

mind
Coventry,
Warwickshire
and Worcestershire

Stress

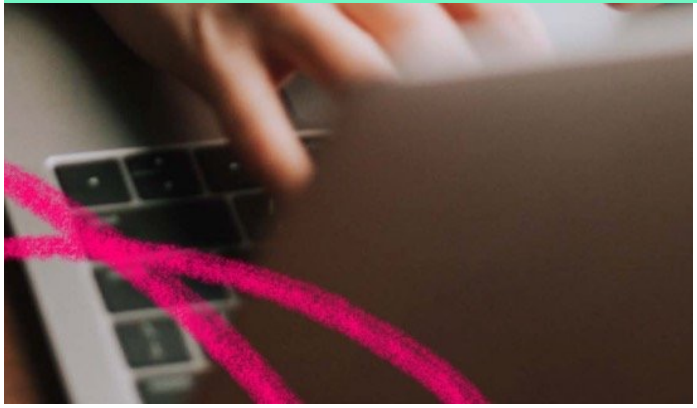
Warwick Business School
Paol Stuart-Thomson
12th November MMXXVI



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and Worcestershire

We are Mind

“Empowering individuals to access mental health and wellbeing support to thrive in their local communities.”



mind

The next hour

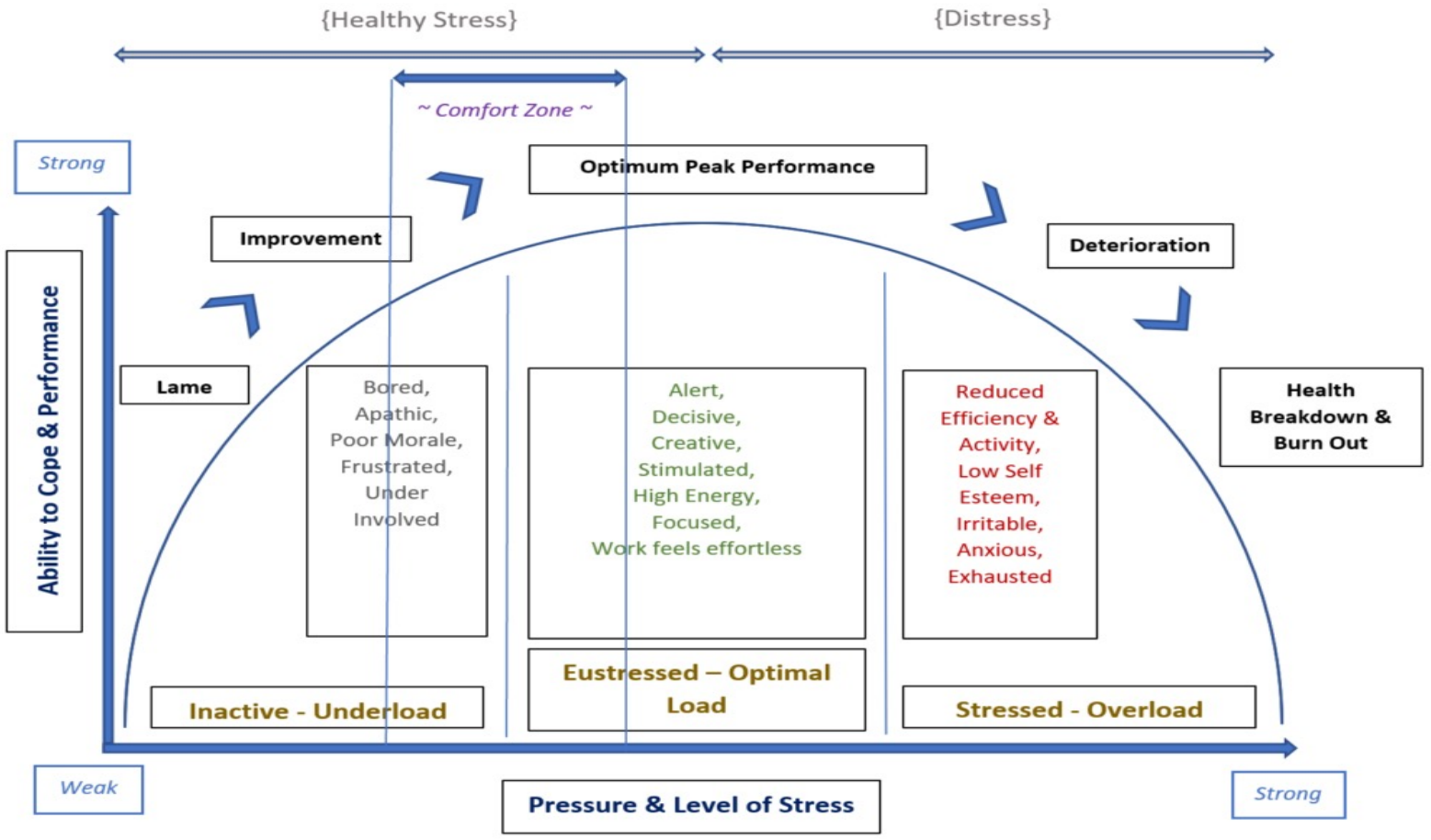
What we'll do
What stress is and where it comes from
How you respond: fight, flight, freeze, fawn, friend
Your stress container (exercise)
Reducing the impact: refuel, resolve, relax
One thing you'll do this week

Check-in

One word for how your week has been

2 minutes. **Tell the person next to you or right it down. No explanation needed.**

What is stress?



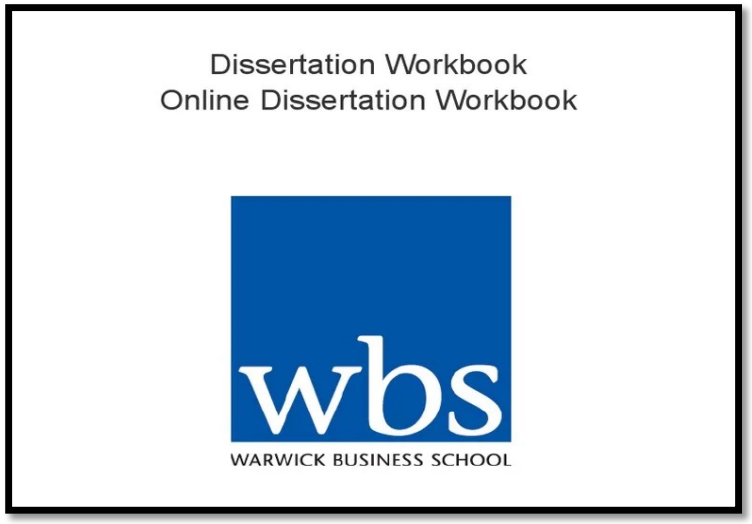
*** Lorenza Brock's adaptation of The Human Function Curve by Dr. Peter Nixon 1979 ***

Sources of stress

Life changes	**Leaving home, relationships ending, illness, bereavement, going to university**
Work and study	**Deadlines, assessments, workload, a new role, difficult colleagues**
Emotional	**Peer pressure, conflicting values and beliefs, uncertainty**
Physical	**Late nights, no routine, poor diet, drugs or alcohol**
Environmental	**Housing, money, isolation, adjusting to a new place or country**

Good changes count too. A promotion at work or a masters degree at a prestigious university is still a load.

The stress response



Vs.



- **Adrenaline and cortisol are released**
- **Heart rate and breathing speed up**
- **Muscles tense, ready to act**
- **Thinking narrows to the threat**

Five ways we respond to threat

Fight

Push back

Sharp replies, arguing each point

Flight

Get away

Avoiding it, putting it off, busy with anything else

Freeze

Shut down

Blank mind, can't start, staring at the screen

Fawn

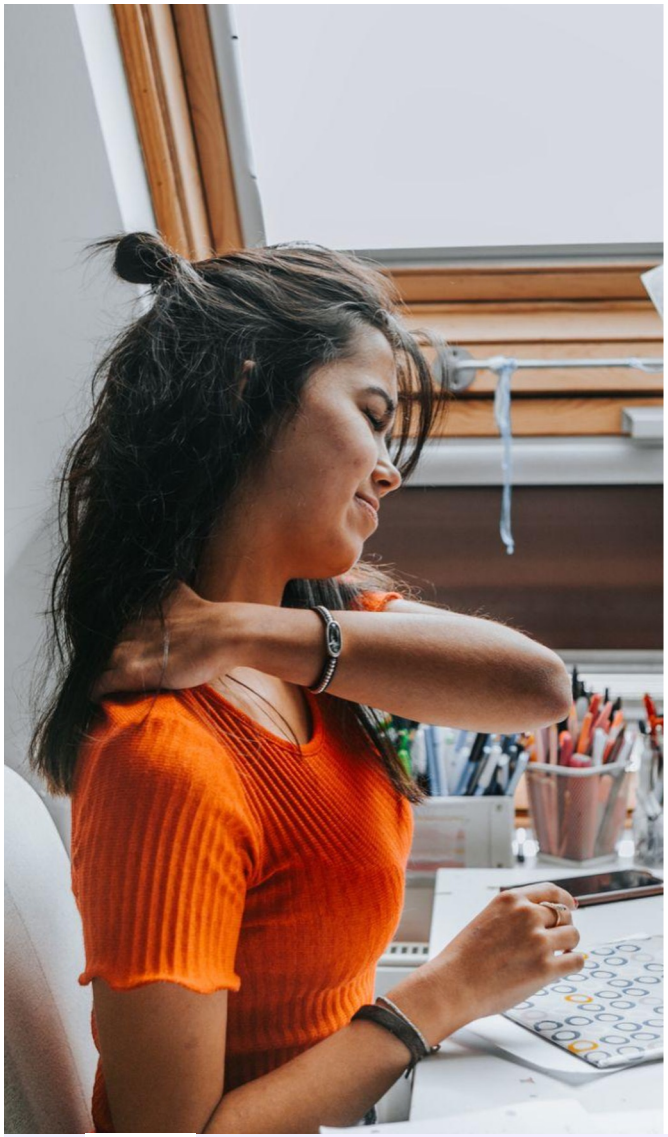
Keep the peace

Saying yes to it all, pleasing people

Friend

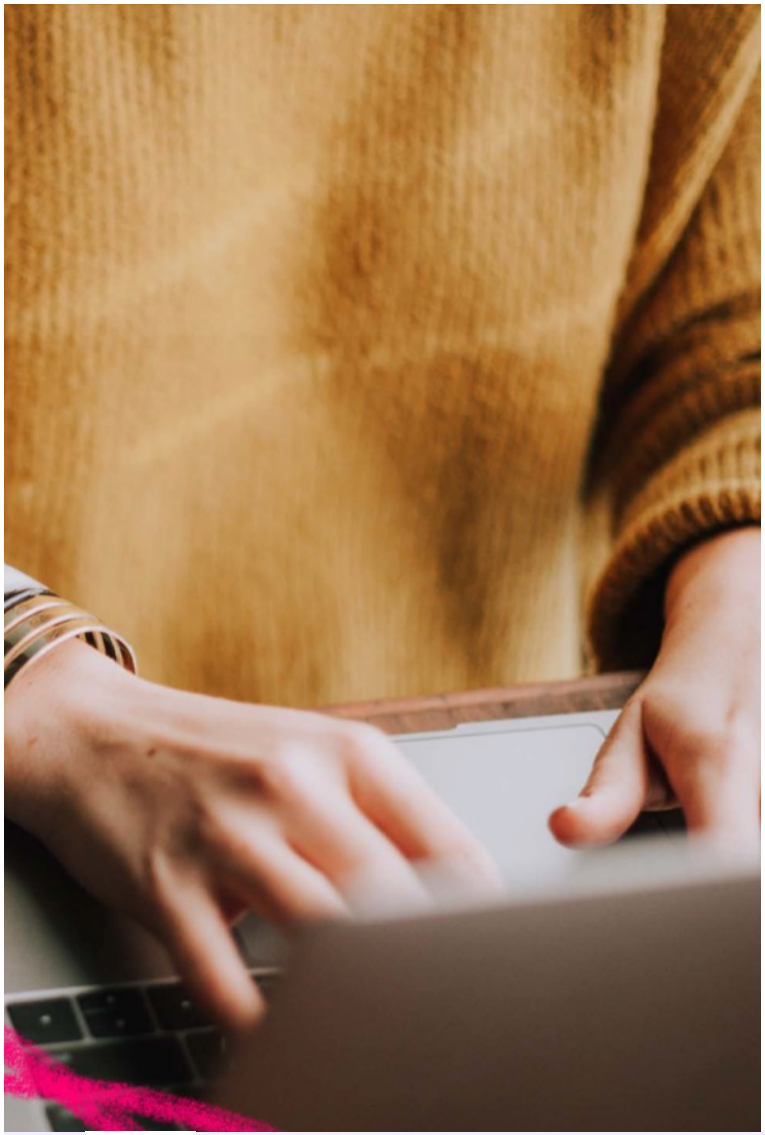
Reach out

Asking for support, talking it through



Effects of Distress on our body

- Headaches
- Decreased immune system function
- Higher blood pressure – heart attacks, strokes
- Tiredness
- Stomach upset / bowel problems
- Our Reproductive System – low sex drive, missed periods
- Diabetes



Effects of distress on our Mood

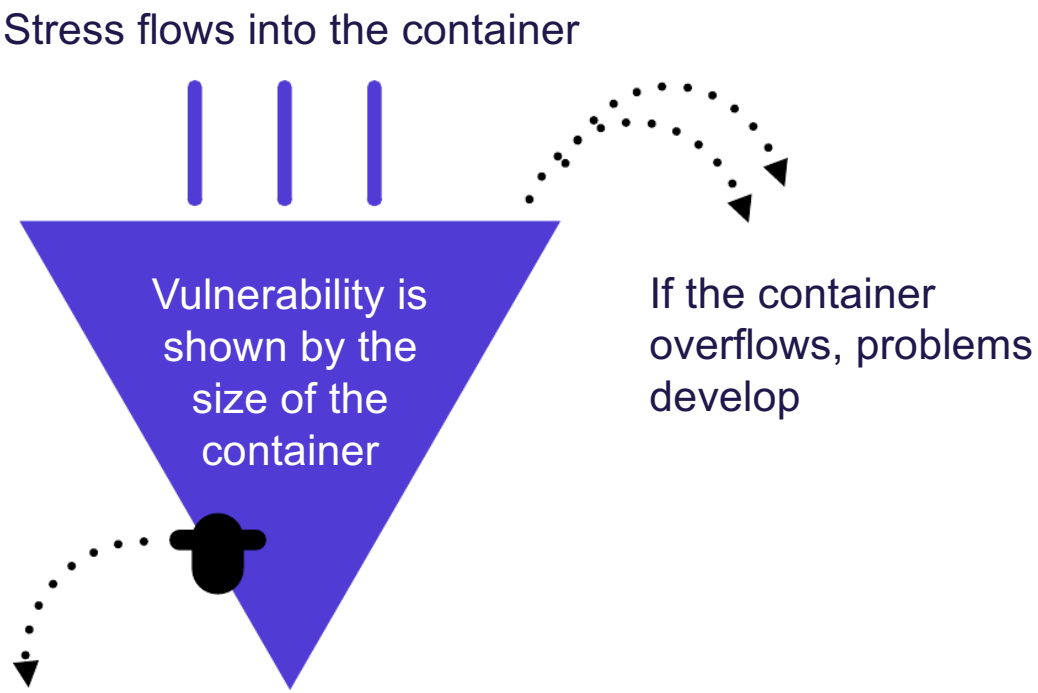
- Anxiety
- Restlessness
- Lack of focus
- Feeling overwhelmed
- Irritable or Angry
- Poorer decision-making skills
- Reduced memory recall



Effects of distress on our behavior

- Overeating or undereating
- Angry outbursts
- Drug or Alcohol misuse
- Socially withdrawing
- Less exercise
- Negative outlook

What's in your Stress Container?



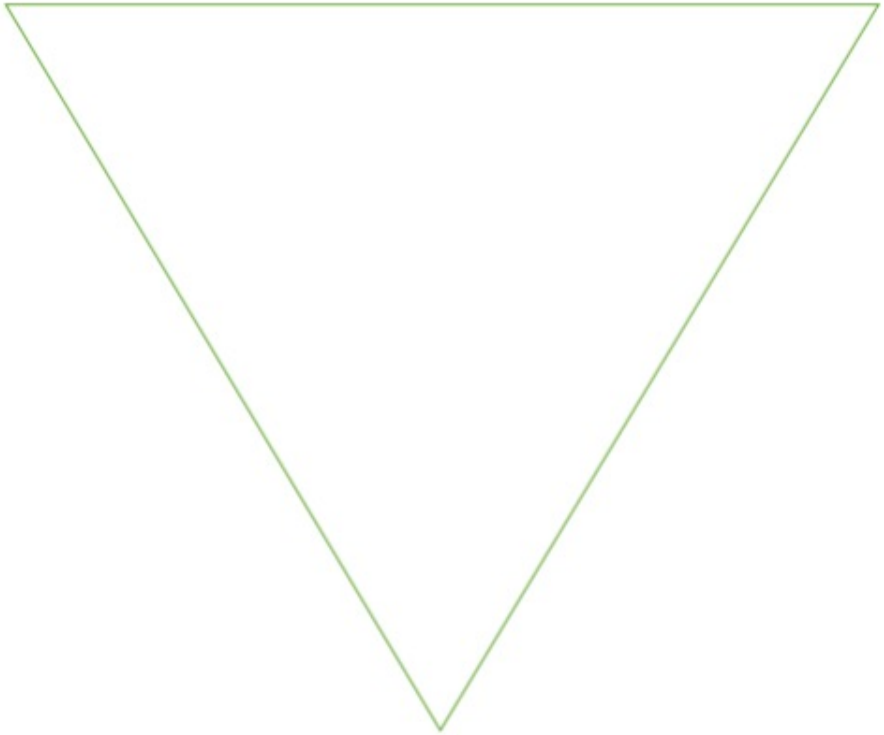
Helpful coping strategies = tap working, lets stress out

Unhelpful coping strategies = tap blocked, stress fills container and can overflow

Activity: What's in my Stress Container?

1. Empty everything that is in your head concerning work, study, or home life.
2. Write them down inside your Stress Container and complete the questions on page 25.

My Stress Container



What can I change?

What needs my urgent attention?

Who could help me?

What helpful coping strategies do I use?

What unhelpful coping strategies do I use?

Reducing the impact: the three Rs



Refuel — **Look after your wellbeing and energy levels**



Resolve — **Identify stressors and find solutions**



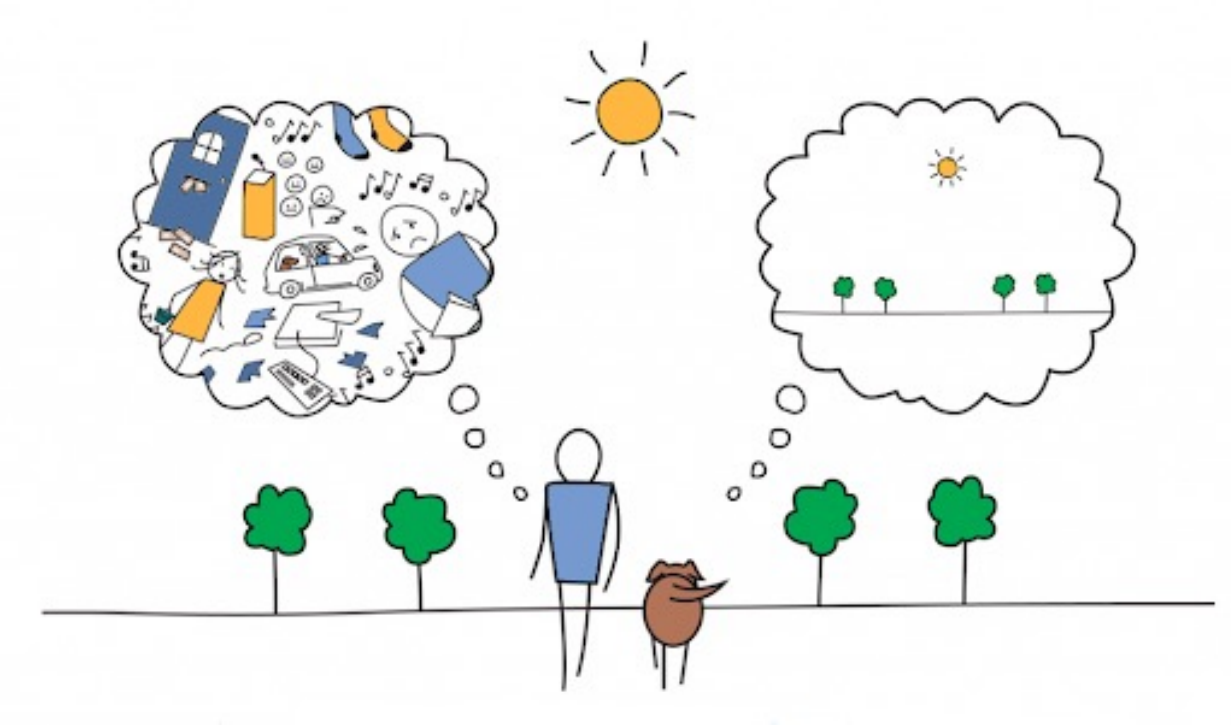
Relax — **Restore yourself through rest**

Three ways to open the tap on your container.

Refuel: five ways to wellbeing

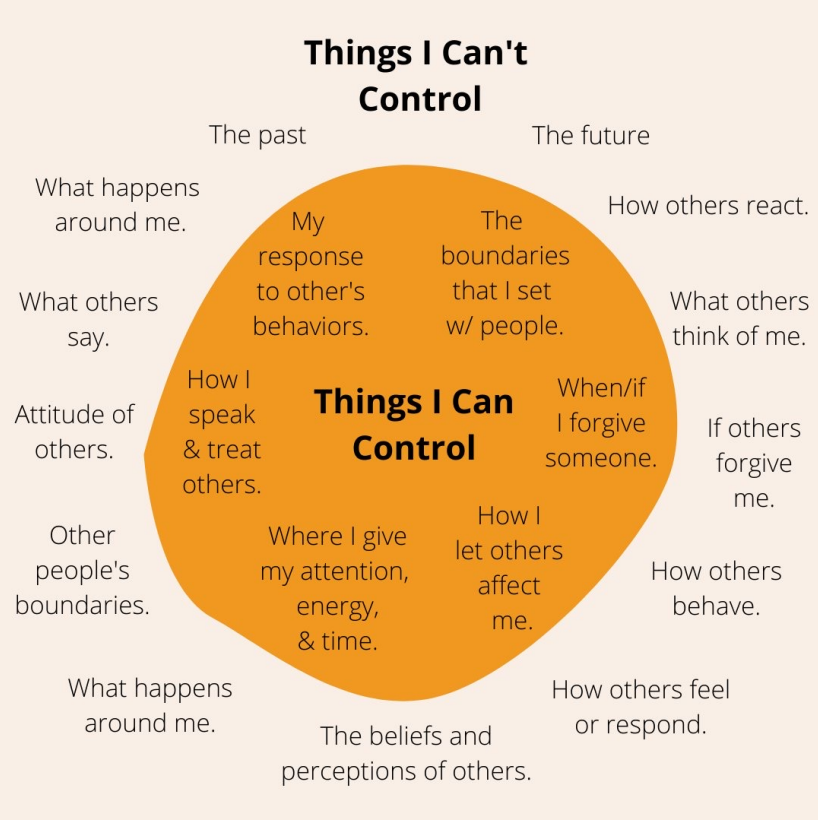


Refuel: mindfulness



The practice of bringing awareness to oneself and surroundings,
in the present moment, without judgment.

Resolve: what I control



Resolve: who can help

“Asking for help is a sign of strength, not weakness.”

At Warwick

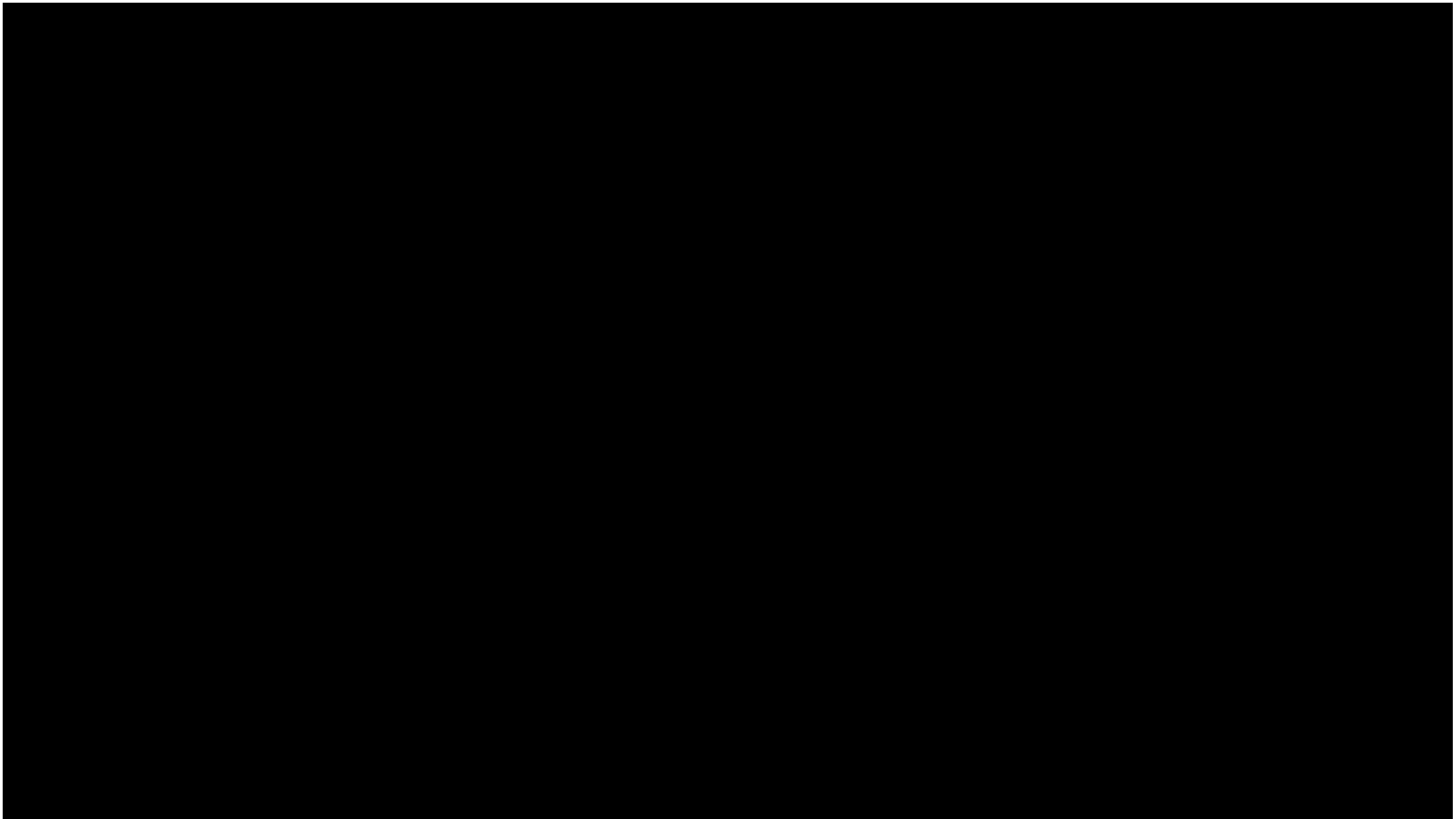
Wellbeing and Student Support
Staff Wellbeing Hub

Anywhere

NHS Talking Therapies (self-refer) · CWW Mind, cwwmind.org.uk · StepChange for debt · Relate for relationships · Cruse for bereavement

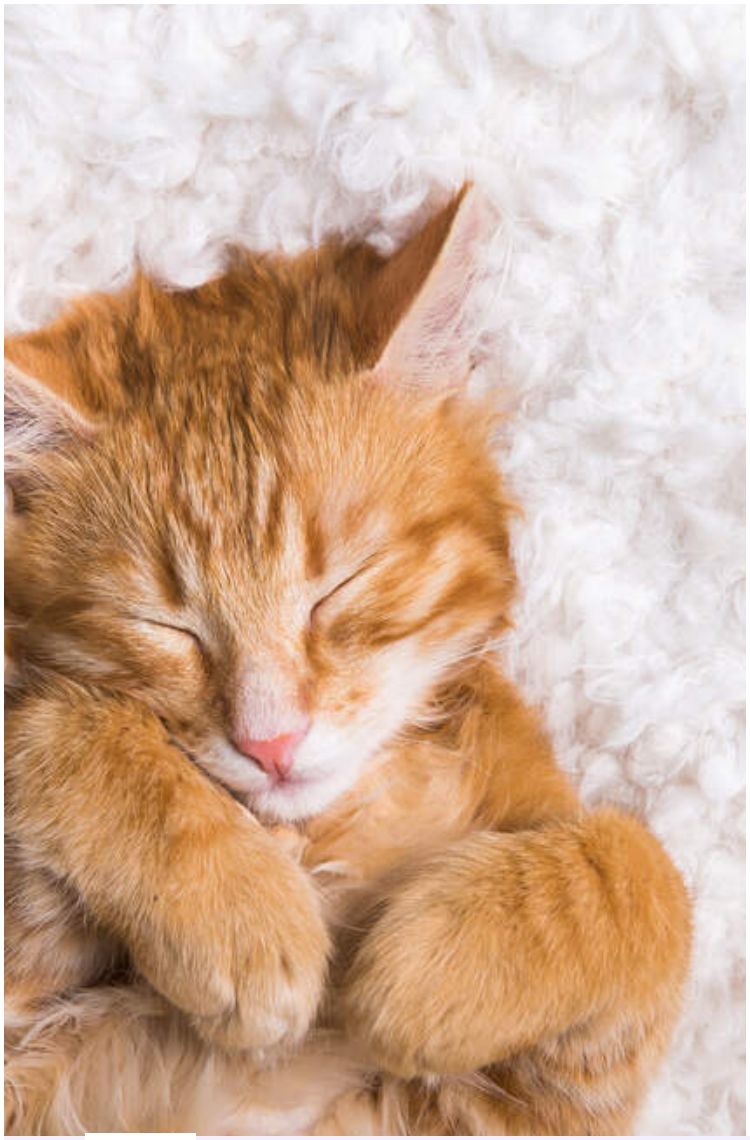
Right now

Samaritans 116 123, day or night · NHS 111 option 2



Relax: name five things

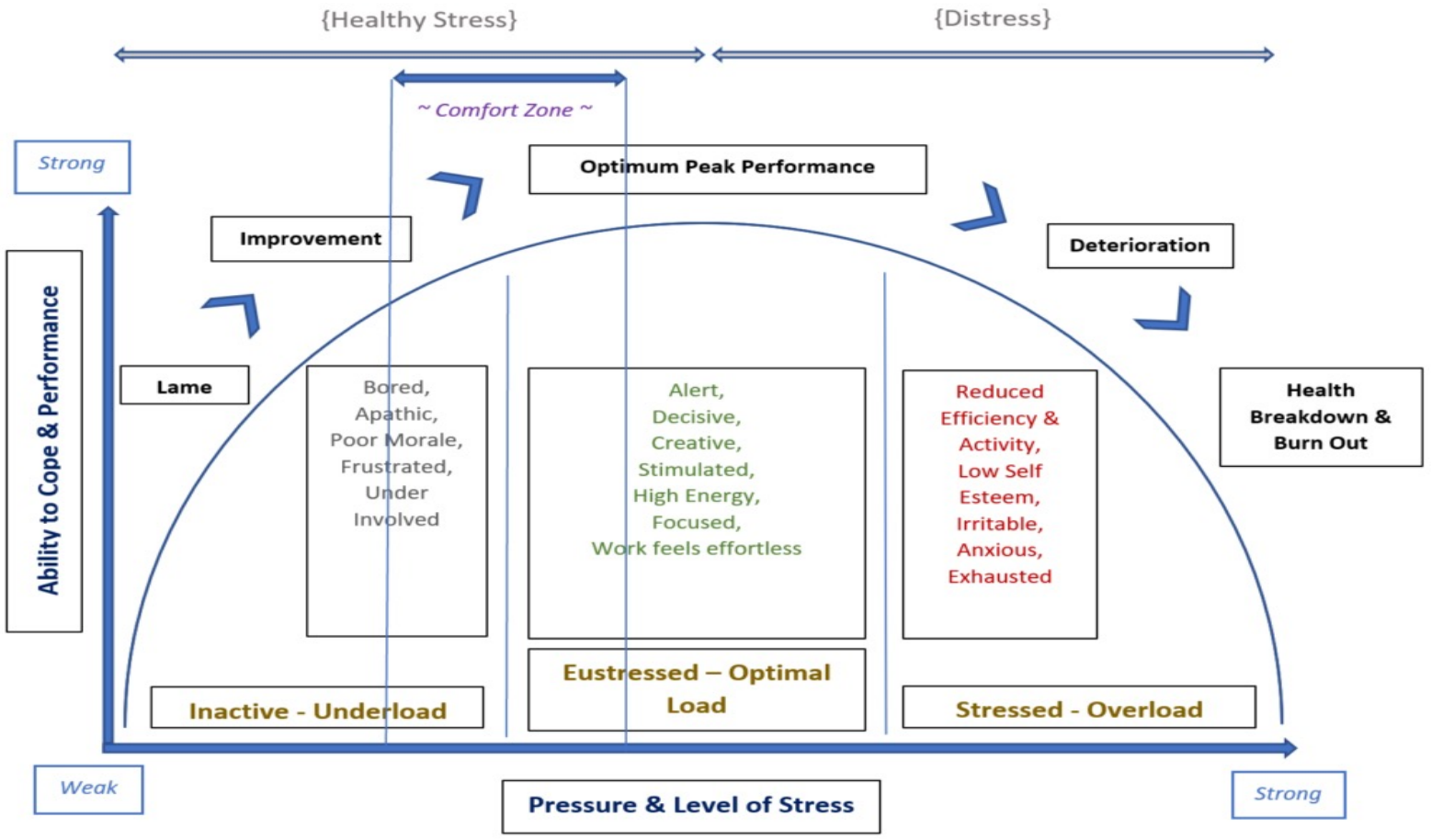




Sleep

- Get some morning sunlight to promote the production of melatonin
- We should prepare to sleep, not try to sleep. Trying to sleep turns on our stress response
- Having a set bedtime signals to your body it is sleep time
- No caffeine after lunch and limit the consumption of alcohol
- Turn off all screens e.g. the TV at least an hour prior to bed
- Do the dishes, tidy up, turn the lights down, pull the curtains, shower, hot drink, change your clothes etc

What is stress?

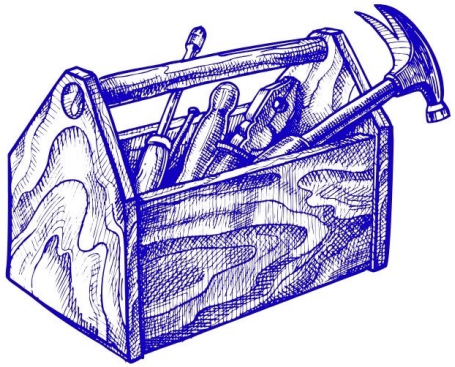


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Before you go

MY SELFCARE

TOOLBOX



5 THINGS I AM GOING TO DO FOR MY SELF-CARE EVERY WEEK

1	
2	
3	
4	
5	

Supporting your mental health and wellbeing. Empowering you to thrive in our local community.

Find out more
Scan here to find out more about our services, training, partnerships, volunteering and mental health support.

Make a donation
Scan here to support our activities and make a difference in your local community.

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Registered with FUNDRAISING REGULATOR



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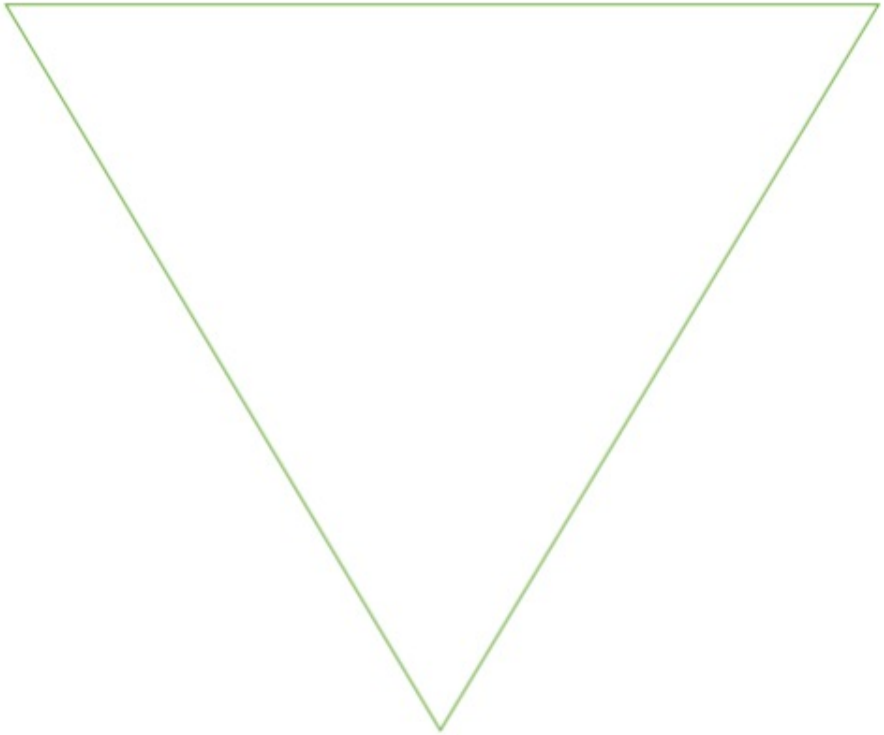
Thank you

Questions, and anything you'd like to go back to

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