

Welcome!

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Aims of the Session

- To get an understanding of stress, anxiety and depression
- Recognising our own stress triggers
- Identifying the harmful effects of stress (and the helpful ones!)
- Learning about some resilience ideas
- Introduction to some basic skills and techniques to build resilience



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Contract

- R** you are **R**esponsible for how much you share
- E** everyone's **E**xperience is unique and valued
- C** rules on **C**onfidentiality
- I** speak only for yourself (using "I statements")
- P** please put mobile **P**hones on silent
- E** respect **E**quality



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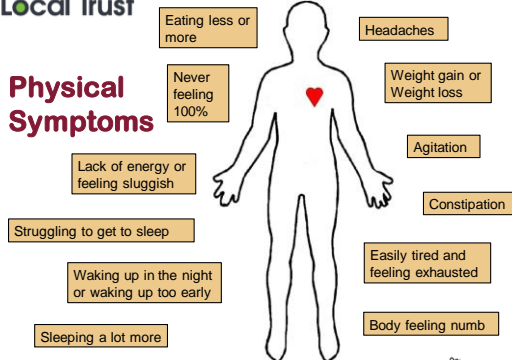
Common Mental Health Difficulties

Stress Anxiety Depression



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Physical Symptoms



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How is stress portrayed? What do you think stress is?



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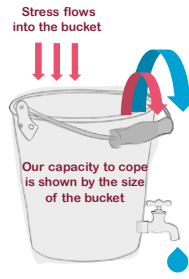
'Stress results from an imbalance of demands and resources'

Lazarus & Folkman (1984)



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The Stress Bucket



If the bucket overflows, problems develop - "snapping"

Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills bucket and overflows



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What Causes Stress?

- Nature / How we interpret what happens
- Life events / Change
- Work
- Finances
- Relationships
- Carer strain
- Health
- Everyday pressures
- Health problems



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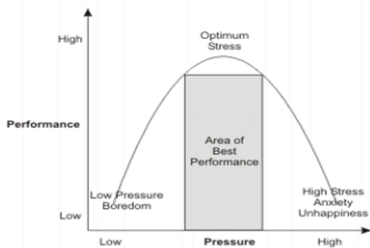
Good Stress



Bad Stress



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The Inverted-U relationship between pressure and performance



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What is Anxiety?



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Anxious Thoughts

Anxious about the physical signs of anxiety:
Worrying that 'I'm going to have a heart attack' or 'I'm going to die'

Worrying too much:
Worrying about the future or stress in our life or worrying what others think (usually about us...)

Seeing threat from all sides:
Seeing places, people or situations as uncomfortable or threatening

Predicting the Worst:
Imagining and believing that the worst possible thing will happen.

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Worry

Physical feelings

- Disturbed sleep
- Tiredness
- Tension
- Increased headaches

Behaviours

- Worry
- Seek reassurance from family and work colleagues
- Put things off

Thoughts

'What if...'

Predict the worst possible outcome/catastrophise
Make assumptions

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We can break anxiety into Three parts:

- The way we think
- The way we feel
- What we do

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creating lasting change

Depression

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Low Mood Thoughts

Filtering out the Positive
Noticing the negative / bad things that happen, but dismissing the positive.

Critical self
Putting ourselves down, self-criticism, blaming ourselves for events or situations that are not (totally) our responsibility.

Compare and despair
Seeing only the good and positive aspects in others and comparing ourselves negatively against them.

Feeling Worthless or Hopeless
Seeing ourselves as lacking importance or value and not being able to see a future

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Unhelpful Behaviours

- Worry about the future
- Analyse the past
- Snap at others
- Socially withdraw
- Check work repeatedly
- Seek reassurance
- Avoid making decisions
- React defensively

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Unhelpful Thoughts

I'm stupid
I'm an idiot
I'm unlikeable
You're clumsy
I'm not important



You're useless
I'm hopeless
I'm worthless
You're lazy
I can't cope anymore

I'm not good enough



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Challenging our thoughts

- Where's the evidence?
- Is there any evidence against my thought?
- Maybe it is only partially true?
- What's the worst that could happen?
- Will this matter in a years' time?



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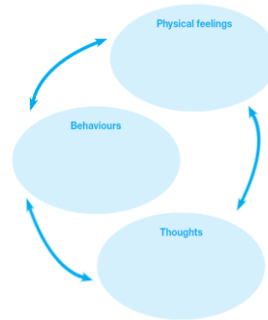
We can break depression into Three parts:

- The way we think
- The way we feel
- What we do



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Making changes in one of these areas helps the other areas



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Controlling Stress

- Exercise
- Relaxation
- Breathing control
- Increase replenishing activity
- Changing unhelpful behaviours

Small things
can make a
big
difference...



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Something to try now

Think about one activity that you have stopped doing that you used to enjoy.

Make a plan to include it in your week.

You may have to think about breaking it down into smaller steps



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Building Resilience CBT Techniques

- Encouraging flexibility in our thinking
- Positive reappraisal of situations
- Acceptance of what we can't change
- Understanding our own vicious cycles
 - Doing more feeling better



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Mindfulness



Mind Full or Mindful?



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Relax,
close your eyes,
and listen



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Thank you for coming

- Take care of yourselves
- Let me know if you'd like any more information
- I'll be around for both days of Connects and happy to chat!

I would really like some
post-it-note feedback!



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