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| Session Title: | Making Stress your Best Friend |
| Speaker(s): | Daria from Charlotte Wiseman LTD |
| Chair: | Sarah |
| Reporter: | Tiegan Yates |

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| Speaker/Institution Bio/Information: | Relationship & Time Management Coach Used to work in Student Recruitment |
| Overview/Aim of session: | To help people thrive To help people know what causes their stress and prevent/manage it |
| Workshop Content | See notes below |
| Case Studies/Examples: | None |
| Scenarios/Roundtable discussions: | What are 3 things that make you stressed What is something that de-stresses you |
| Questions and Answers: | See notes below |
| SummaryKey takeaways: | <ul style="list-style-type: none"> - Not all stress is bad, we need a little bit to avoid procrastination - What you think about stress is all psychological - There are ways to deal with stresses, you need to try out different techniques and find what works for you |

Awareness
De-mystifying stress & resilience

Growth
From distress to eu-stress

Accelerate
Tapping into the upside of stress

What is stress?

- Everyone wrote a definition for themselves – see slide for official definition

- We sometimes need to activate stress – avoid procrastination
- Stress is to do with our own psychological processes – rather than external factors

Stress Categories

- Too much
- Too little – boredom
- Too soon – deadlines
- Too late

Peak Performance

- Peak performance is similar to stress (see spot the difference slide)
- If we are aware of our stress, we can control it – we can remind ourselves that we have faced similar challenges before
- Peak performance is good for us but we need stress as well – to build resilience – for example going to the gym puts stress on the body in order to build physical strength
- When we are stressed, we can't think clearly – prolonged stress can impact our physical and mental health negatively as everything is related

What is Resilience?

- Everyone wrote a definition for themselves – see slide 11 for official definition
- Stress cant always be predicted
- Resilience is staying in peak performance and extending it

Video (TedTalk)

- In America, a survey was done regarding stress
- If people believe stress is bad for their health they were 43% more likely to die
- Believing stress is bad is the 15th largest cause of death in the US
- If candidates didn't believe stress was bad they were less likely to die.

Resilience container

- Stress flows into the container
- Stress comes from different categories e.g. chronic, emotional, external, physical etc, they are not all equal and they can build up
- Stress can build up = stress signature = individual response
- Stress tap = helpful strategies = releases pressure, unhelpful strategies = tap blocked
- Accepting reality then moving onto management of stress before you can pre-empt stress and reduce it
- When you're too stressed, the container is overflowing, its hard to think clear and see solutions

Dealing with the 2 (3) categories of stress

- Controlled
 - Proactive planning – Eat the Frog (do what you don't want to do first), plan your day by scheduling your tasks
 - Challenge your thinking – what might you learn, journaling
 - Collaboration – you are not alone, delegate tasks, ask for help. It is proven that more social teams are more productive
- Uncontrolled

- Power pause – reset your nervous system by distracting yourself
- Physical reset – calm body/sensory body check
- Movement – change your location to change your mindset, exercise to release endorphins, focus your attention
- Grey area (what we can't control but we can influence) – interact socially
- Try out the strategies that you already do

A Note on the Off Switch

- More psychology based options
- Future forecasting – how will I feel if I do it? How will I feel if I don't do it?
- People procrastinate because they are not connected to their future self

The gift of time

- Constrain your time – start with just 5 minutes – the perfectionist in you will want to finish tasks but if you just do 5 minutes, you have started it which makes the next time you come to it much easier
- Pomodoro pauses
- once you start a task its always much easier

Incentives

- reward action and celebrate success
- challenge inaction
- rewards & punishments – write yourself a contract and give it to someone to hold yourself accountable, make your punishments socially useful e.g. giving to charity and make your rewards something you don't often do e.g. if you always buy a coffee don't use that, take yourself to the cinema instead

what you think about stress is likely because it is psychological

Go and do something about your stress

Q&A

Q – social connections – talking about stress can be triggering for some people?

Answer:

- For some people talking about stress can do the opposite of calm them, you don't have to talk to people about your stresses to interact socially, just being around people releases oxytocin which is great for relieving your stresses
- Different people react differently to hearing about others stresses – think about who you share them with, is it someone that will just listen and support or is it someone that will get enjoyment out of your stresses
- When people share their stresses with you – actively listen and validate their feelings, never offer advice unless asked to