



Stress Management

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By the end of the Power Hour Expert session you will be able to:

- Describe (in broad terms) what stress is and what causes it
- Recognise the symptoms of stress
- Use practical techniques to reduce stress before it becomes a major problem

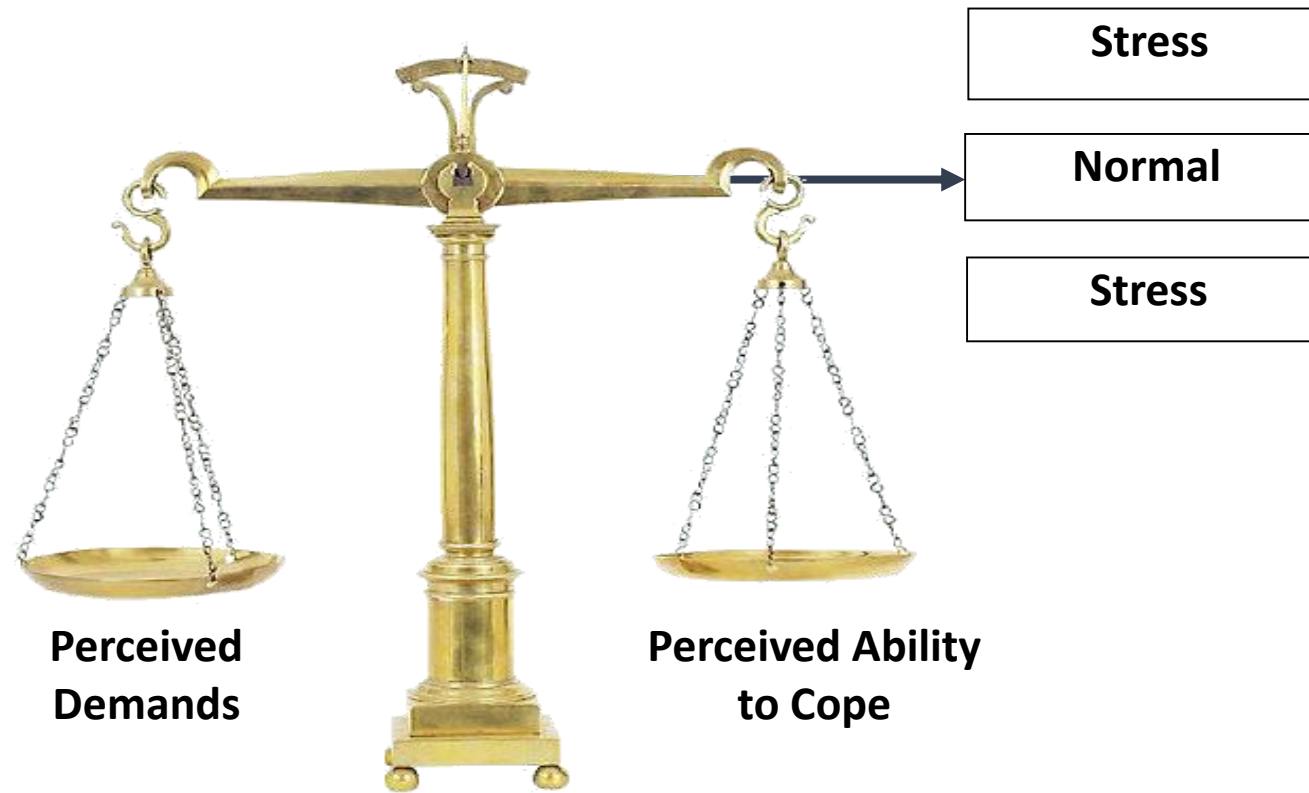


The Problem with Stress

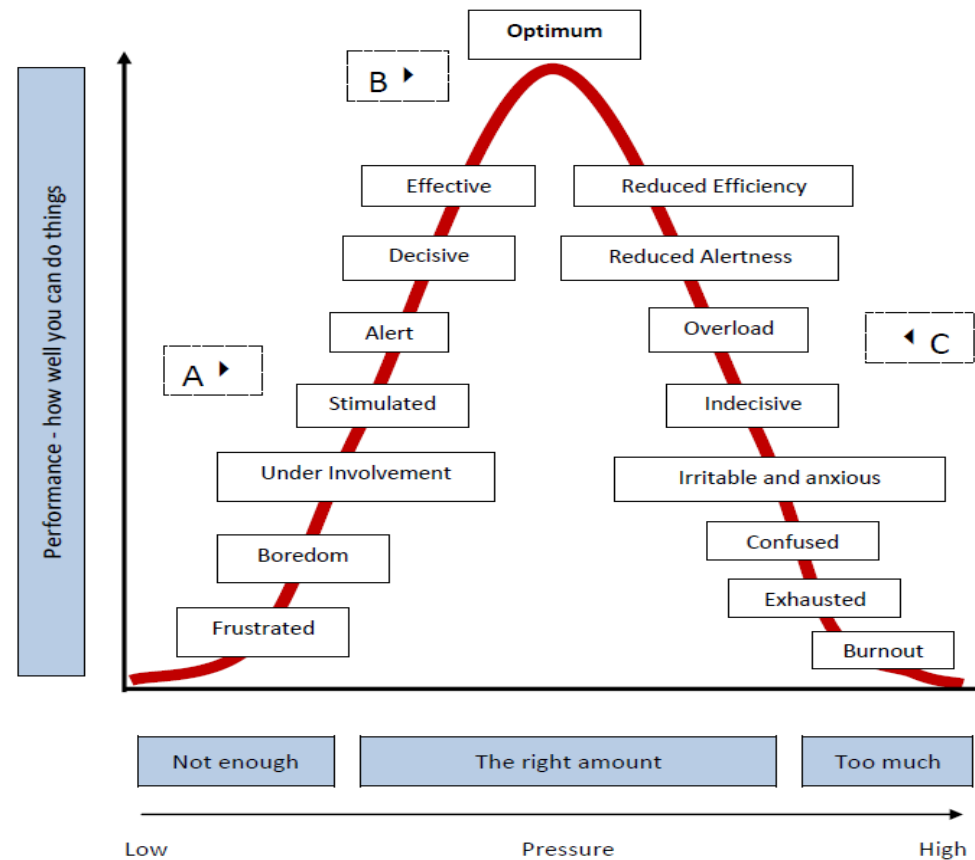
In 2017/2018, the Health and Safety Executive (HSE) found that:

- The total number of work related stress, depression or anxiety cases was 595,000
- Stress, depression or anxiety accounted for 44% of all work-related ill health cases and 57% of all working days lost due to ill health.
- The total number of working days lost was 15.4 million days.
- The Centre for Mental Health estimated the total cost to the UK economy was £35 billion in 2018.

Why we Feel Stress



The Pressure-Performance Curve



Symptoms of Stress



Causes of Stress



Cognitive



Physical



Emotional/Social



External

Controlling Stress: The 4 'A's

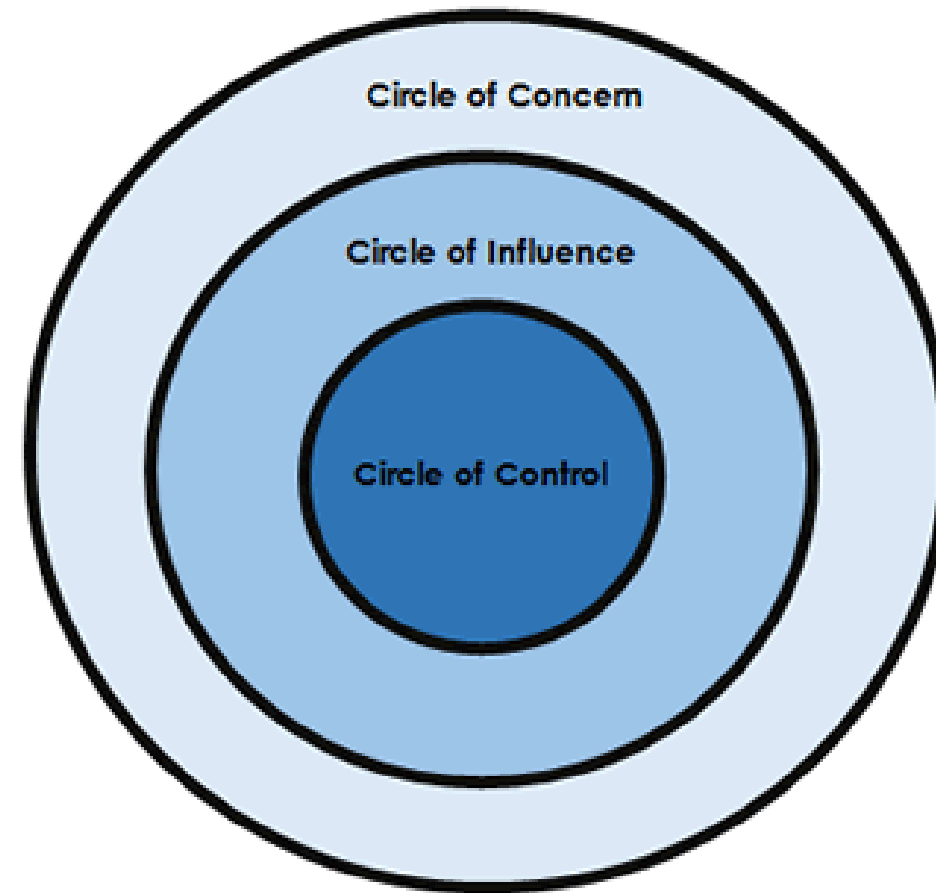
Avoid
unnecessary
stress

Alter the
situation
(rules/
parameters)

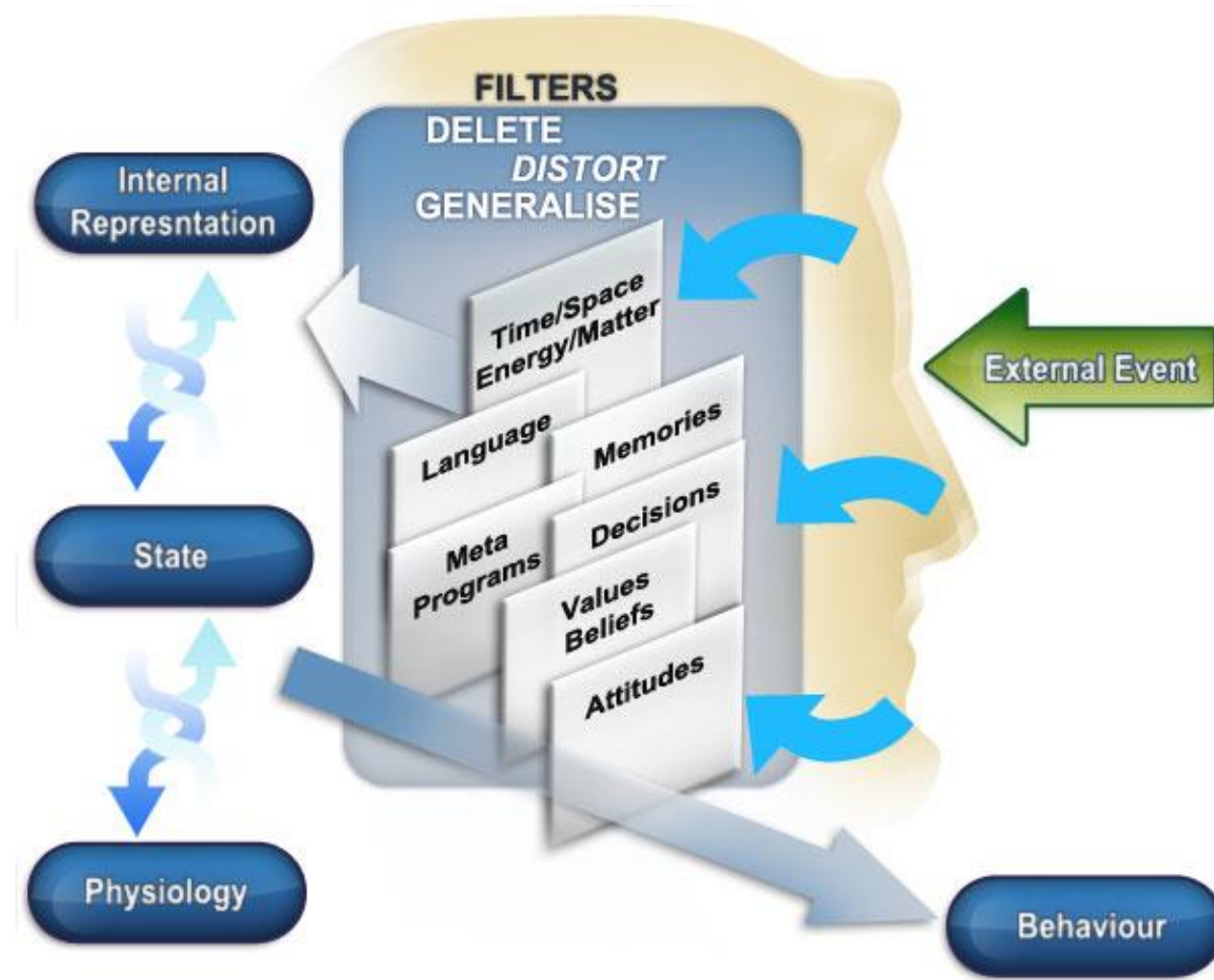
Adapt your
approach to
the stressor

Accept what
can't be
changed
and let it go

Circle of Concern



The Mind-Body Connection



People with LOWER stress levels...

- Have large social support networks
- Balance the needs of work and home
- Take regular holidays
- Have hobbies and interests outside of work
- Leave work at work
- Eat a balanced diet with lots of fruit and vegetables, high fibre content and low levels of sugar
- Eat breakfast
- Drink alcohol and caffeine in moderation
- Eat freshly prepared food
- Take regular, moderate exercise three times a week...even when busy!
- Get a good night's sleep
- Talk to friends, family and colleagues about stressful situations
- Display their emotions
- Expect the best
- Give and receive affection from others
- Are happy with who they are

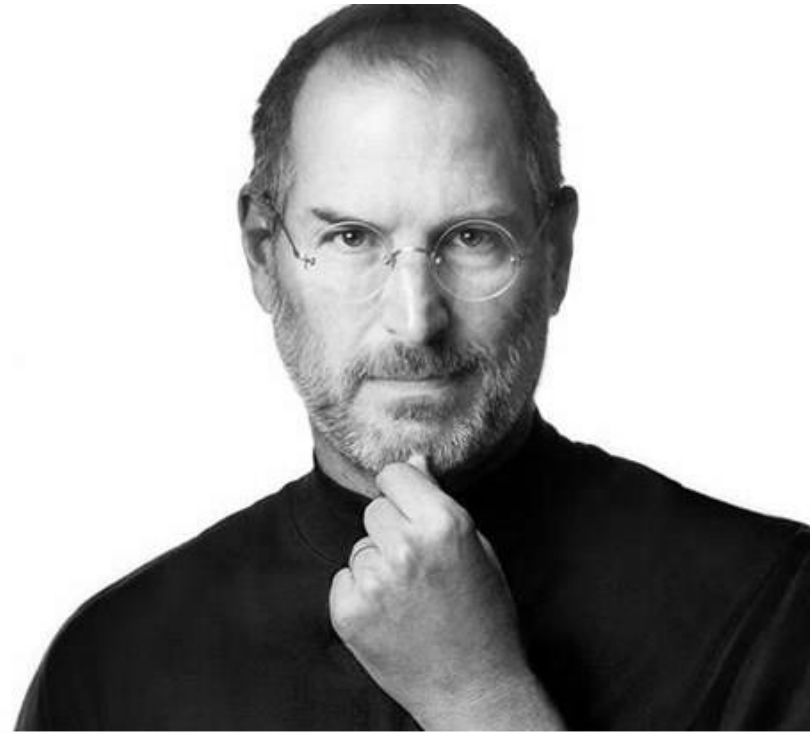
Build a Network



Say 'NO'

It is only by saying
'No' that you can
concentrate on the
things that are really
important.

Steve Jobs



How to say 'No'

Remember
your Rights

Do it sooner
rather than
later

Keep it simple

Take
responsibility

Be Clear

Don't over-
apologise

Be respectful

Suggest
alternatives

Remain calm
but firm

Don't feel bad

Make it Work at Work

What are you going
to **DO** as a result of
this Power Hour
Session?





Thank You
&
Good Luck