

# Feeling under *pressure?*

How to support  
your people during  
stressful times using  
the language of colour



# How can you support your people *through stress?*

Stress. A lot of us will be dealing with stress right now. It's been a hugely challenging few months and, for some of us, it's not showing any signs of stopping. It's therefore important to think about how you can support your people through these testing times.

However, a one-size-fits-all approach won't necessarily work. That's because stress can show up in different ways depending on individual preferences.

That's why today we're looking at stress in the context of the four colour energies...





## Stress triggers in colour

We may sometimes think of 'stress' as one blanket term that means the same for all of us. However, stress triggers are different for each of the different colour energies within us...

*Fiery Red:* When decisions aren't being made and there's no clear goal or outcome

*Sunshine Yellow:* Where there's no space to bring fresh eyes and new ideas to the table

*Earth Green:* When decisions need to be made quickly or team harmony is disrupted

*Cool Blue:* When there isn't time to comb through the details and it's all go

## How does stress show up?

Similarly, stress appears in different ways for all of us. It might be that stress shows up in quite a visible way when we're drawing on some colour energies, but when we're using different colour energies our stress might be harder to spot!

*Fiery Red:* When we're channelling this energy we may become demanding and ruffle feathers with our directness

*Sunshine Yellow:* When we're channelling this energy we may become quite frantic and jump around between projects

*Earth Green:* When we're channelling this energy we might simply withdraw from the team and disengage

*Cool Blue:* When we're channelling this energy we might become nit-picky, indecisive, or too regimented in routine





## How can individuals manage stress?

Sometimes, staying connected and collaborative is key to shaking off stress. At other times, it may be working alone within a careful structure. Here's how you can utilise each of the colour energies to manage stress...

*Fiery Red:* Create a task-focused to-do list with regular wellbeing breaks built in

*Sunshine Yellow:* Boost feelings of involvement with collaborative projects

*Earth Green:* Reach out to support networks and stay connected with colleagues

*Cool Blue:* Create a roadmap of the working week and block off time to focus

## How can teams keep stress in check?

We all have a part to play in our teams when we're working through stressful times. Here are some of the ways colour energies can be leveraged to support colleagues...

*Fiery Red:* This energy can help colleagues cut through the noise and focus on what's most important

*Sunshine Yellow:* This energy can encourage teammates to innovate and challenge 'how it's always been done'

*Earth Green:* This energy can check in with colleagues and make sure all voices are being heard

*Cool Blue:* This energy can map out clear processes so that everyone can work to a sound structure





## How can leaders support with stress triggers in their teams?

It's important for leaders to tune into all of the colour energies across the team...

*Fiery Red:* Ensure measurable goals, with clear accountability and ownership

*Sunshine Yellow:* Engage enthusiasm and enable team members to showcase ideas

*Earth Green:* Invite team members to share their opinions, and make sure that people's contributions are valued

*Cool Blue:* Provide structure and build in time for questions

Want to find out  
more about how  
we can support  
with *stress*?

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