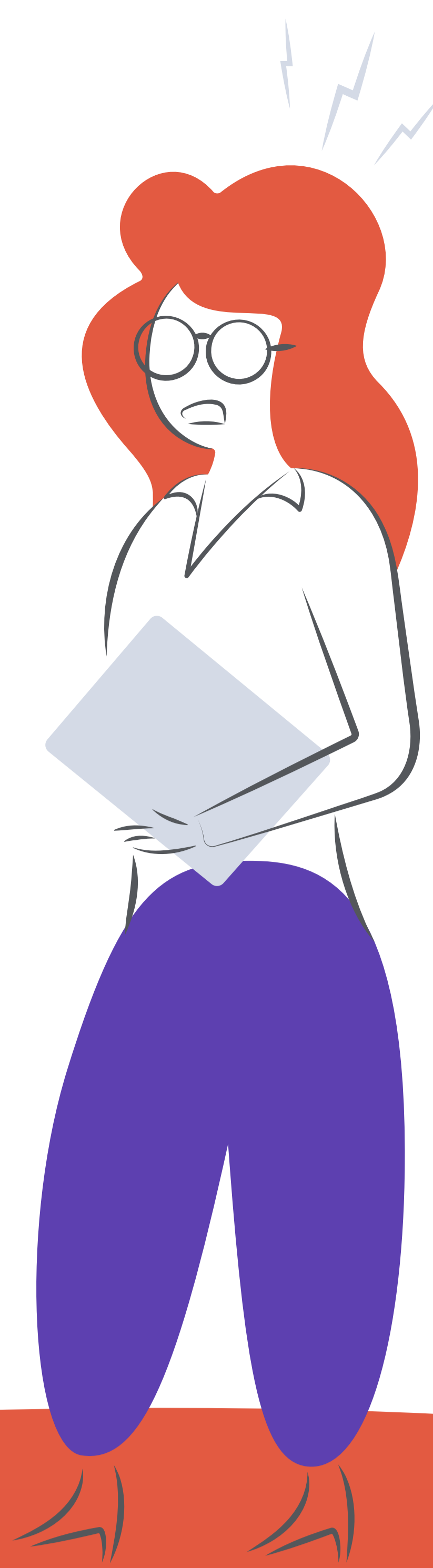


# How to deal with stress according to your MBTI® type

Knowing your MBTI personality type can not only help you understand what stresses you most (because it's not the same for everyone), but it can also help you combat stress too. Different personality types require different stress remedies. See below to learn common stress triggers and remedies for different MBTI types.



## Stressors by MBTI® type

<b>ISTJ</b>	<ul style="list-style-type: none"> <li>Mess or disorder</li> <li>Having to change plans</li> <li>Information being too broad with no specifics given</li> <li>Being rushed</li> </ul>	<b>ESTP</b>	<ul style="list-style-type: none"> <li>Inefficiencies in the name of precedent</li> <li>Isolation</li> <li>Plans not working out even with my best efforts</li> <li>Having to make decisions too quickly</li> </ul>
<b>ISFJ</b>	<ul style="list-style-type: none"> <li>Not being appreciated for how I help</li> <li>Procrastination and last-minute changes</li> <li>Not enough time to prepare</li> <li>Having my feelings dismissed</li> </ul>	<b>ESFP</b>	<ul style="list-style-type: none"> <li>Not being appreciated for how I help</li> <li>Having my feelings dismissed</li> <li>Virtual meetups</li> <li>Being unable to change commitments</li> <li>Plans being overly (and unnecessarily) detailed</li> </ul>
<b>INFJ</b>	<ul style="list-style-type: none"> <li>Not being appreciated for "making a difference"</li> <li>Forced time management</li> <li>Suggestions being met with criticism</li> </ul>	<b>ENFP</b>	<ul style="list-style-type: none"> <li>Too many details</li> <li>Lack of enthusiasm for the project or activity</li> <li>Distrust among colleagues, family, or friends</li> <li>Making plans too far ahead</li> <li>Overcommitting</li> </ul>
<b>INTJ</b>	<ul style="list-style-type: none"> <li>Disorganized environments</li> <li>Limited time to change plans</li> <li>Talking about our feelings</li> <li>Mindlessly following precedents</li> </ul>	<b>ENTP</b>	<ul style="list-style-type: none"> <li>Mundane tasks</li> <li>Focusing on personal problems</li> <li>Isolation</li> <li>Too many details and deadlines</li> </ul>
<b>ISTP</b>	<ul style="list-style-type: none"> <li>Being forced into extraverted plans</li> <li>Out-of-control emotions</li> <li>Disregarding the practical realities</li> <li>Lack of independence &amp; forced socializing</li> <li>Small talk</li> </ul>	<b>ESTJ</b>	<ul style="list-style-type: none"> <li>Dismissing logic</li> <li>Planning with people who aren't organized</li> <li>Inefficiency and indecision</li> <li>Constant changes</li> </ul>
<b>ISFP</b>	<ul style="list-style-type: none"> <li>Too much happening all at once</li> <li>Disregarding the practical realities</li> <li>Time pressure</li> <li>Having feelings dismissed because we have to rush</li> </ul>	<b>ESFJ</b>	<ul style="list-style-type: none"> <li>Disrupting harmony</li> <li>Valuing material things over people</li> <li>Not being appreciated for how I help</li> <li>Isolation</li> </ul>
<b>INFP</b>	<ul style="list-style-type: none"> <li>Convention impeding on individuality</li> <li>Mundane tasks</li> <li>Negativity from others</li> <li>Being rushed</li> <li>Unclear expectations from others</li> </ul>	<b>ENFJ</b>	<ul style="list-style-type: none"> <li>Uncooperative environments</li> <li>Seclusion</li> <li>Excessive criticism</li> <li>Not being appreciated for how I help</li> <li>Unexpected changes to plans</li> </ul>
<b>INTP</b>	<ul style="list-style-type: none"> <li>Socializing</li> <li>Noise and other interruptions</li> <li>Talking with people who don't listen, having to repeat myself</li> <li>Following strict guidelines</li> <li>Too many extraverted activities</li> </ul>	<b>ENTJ</b>	<ul style="list-style-type: none"> <li>Indecisiveness</li> <li>Inability to make decisions about plans</li> <li>Loneliness</li> <li>Others ignoring established processes</li> <li>Disorganization</li> </ul>

## How to de-stress

### Move around

"Exercise relaxes tense muscles that become tight and rigid when you experience stress. Exercise delivers oxygen to the brain, vital organs, and muscles immediately and produces endorphins that soothe your mind and body."

Kathleen Hall, chief executive of The Stress Institute in Atlanta, Georgia

- Go for a walk (alone or with a friend)
- Stretch while listening to music
- Get people together to play a sport



### Do a physical stress check

Do a stress check to try to figure out how stressed you are. Answer these questions:

- Are your shoulders hunched up next to your ears?
- Are you leaning over in a position that could hurt your back?
- Are you pacing or bouncing your legs up and down?
- Is your breathing shallow and quick?



Taking a mental note of these physical symptoms of stress and then actively trying to eliminate them (e.g., by lowering and relaxing your shoulders, sitting up straight) will help reduce your stress immediately. Speaking of breathing...



### Just breathe

Find a quiet place and take five minutes to slow your breathing.

- Take a **deep breath** in through your nose
- Make sure you're **breathing deeply enough** that your chest is expanding
- Hold it** for a count of three
- Slowly **let it out** through your mouth
- Notice the sound** your breath makes as it leaves you
- Repeat for **5 minutes**

## Stress remedies for each MBTI type

<b>ISTJ</b> <b>ISFJ</b>	Take some time alone to appreciate the details around you. Or think about other times when stressful situations ended positively.
<b>ESTP</b> <b>ESFP</b>	Don't forget to ask others for help, even if all you need is a little reassurance.
<b>INFJ</b> <b>INTJ</b>	Be sure to schedule some downtime or time for yourself to re-energize.
<b>ENFP</b> <b>ENTP</b>	Pay attention to your physical needs, such as exercise, and remember that sometimes it's OK to say no.
<b>ISTP</b> <b>INTP</b>	Take time to regroup. Try to mentally take yourself out of the situation for a different vantage point.
<b>ESTJ</b> <b>ENTJ</b>	Try doing some physical activity or talking to someone close to you.
<b>ISFP</b> <b>INFP</b>	Spend as much time alone as you need. Focus on what's right rather than what's wrong.
<b>ESFJ</b> <b>ENFJ</b>	Talk things over with someone outside the situation and be sure to take time to refocus on your values.



### Want more?

Check these other stress and type-related resources:



- ▶ Quick guide: Raising awareness about stress
- ▶ Burnout episode of The Myers-Briggs Company Podcast
- ▶ The MBTI assessment