



WELCOME TO THE WORKSHOP



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MANAGING STRESS

KEVIN MOORE

ABOUT BIG DOG LITTLE DOG

**KEVIN MOORE -
BIG DOG**



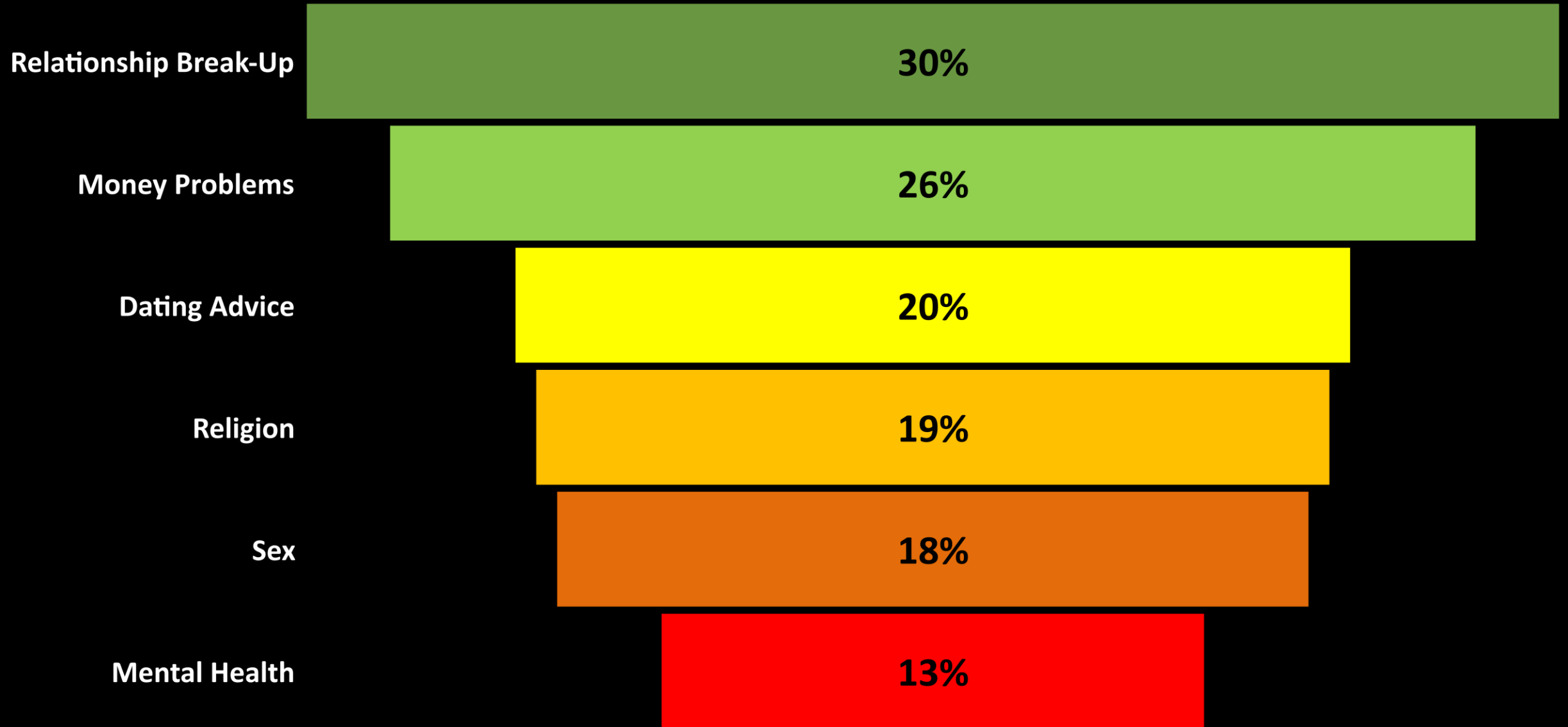
**BOB KITCHIN -
LITTLE DOG**

Mental health
&
employment
specialists

Strong
background in
organisation
management

Deliverers of mental health
training, including MHFA for
Kantar & MetrixLab

Time to Talk Survey, 2017



THE SIGNIFICANCE OF STRESS

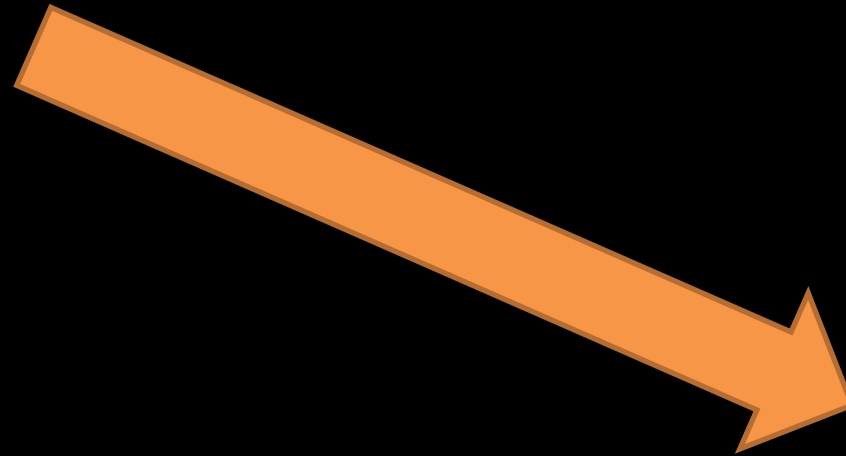


STRESS [*strɛs*] (Noun)

The feeling of being under pressure

Stressors: Internal/external factors that make you feel pressured.

- Deadlines
- Targets
- Policy changes
- Staff
- Expectations
- Customers
- Presenting
- The hierarchy
- Money
- Family
- Health
- Housing
- Competing
- The unknown



Stress:
How your brain reacts to stressors.



EUSTRESS

DISTRESS

EUSTRESS VS DISTRESS

W

Positive well-being. Sufficient stress capacity to cope.

Poor well-being. Stress threshold reached or nearing that point.

R

Easy access to the tools and people needed to succeed.

Feels or is isolated and/or lacking in the necessary resources to cope.

I

Motivated to overcome the stressor. Keen to complete the task.

Little/no interest in the stressor. May not like the subject/doesn't see its relevance.

S

Has all the skills necessary to overcome the stressor.

Lacks, or does not see that they have, the skills needed to succeed.

T

Has sufficient time and capacity to give the stressor sufficient attention.

Workload/life too full to be able to properly address the issue.



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MANAGING YOUR STRESS

THE STRESS BUCKET

Stress flows into the bucket



We each have
our own sized
bucket

The size of your bucket, and what stressors you have in your life, decide how quickly your bucket fills.

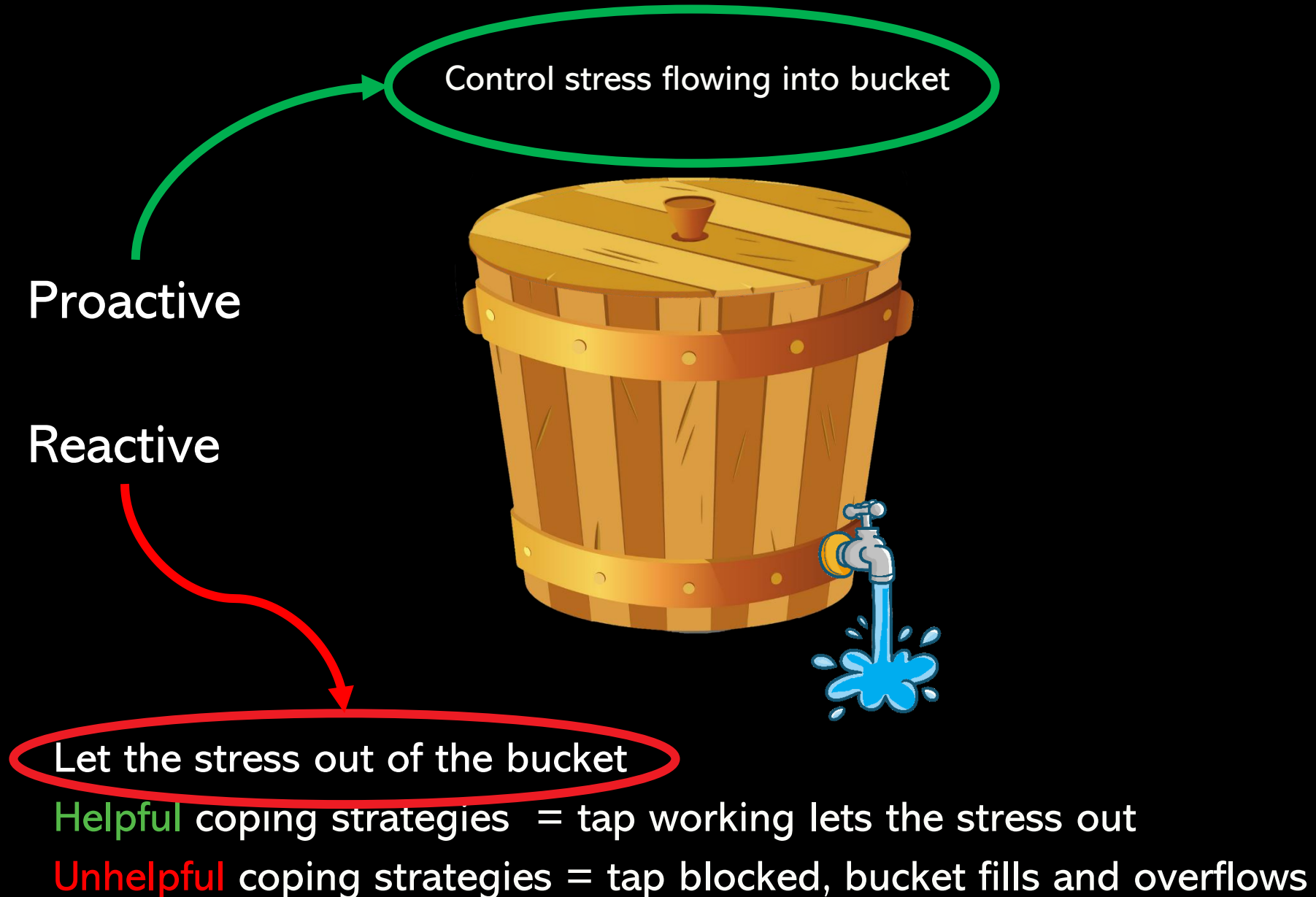
THE STRESS THRESHOLD

Stress exceeds our threshold



“Emotional snapping”

MANAGING STRESS



KNOW YOUR BUCKET

The Bucket Itself

1. How big is it? How can you maximise it?
2. How empty is it when you wake each morning?
3. What usually fills it? At home? At work? In-between?

The Lid

1. How effective is it at controlling what stress gets in?
2. How could you improve its effectiveness?
3. How do you/others spot the bucket overflowing?

The Tap

1. What empties your bucket?
2. How often do you choose to empty it?
3. Are your ways the “best” ways?
4. How empty is your bucket each bedtime?

1. GROWING YOUR BUCKET



2. LID DEVELOPMENT

(1)

What stress am I letting in?

The serenity prayer

(2)

Perspective taking

Is my response proportionate?

(3)

Depersonalisation

What does this look like from outside of my life? What advice would I give a friend?

3. COPING STRATEGIES



1. Talking is the **best** strategy. Being listened to helps exponentially.
2. Exercise is as effective as anti-depressants in treating mild to moderate depression.
3. Sleep, faith, a bath, reading, music, a **small** drink, hobbies, meditation, massage and more!
4. Most of all, **find the time.**

WORKPLACE COPING STRATEGIES



1. Put the phone down.....
2. Have regular brain breaks.
3. Share your bucket emptying activities.
4. Develop a relationship with your manager/other appropriate colleague where talking about your wellbeing is normal and regular. Share your bucket with them.



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PROMISE MAKING TIME

1. How you'll **strengthen your lid** (control the stress that you let in).
2. A **new coping strategy** you'll try (letting the stress out).
3. How you'll **help others with their buckets**.