

## **Session 8**

# **Stress management – Finding more life than work**

***Presented by***

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# STRESS MANAGEMENT

Finding more to life than work

# Common effects of stress

- Headache
- Brain fog
- Self doubt
- Fatigue
- Anxiety
- Feelings of overwhelm
- Irritability or anger
- Sadness or depression

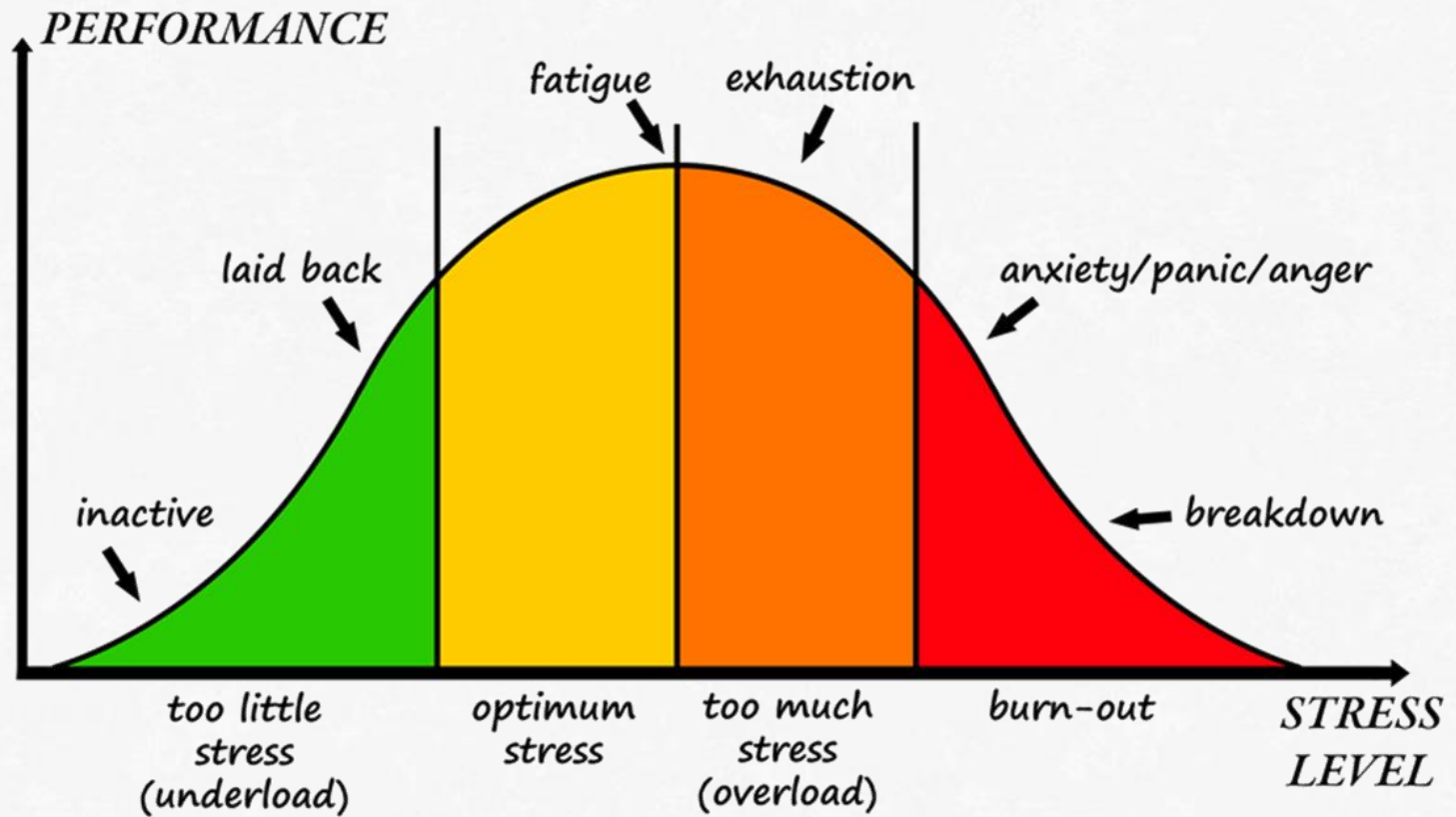




# Typical behaviours or symptoms

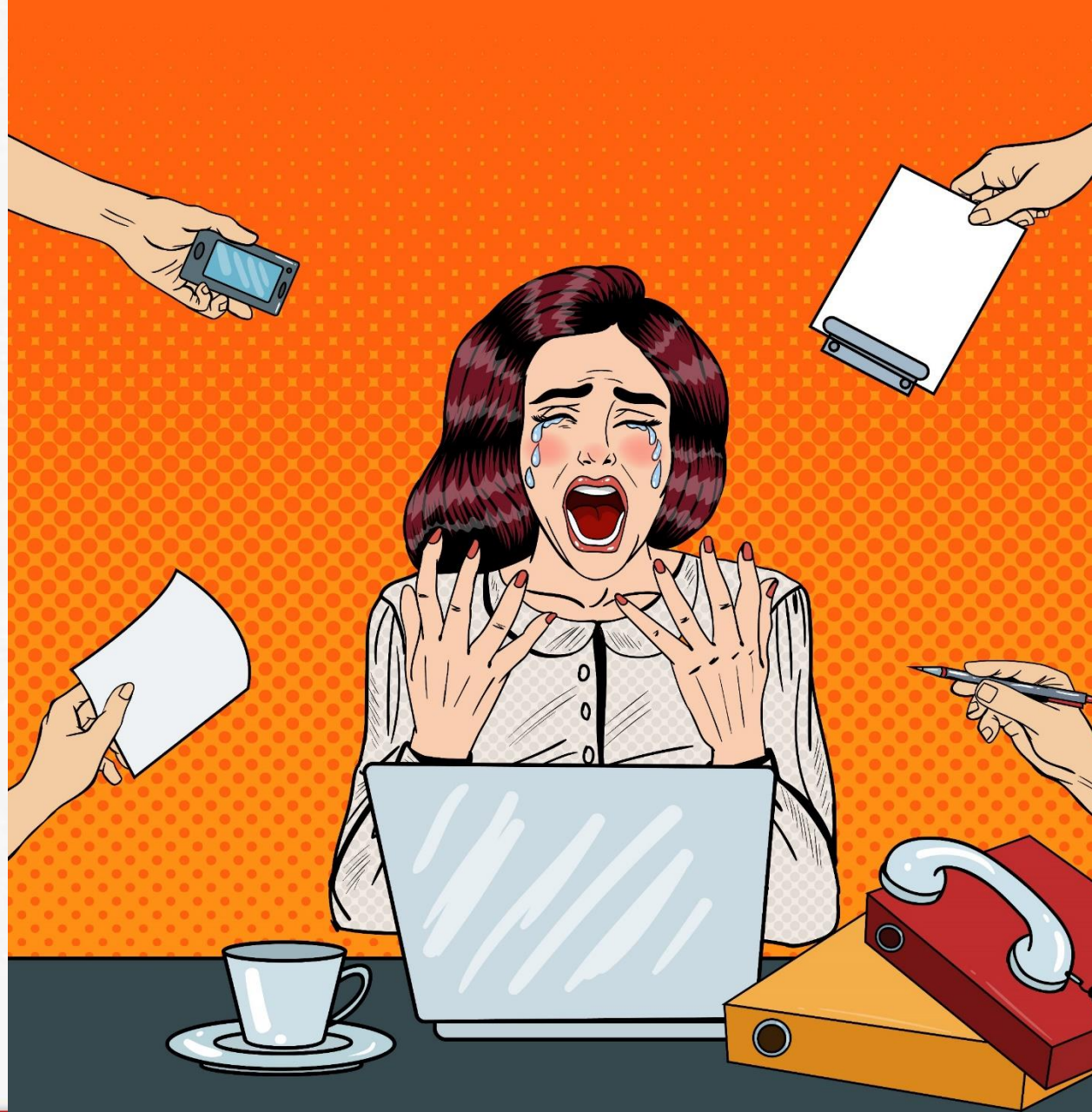
- Withdrawal from close family and friends
- Unable to concentrate or have difficulty thinking
- Have relationship or family problems or breakdown
- Stop doing things you enjoy
- Not getting things done at work
- Lack of self-care
- Develop new physical health problems
- Becoming dependent on alcohol, drugs or sedatives

# Stress Curve



2 fundamentally flawed beliefs about stress:

- The effects of stress are only negative.
- The goal should be to avoid, manage and counteract the effects of stress.



- ✓ Increases brain processing  
e.g. Flashing numbers for Bungee jumpers
- ✓ Improves memory  
e.g. Memory increased with hand in an ice bucket
- ✓ Focuses attention  
e.g. zero-in on stressor

# Change your Mindset (your lens)

*Mindset:*

*“A state or frame of mind that influences your response.”*



# 1. Acknowledge Stress.

It is what it is.

# 2. Welcome Stress.

You are stressed because you care.

# 3. Utilise Stress.

Stress is designed to facilitate.

A **positive** brain will  
perform significantly  
better than a brain at  
neutral, negative or  
stressed.

- Intelligence rises
- Creativity rises
  - 3 times
- Energy levels rise
- 31% more productive
- 50% less staff turnover

Lyubomirsky, 2005



- **40% more likely to get a promotion**
- **10 times more engaged**
- **23% fewer fatigue symptoms**
- **Doctors are 19% more accurate!**

Lyubomirsky, 2005





Dopamine has 2 functions:

1.It makes you happier

2.It turns on all your learning centres in your brain....allowing you to adapt to the world in a different way.



The background of the slide is a dark, deep blue or black. It is populated with numerous translucent, iridescent bubbles of various sizes. These bubbles have a rainbow-like sheen, reflecting light in shades of purple, blue, green, and yellow. Some bubbles are in sharp focus, showing internal reflections, while others are blurred, creating a sense of depth. In the center of the slide, there is a large, semi-transparent light grey circle. Overlaid on this circle is the title text in a clean, white, sans-serif font.

# Mindfulness and BREATH





**Self  
compassion**



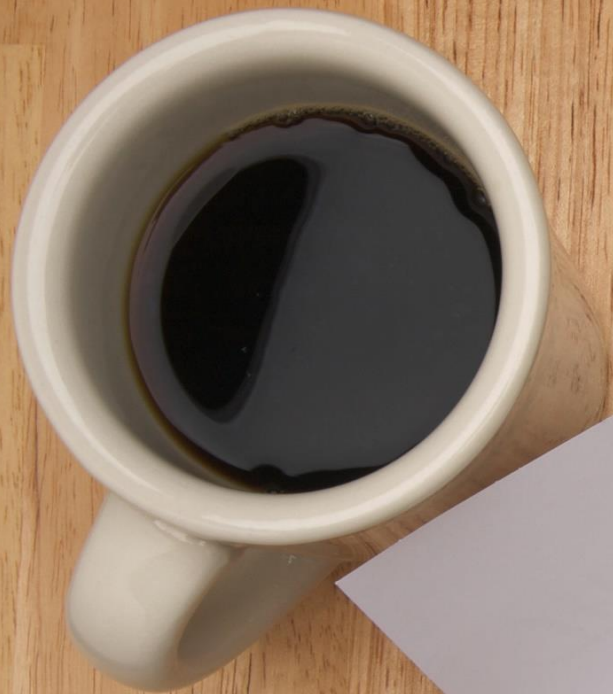
I AM GRATEFUL  
for...

Record three good things.



# Successful Gratitude Journal

- Evoke the feeling
- Get personal
- Don't over-do it



*Thank You*



2 minute positive email,  
text message or note  
praising or thanking  
someone you know.

((Lyubomirsky, 2005))



# Exercise



Study of 202 people with major depression, split up as:

- Supervised exercise program
- Anti-depressant
- Placebo

(Babyak et al, 2000)



4 months later the  
exercise group entered  
remission at the same rate  
as those on medication!

# Leave work at work



- ✓ Release nagging thoughts
- ✓ Act like a tourist on the way home
- ✓ Play upbeat music
- ✓ Don't resent the commute time, embrace it as your time.
- ✓ Make a decision as you put the key in the door.



Mastering Your  
**MOJO**

Brain  
**BOOST**

**LIVE**  
LIFE FORWARD

**Go F.** Mindfulness  
for clarity and focus

Combat Fear  
Change Attitude  
Develop Resilience

Mastering  
**STRESS**  
a lifestyle approach!



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