

STRESS MANAGEMENT

BUILDING RESILIENCE AGAINST POTENTIAL STRESSORS



ZEVO HEALTH

STRESS & PRODUCTIVITY



Stress can be healthy.



Improves memory, attention span and productivity.



"An acceptable amount of pressure in our lives."



Energy to motivate or finish a task.



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STRESSORS

INTERPERSONAL STRESSORS

Conflicts in relationships with friends, partner, colleagues, children....

PHYSIOLOGICAL STRESSORS

Illness and injury, lack of sleep, pain, hormonal changes.

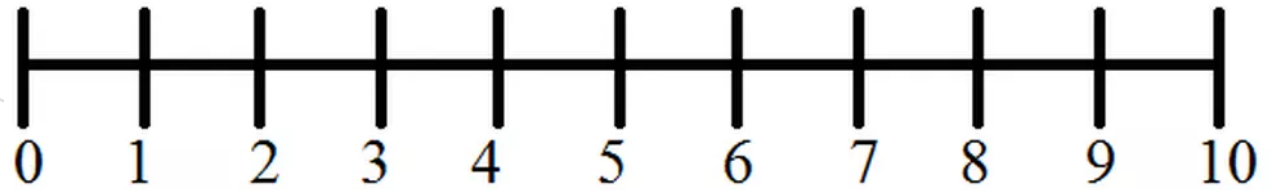
EXTERNAL SITUATIONS CHANGE

Major life event happens – death of someone close to you, discovering your pay has been cut, urgent deadlines or upcoming exam.



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How stressed
am I right
now?



- Body: scan for tension
- Breath: fast or slow? Deep or shallow?
- Thoughts: Racing and out of control? Reasonable and with perspective?



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COPING STRATEGIES

- Helpful things we can use to support us during hard times.
- Healthy or Unhealthy
- Unhealthy: often stem from childhood, when we couldn't get our needs met.

Unhealthy	Healthy
Numb the pain Avoid a feeling Avoid addressing a situation Catastrophising	Support to feel the pain Beneficial for attending to current situation Constructive Bring more self-understanding

TECHNIQUES

- Breathing
- Soothing activity
- Support from a friend
- Exercise
- Meditation
- Caffeine and sugar
- Spiritual or social engagement



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TECHNIQUES AT WORK

- Take a break
- Make lists and cross off items
- Prioritise in terms of urgency and importance