou.com/schedule>

- LinkedIn - <https://www.linkedin.com/in/sharon-list/>
- Instagram - [https://www.instagram.com/allinclusiveyou\\_sharonlist/](https://www.instagram.com/allinclusiveyou_sharonlist/)
- Email – Sharon@allinclusiveyou.com





# Connection Sessions

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# Connection Session Guide

Over the next 30 minutes:

1. Quick introductions *(name, location, title/company, fun fact)*
2. Dive deeper into today's topic
3. Connect before you go!

## TODAY'S DISCUSSION

1. What is your early warning stress response signal?
2. What mini relaxation response are you willing to try for the next month?
3. What accountability tool will help you practice your mini?

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# We are currently in our Connection Session breakouts...

You will be moved into a room momentarily.

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# Highlights and Insights

*What are you taking away from today?*

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Thank you to today's speaker: **Sharon List**

### Explore HBA Impact Workshops (and coaching!)

Visit the Ambassador Learning Center at [my.hbanet.org/ALC](https://my.hbanet.org/ALC) to book an Impact Workshop or Coaching session. *Additional content topics available.*



**We value your feedback!** Tell us how we did on today's session.

### Check out our new **Ambassador Digest!**

Your one-stop-shop for all upcoming Ambassador events and news! Coming in May: our first ever Ambassador CONNECT and another Ambassador Exchange!





Healthcare  
Businesswomen's  
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