

Effects of Stress on Personality

Put in the same situation, one person may become very stressed from the events at hand, another may be very relaxed and another may thrive in the excitement and energy. The way you handle a situation is in part due to what type of personality you have and how you perceive a situation. In addition to your personality type, it has been shown that higher levels of estrogen in females make them more prone to adverse effects of stress such as depression or anxiety. But, let's focus on personality types! What personality type are you? Let's see if the type of personality you think you are matches with how you react to stressful situations.

Personality Types:

Type A – From the personality types lesson, this type of person is assertive and a 'go-getter.' They love a competition! However, if a situation becomes too stressful or causes anxiety for a prolonged period of time, Type A personalities can develop stress-related illness such as anxiety or depression.

Type B – These people are more relaxed and are not as focused on timely issues. These types of people are able to adapt well to various environments and situations, therefore being less stressed than a Type A personality in the same situation and being less prone to illness caused by stress.

Perfectionists – Being a perfectionist can be beneficial because projects and tasks are done in a timely manner and very good! However, much of the time perfectionists create their own stress when trying to make everything perfect.

In general, stressful situations can make people angry or hostile, express aggressive behavior and can cause a drop in productivity or efficiency.

An analysis of various personality types and their reactions to stressful situations do not make any personality or any reaction to certain situations the wrong one. Everyone is unique in their own way and that's what makes diversity in the world. It's smart to know your personality type and how you react to stressful situations so you're able to combat your anxiety or stress and avoid stress-induced illnesses. If you find yourself having prolonged problems with stressful situations, seek help by talking to another individual or try utilizing relaxation breathing techniques (yes, there's a lesson on that!).



Activity Options:

- Have team members complete a personality quiz and see what personality they are!
 - Here is a link to a personality quiz. If you chose to do this activity, print out the quiz for the team members ahead of time!
 - <http://personality-testing.info/printable/big-five-personality-test.pdf>
- Role Play!
 - Assign a personality to one athlete secretly and have another athlete be themselves.
 - Read a scene to the two team members and have them act it out.
 - Instruct team members to try and use their knowledge of personalities and how to appropriately respond/act with different personalities.
 - At the end, ask the group to identify the secret personality type.

