

Stress Management, Emotional Intelligence and Resilience

Godolphin School

Milford Hill, Salisbury SP1 2RA

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3 Approaches to Stress Awareness & Resilience

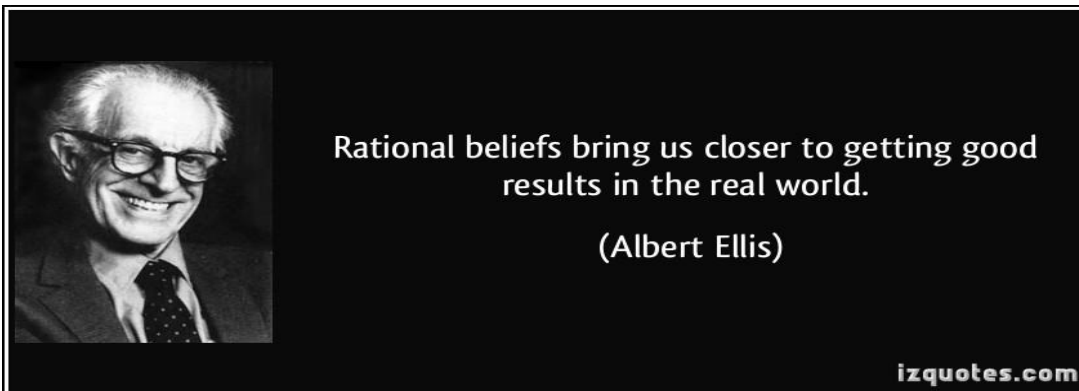
Stressors (or Stimulus)



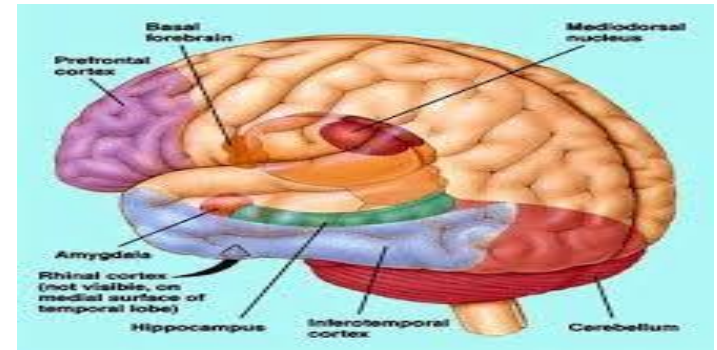
Signs of Strain (or Response)



Transactional (or Intervening)



The Signs of Strain Approach: Survival Mode vs Competency Mode



Competency mode requires access to the prefrontal cortex, which allows for reflection, planning, introspection, imagination, a sense of morality, etc.

In survival mode, strong emotions hi-jack the prefrontal cortex and so you can't do these things

Decision as to whether to go into survival or competency mode is made by the amygdala – based on an appraisal of threat

THE A-B-C MODEL

A Activating Event

B Belief System

C Consequence



0-----Scale of Awfulness-----100

“The greatest weapon against stress is our ability to choose one thought over another”. William James

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” Viktor Frankl

Unhelpful Beliefs

- **All or nothing** - Thinking is black or white rather than in shades of grey –eg. *‘My presentation was a total disaster!’ ‘There’s no way I can achieve anything by this deadline!’ ‘This has been a complete waste of time!’*
- **Labelling** - This is when we attach negative labels to ourselves –eg. *‘I’m an idiot!’ ‘I’m a failure!’ ‘I’m useless!’ ‘I’m a waste of space!’*
- **I Should / I Must / I Can’t** – This is when we set unrealistic standards for ourselves –eg. *‘I must give an outstanding presentation!’ ‘I should be able to cope with all of this!’ ‘I can’t possibly resolve the conflicts in this team!’*
- **Awfulizing** - This involves blowing things up out of all proportions –eg. *‘I may not be top of the group this year, it’s a catastrophe!’ ‘I’ve been passed over for team selection, my sporting career is in ruins!’ ‘I don’t know how to do X; it’s a nightmare!’*
- **Predicting** - Here we predict negative future outcomes –eg. *‘I’m bound to miss this deadline!’ ‘My appraisal will be pointless!’ ‘I’m sure to mess up!’*
- **Discounting** - Here we minimise the positive factors in favour of negative aspects –eg. *‘He only gave me a positive appraisal because he feels sorry for me!’ ‘I was lucky to make the deadline!’ ‘Nothing good ever happens to me!’*

Questions to Ask....and Questions to Avoid.....

- **Avoid:** ***‘And how does that make you feel?’***
(which implies that the person has no option but to feel that way)
- **Do Ask:** ***‘And how did you choose to respond?’***
(which implies that the person chose their response – and that other responses were available)
- **Avoid:** ***‘What’s stopping you?’*** (which implies that external events are the stumbling block)
- **Do Ask:** ***‘Who is stopping you?’*** (which implies that the person themselves needs to *get out of their own way*)

Limit your time on Social Media



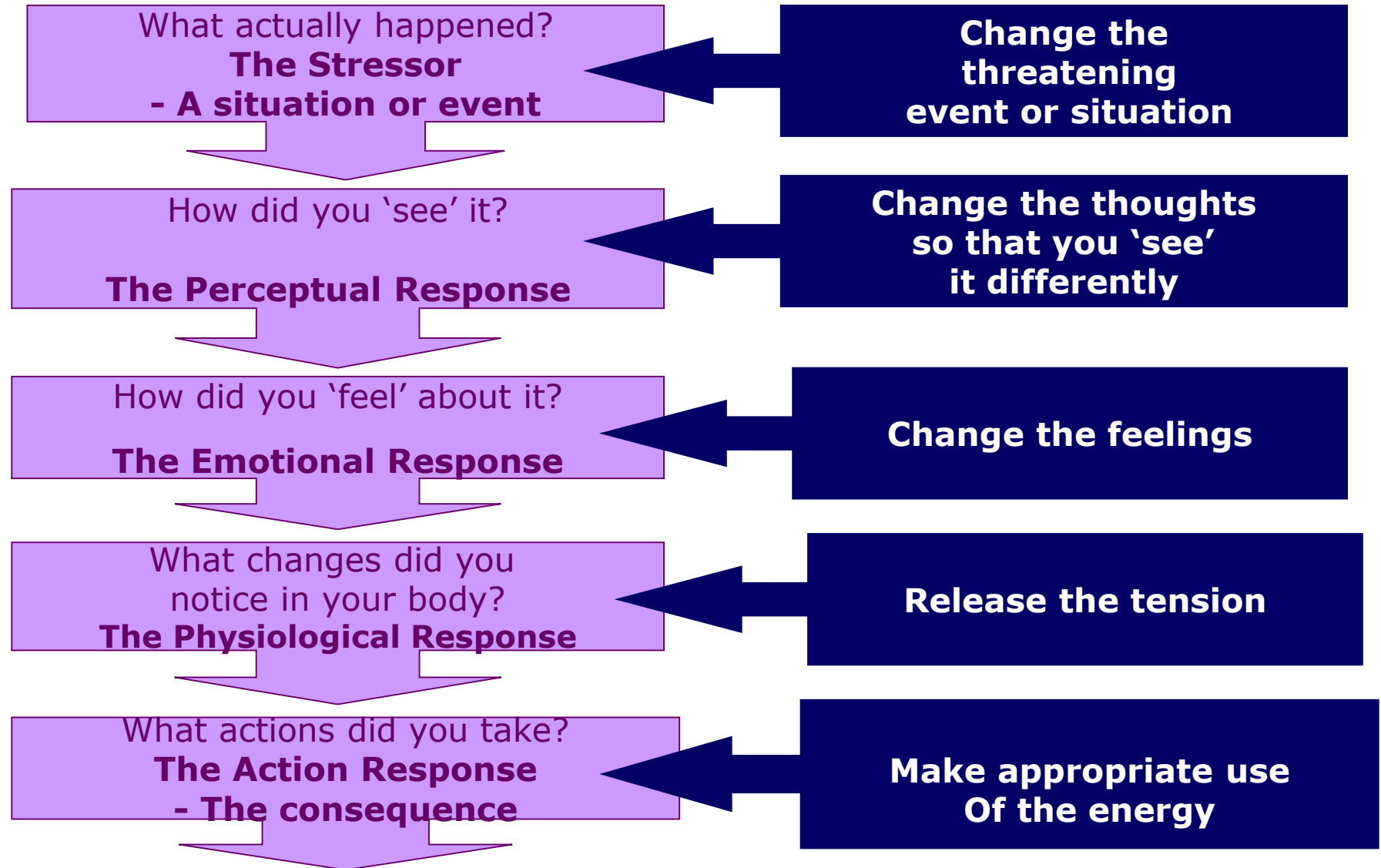
A recent study by the **Happiness Research Institute** (2015) took 1,095 participants who visited **Facebook** daily and split them into 2 groups: One continued to use **Facebook** as normal; the other stopped using it altogether.

After a week, they were asked to evaluate their 'life satisfaction' out of a score of 10. The group that carried on using **Facebook** had an average score of **7.75**; while the group that stopped using the site scored an average of **8.12**. The non-users were also found to be less worried, lonely or stressed, compared to users and more enthusiastic and decisive.

www.happinessresearchinstitute.com

The Stressor – Response Chain

Intervention points



Close your eyes and picture
yourself as a new born infant,
lying in a cot



Close your eyes and picture yourself as a new born infant, lying in a cot. And as you look at yourself as a new-born child lying contentedly in your cot, get a really strong sense that you are fundamentally OK...that you are fine, just as you are...that you are totally unique and that this uniqueness gives you innate worth and value....And sense also, that you don't need to come top in any assessments in order to be OK...you just are OK...And that you don't need to win any awards in order to be OK...you just are OK....And you don't need to be a size zero or to have a super-toned body and a six-pack in order to be OK...You just are OK...Just as trees come in all shapes and sizes, and there is no correct way to be a tree, so it is with people, and therefore, so it is with you...You were born OK...You were born worthwhile...You were born with innate worth and value....And these are not qualities that you have to earn...they are qualities that you are born with....and since no-one will ever perform surgery on you to take these qualities away, they are qualities you will carry with you always...regardless of how much you earn or how many friends you have on Facebook....You will always be a work-in-progress, never the finished article – since that would require that no further improvement were possible, and there will always be room for improvement...self-improvement is a journey, not a destination and you will therefore never be perfect...but you will always be fundamentally OK, fundamentally worthwhile; you will always have innate worth and value....And be aware also, that since all of us are always works in progress, never the finished article, our imperfections add value, they do not take it away. If every person were perfect, then every individual would be replaceable by anybody else...but we are not....our imperfections are what make us indispensable....irreplaceable. For we are all imperfect in our own ways...no one is universally gifted...our imperfections are what make us unique....Just as in a mosaic, every piece of stone is imperfect...incomplete...and yet each piece is the only piece that can make its unique contribution to the total mosaic...In the same way, you are the only person who can fill the 'you-shaped' hole in the mosaic of humanity...As the far from perfect Leonard Cohen once wrote, ***'There is a crack in everything. That's how the light gets in....'*** So celebrate your imperfections, accept yourself unconditionally as a work in progress, yet always, fundamentally worthwhile, fundamentally OK, and absolutely fine, just as you are...

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