



NeuroScience Tips: Video 3

Stranger Stress

Key Takeaways

- Neuroscience teaches that everyone experiences a heightened level of stress in their body when they are in a room with a stranger.
- This heightened level of stress is a **normal HUMAN feeling**. It is NOT a sign of weakness or personality deficit for introverts.
- Using play, or playful energy, is a great way to turbo charge your body and brain and overcome this type of stress.
- If you use **playful energy** and are interacting with a stranger, you will start to develop a relationship that is similar to the **trust you feel with a friend**.

Print out this **Support Guide** and using a pen or pencil, write out your answers, your comments and your notes. Remember, this is one way to “**Lock in Learning**”.

Questions to Ask Yourself + Actions to Take

1. When you are in a room with a stranger, do you feel “Stranger Stress”? What does it make you feel like? Anxious, nervous, jumpy?

2. Have you in the past associated that “Stranger Stress” feeling as a personality deficit or as a character weakness?

3. Knowing that the heightened level of stress you feel in a “Stranger Stress” situation is a NORMAL human feeling, what can you tell yourself to help alleviate your stress? For many people, including Introverted Entrepreneurs, just telling themselves that they are having a normal human reaction helps considerably.



4. Knowing that interacting with a stranger using playful energy starts to develop a relationship that is similar to the trust you feel with a friend, what things can you do or say using playful energy? A funny introduction, a warm welcome, a short story?
