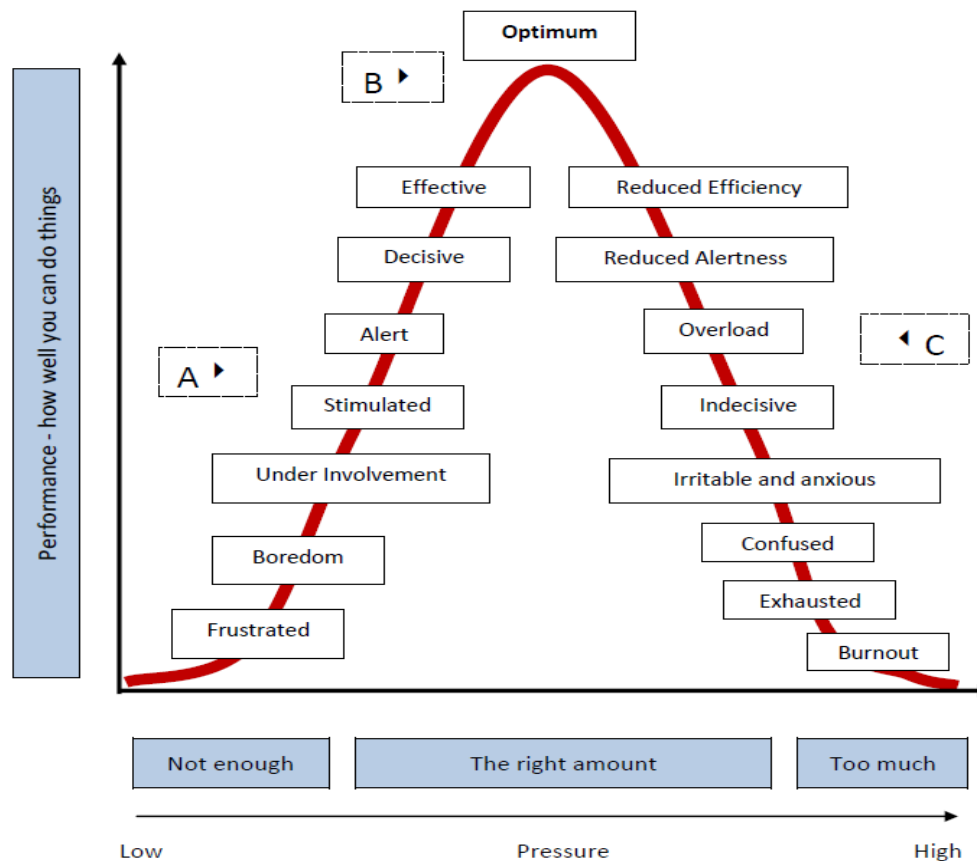




Stress Management

The Pressure/Performance Curve



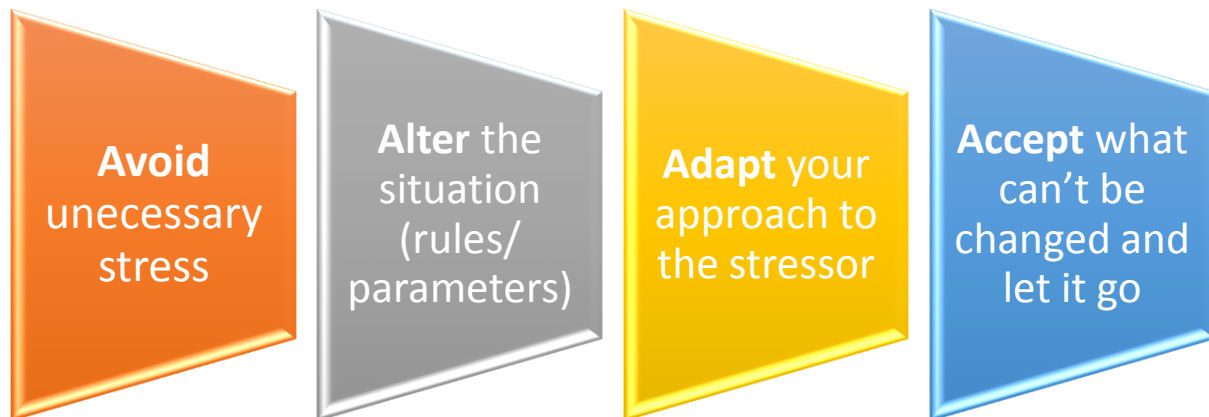
Recognising Stress - Symptoms include:

Headaches	Trouble sleeping	Heartburn	Constant tiredness	Skin problems
Mood swings	Cynicism	Paranoia	Inability to make decisions	Memory loss
Withdrawing from social networks	Reduced performance	Inability to concentrate	Increased drinking/smoking	Aggression



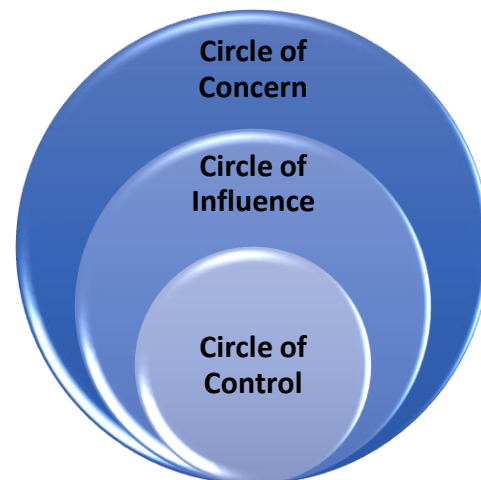
Controlling Stress

The 4 'A's



The Circle of Control (Steven Covey)

Only put your time, energy and 'worry' into things that you have control or influence over. Spending emotional energy on things outside of these circles serves no positive purpose.



Learn to Say 'No'

