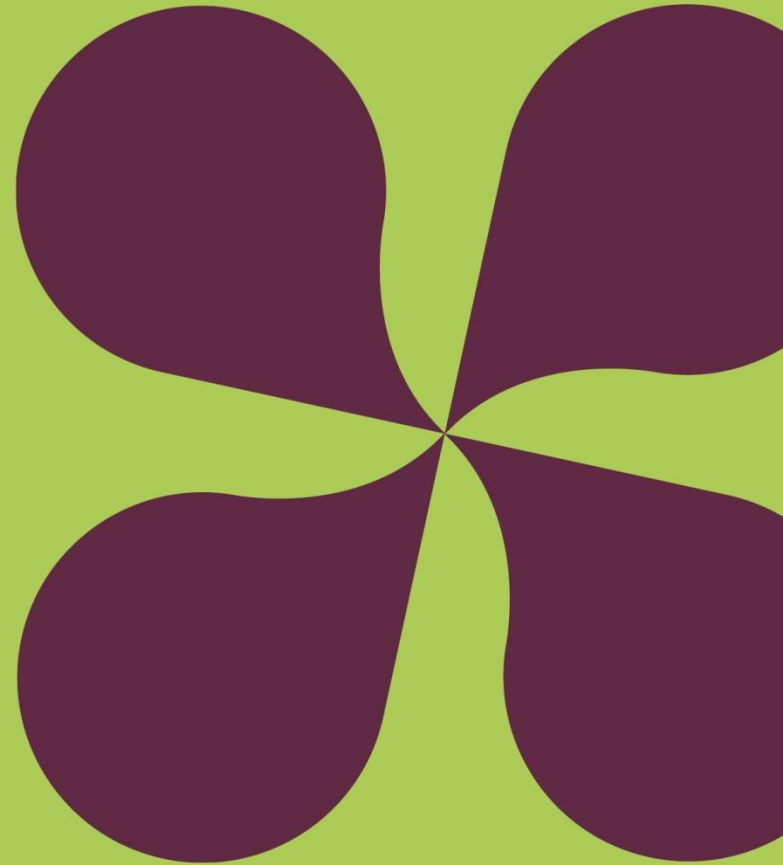


Managing Stress



Group Guidelines

- Confidentiality: Please make sure that you have a environment which is safe, private and free from interruptions for your session. Please take notice of confidentiality of other participants in the group who are on video.
- We would encourage participants to have their videos on during these sessions, but you are welcome to turn it off.
- You are welcome to use the 'chat' function to share comments if you do not want to speak on audio.
- At times when you need to take a break, or the material feels too heavy for you, you can take a break.



Urgent support Services

Out of Hours Urgent Advice:
0800 0234 650

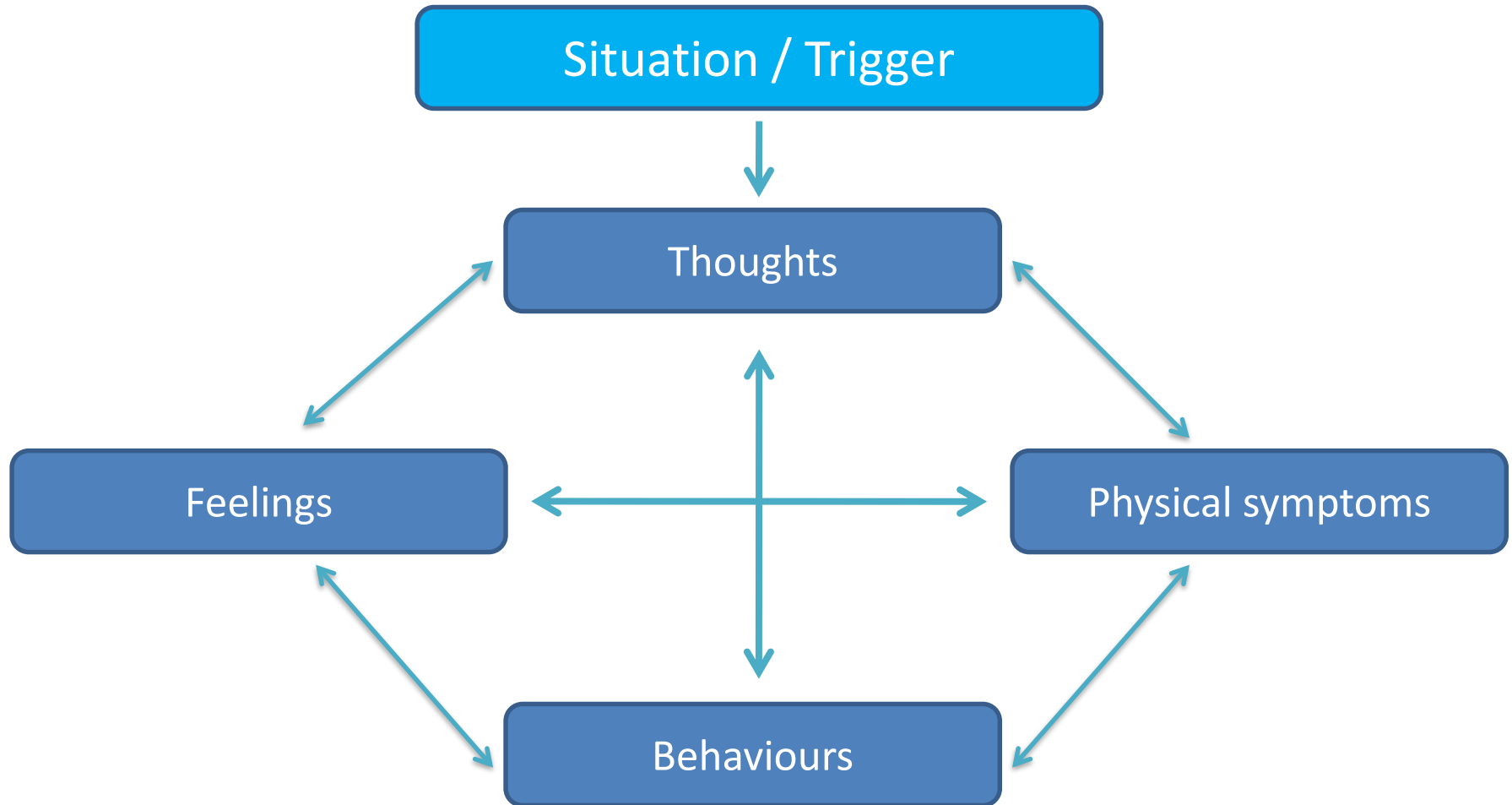
Hillingdon Samaritans:
116 123

Aims

- Provide information on what our service offers
- To increase awareness of symptoms of stress
- To discuss some techniques used to help manage stress effectively.

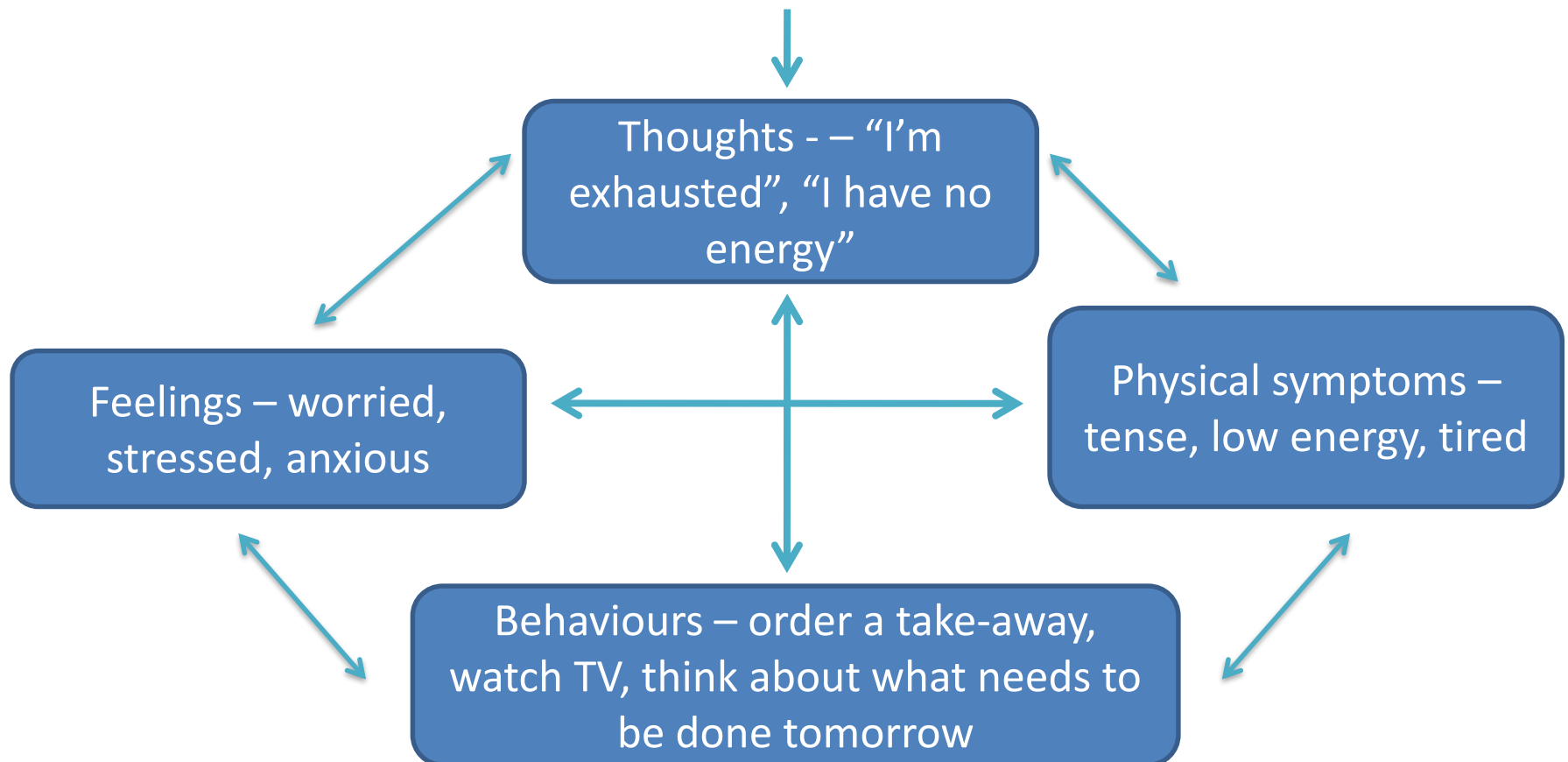
- What causes stress?
- What are the signs of stress?
- What does stress make us do?

5 Areas Model



Unhelpful cycle

Situation / Trigger – busy day at work, bad traffic , feeling tired



Helpful Cycle

Situation / Trigger – busy day at work, bad traffic, feeling tired

Thoughts – “I need a break”, “I need to look after myself”

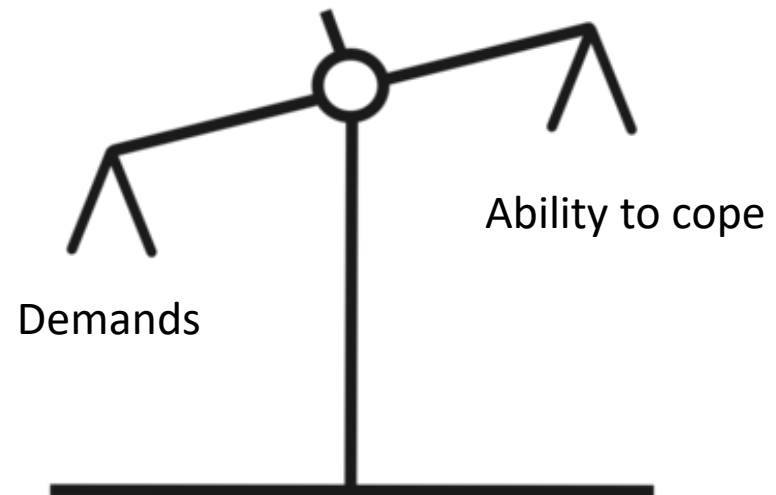
Feelings – relief, satisfaction

Physical symptoms – energised, relaxed

Behaviours – take the dog for a walk, pick up ingredients and make a home cooked meal with my family

Stress

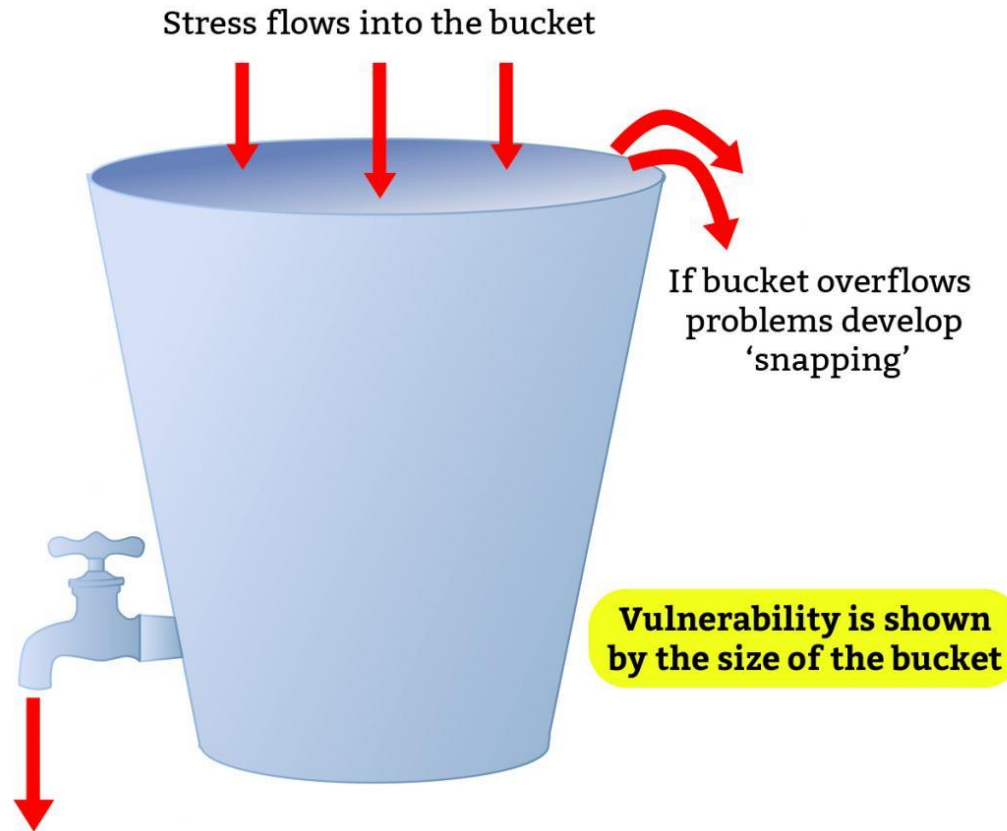
- Demands vs. Ability to cope
- Past and Future focus vs. present



Symptoms of stress

<u>Physical</u> Muscle tension, aches Tension headaches Breathlessness Change in appetite Tiredness, sleeplessness Increased blood pressure	<u>Behavioural</u> Smoking Drinking more alcohol Poor concentration Putting things off Inability to finish things Avoiding people
<u>Thoughts</u> Intrusive, unwanted thoughts Worrying obsessively Inability to make a decision Self-criticism Being critical of others Lapses in memory	<u>Feelings</u> Irritability Anger or resentment Loss of temper Anxiety Feeling tearful Loss of sense of humour Feeling guilty





Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket

- **Triggers include:** Physical health problems, financial problems, relationship difficulties, care or parental responsibilities, changes in life circumstances, work pressures, conflicts
- **Unhelpful behaviours include:** Neglecting personal needs and 'me' time, avoiding socialising, smoking, drinking excessively, eating junk food, avoiding tasks, and avoiding say 'no.'

A balance of activities can lighten our load

- Achievement & enjoyment: housework, sorting the paperwork, exercise, time for me, hobbies, fun family time, relaxation, prioritising demands
- Closeness/support: time with partner/friends/children that is enjoyable, including FaceTime/Zoom/telephone calls/social media
- Dealing with difficulties: stressful situations, sorting out finances, addressing arguments



Problem Solving:

1. Define the problem
2. Brainstorm solutions
3. Pros and Cons of each solution
4. Choose and plan a solution
5. Carry out then review



Specific
|
S M A R T
Achievable
|
Measurable
|
realistic
|
Timely



Setting Goals

- **Funnel** it down
- Focus on **short-term** goals
- Set **positive** goals

SPECIFIC
MEASUREABLE
ACHIEVEABLE
RELEVANT
TIMELY

- **General goals examples:**

1. To be more sociable (how?)
2. To exercise more (how?)
3. To achieve a better relationship with partner (how?)

- **Specific Goals examples:**

1. To have a coffee catch-up with a friend once a week using internet (e.g. facetime, zoom, videoconferencing)
2. To join daily exercise classes on YouTube
3. Prepare and eat evening meals with partner

Learning to relax

- Breathing techniques, Progressive Muscle Relaxation, Visualisation
- Time for yourself



Photograph: Michelle Cazares

Five Ways to Wellbeing

1. Connect – building connections with those around you.



2. Be Active – exercise makes you feel good.

3. Take notice – be curious, notice the world around you and appreciate it



4. Give – do something nice for someone. Smile, thank someone, volunteer...

5. Keep learning – try something new, learn a new skill, or rediscover an old interest.



In summary

- Learn to spot signs of stress
- Keep active and set goals.
- Tackle practical problems.
- Make time for yourself through relaxation, as well as connecting with others.
- Keep a balance of activities in your life-remember the stress bucket!

When more help is needed

Self help – we will show you some of the coping skills you could learn.
There are lots of resources for self help.

Counselling – if you would like space to talk through what is happening for you, such as difficult life events like loss, or relationship issues.

Cognitive Behaviour Therapy (CBT) – teaches you techniques to change your thinking and behaviours to break out of vicious cycles.

Workshops and Groups - Managing Low Mood, Anxiety, Stress management

Self-referral Available on our Website:
www.cnwltalkingtherapies.org



Further Webinars

- Mindfulness
- Mindfulness Walking Workshop (in-person)
- MoodBoost
- Worry Management
- Connecting with Others
- ...And more to come!

