



Stress & Well-Being

Workshop by Lee Wong, 2014

soteria

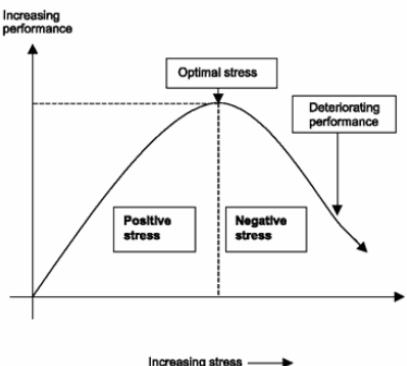
CONSULTING

WHAT IS STRESS?

Negative physical and emotional responses that occur when we feel the situation is 'out-of-control'.

	<u>Low Demand</u>	<u>High Demand</u>
<u>High Control</u>	<i>Low Strain</i>	Active
<u>Low Control</u>	Passive	High Strain

POSITIVE & NEGATIVE STRESS



The graph illustrates the relationship between stress and performance. The vertical axis represents 'Increasing performance' and the horizontal axis represents 'Increasing stress'. A curve starts at the origin, rises to a peak labeled 'Optimal stress', and then declines. The rising portion of the curve is labeled 'Positive stress', and the declining portion is labeled 'Negative stress'. An arrow points to the downward-sloping part of the curve with the label 'Deteriorating performance'.



WHAT CAN WE DO?

Maintain Your Own Well-Being

- Relax with enjoyable activities
- Maintain a healthy lifestyle (e.g. eat/sleep)
- Keep a positive attitude
- Maintain a healthy work/life balance
- Plan and organise work
- Set realistic goals
- **Time management**
- Use Breathing/Relaxation Techniques
- Meditation/Mindfulness Techniques

WHAT IS WELL-BEING?

- Oxford Dictionary:
“The state of being comfortable, healthy, or happy.”
- How can we achieve this?

BALANCE

BALANCE – TIME MANAGEMENT

- Every person is unique – find what works for you!
- How would you split 24 hours of a day to each area?
- Do you feel it is balanced?
- Are you achieving what you set out to achieve?
- Do you feel “comfortable, healthy, or happy”?
- What can you do to improve your time management?

WORK

- Plan your work and work your plan
- Set SMART Goals – challenging but doable
(Specific, Measurable, Action based, Realistic, Time-limited)
- Take time to wind down
- ***Reward yourself for accomplishing goals***

PLANNING

1. Break down the task
 - Daily ‘to do’ list
 - Weekly time table – plan time for each area
2. Plan Ahead
 - Term Planner
 - Semester time table
 - Steps and priorities
 - Balancing work and rest time

PLANNING

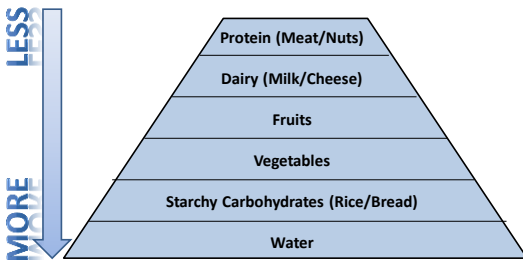
3. Reflect on Big Goals
 - Why are you doing this course?
 - What do you want to achieve by end of year?
 - What are you looking forward to after finishing?

4. Set Achievable Small Goals
 - Personal goals that work for you
 - Be honest with yourself when planning
 - Remember to use **SMART** goals!

S.M.A.R.T. Goals

- S- Specific**
Write a specific goal statement.
- M- Measurable**
Define how you'll measure your progress.
- A- Action Based**
Plan what actions are involved to achieve your goal.
- R- Realistic**
Is your goal realistic, is the plan you devised do-able?
- T- Time-limited**
Set a timeframe for your goal.

PHYSICAL - DIET

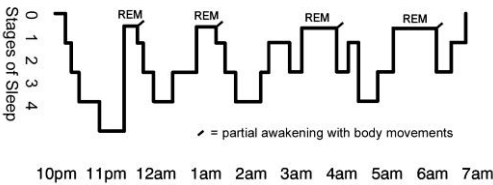


PHYSICAL - SLEEP

- Sleep is important for our immune function, metabolism, memory, learning, and other vital body processes.
- On average 7-8 hours is recommended as a healthy amount
- BUT some people feel they need more or less

PHYSICAL - SLEEP

- Waking during different stages of sleep affects energy/tiredness. Try waking during Stage 2-3 (light) sleep. **AVOID WAKING DURING REM!**
- If you are waking up 'groggy', try waking up 15 minutes earlier/later to find your ideal time.



PHYSICAL - EXERCISE

- Cardiovascular Exercise – 30 minutes daily
 - Walking, jogging, stairs, swimming, sports etc.
 - Improves fitness, sleep, breathing and well-being
- Strength Training
 - Weights, push-ups, sit-ups etc.
 - Improves physical fitness and well-being
- Flexibility Exercises
 - Yoga, Pilates, stretches etc.
 - Improves well-being and reduces stress

MENTAL

- Your mental state – how you feel and how you cope with day-to-day life
- Extreme experiences can greatly affect us – how we cope during difficult times is ‘resilience’
- Long periods of low mental well-being can lead to mental health problems
e.g. Depression and anxiety

MENTAL – WHAT YOU CAN DO

- Talk with a family/friend/professional
- Build and maintain social networks and contacts
- Maintain good physical health E.g. Diet, sleep and exercise
- Relax
- Do something you enjoy
- Do something for someone else
- Identify mood triggers (e.g. Mood diary)
- Look after yourself
- Accept yourself

HOW IT AFFECTS YOU

INCREASED

DECREASED

- | | |
|--------------|------------------------|
| • Positivity | • Stress |
| • Energy | • Blood pressure |
| • Motivation | • Psychological Issues |
| • Efficiency | • Physical Issues |
| • Health | |
| • Dopamine | |
| • Endorphins | |

KEY POINTS

- Stress can be positive or negative
- Affect your stress through your Well-Being
- “Well-Being is the state of being comfortable, healthy or happy”
- Determine what is good for YOU!
- ***Manage your time effectively!***
- ***Balance your lifestyle!***
