

# **Equilibrium -**

## **A stress prevention strategy**

**Welcome!**

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## You will be able to:

- **Manage your own stress more effectively**
- **Understand the nature of stress and the physical and psychological signs**
- **Assess the balance in life and consider how to change this if appropriate**
- **Challenge personal beliefs and develop learned optimism.**

## Overview:

- **A life review**
- **Defining and understanding stress**
- **Creating a 'sense of balance' in your life**
- **Raising awareness of personal self esteem**
- **Thinking positively**
- **Aligning and balancing your life.**

**Stress has overtaken traditional workplace illnesses and injuries to become the biggest cause of sickness absence in Britain.**

**Stress, and common stress-related complaints such as depression and anxiety, accounted for 36% of days lost through workplace injury and ill-health in 2004/05.**

*Health and Safety Executive,  
Quoted in the Financial Times, January 18, 2006*

**Employer**

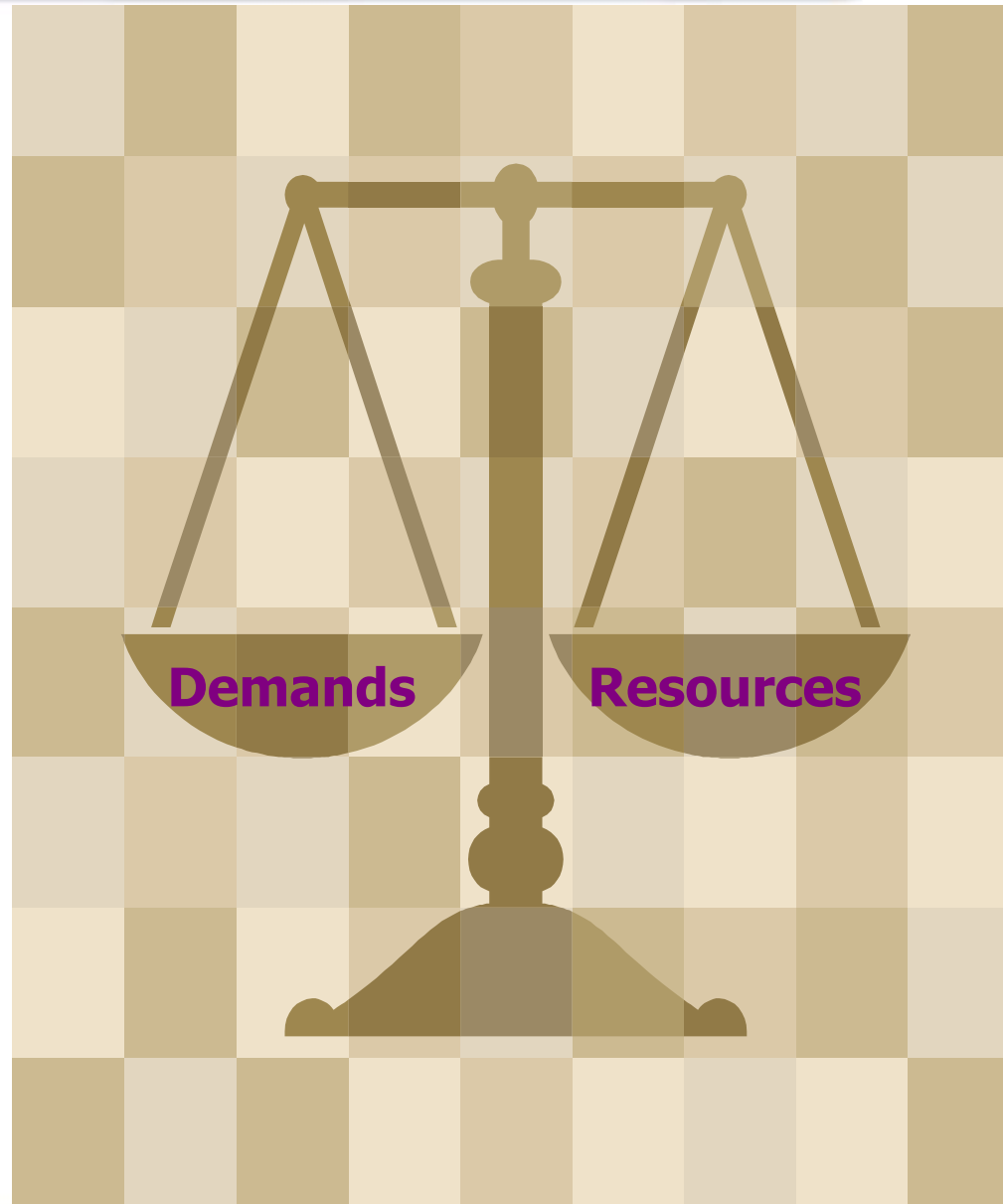
**Friends**

**Partner**

**Children**

**Goals**

**Standards**



**Skills**

**Experience**

**Confidence**

**Well-being**

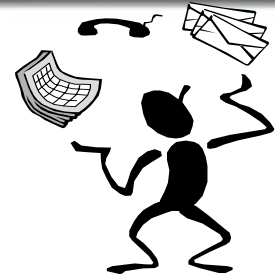
**Time/Money**

**Equipment**



## Stress - a definition

**When there is a substantial imbalance between what you perceive is being demanded of you with what you perceive your capabilities are, at a time when you perceive the outcome to be important.**



**Stress is not**

**Simply anxiety**

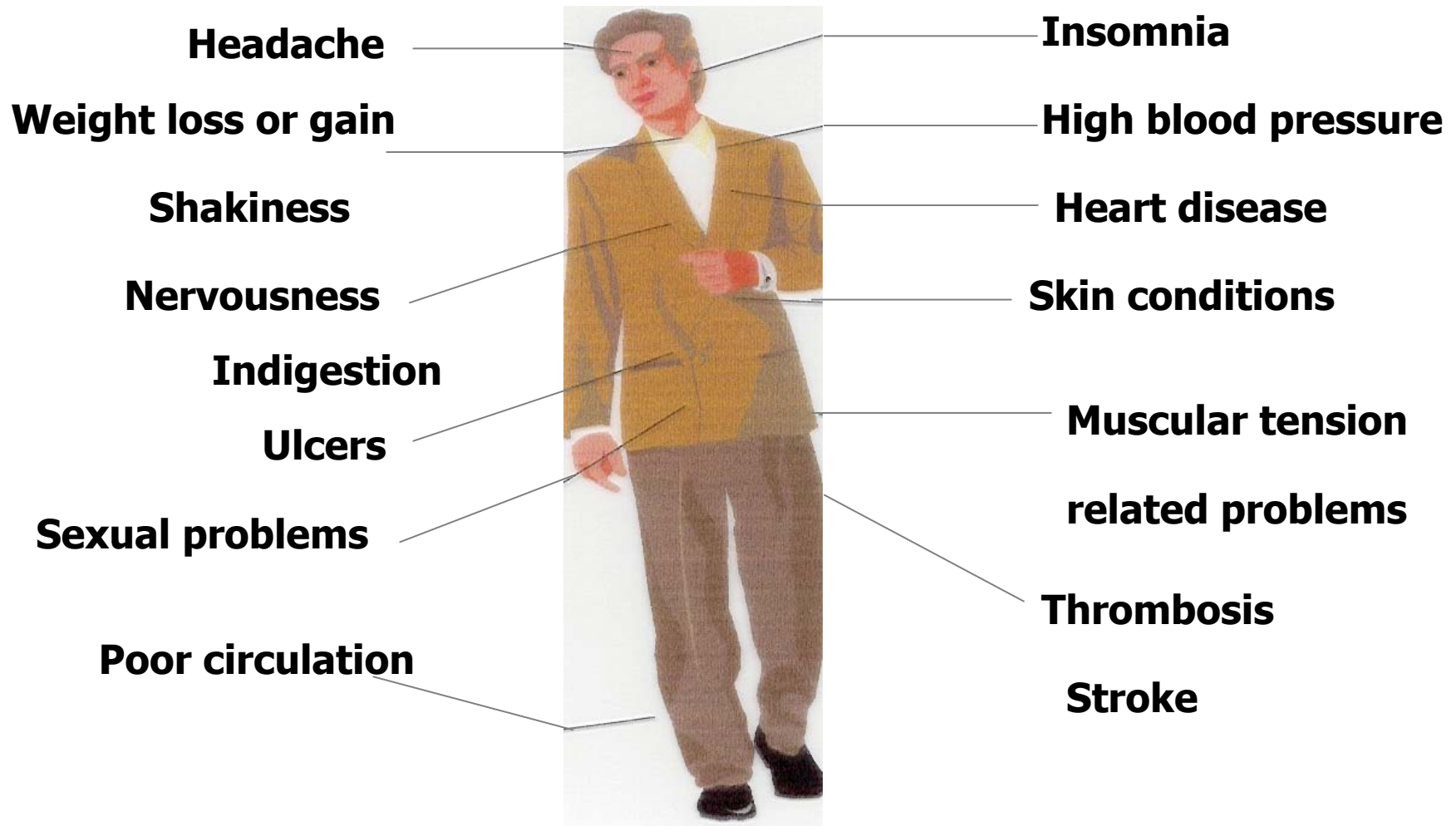
**Necessarily bad or damaging**

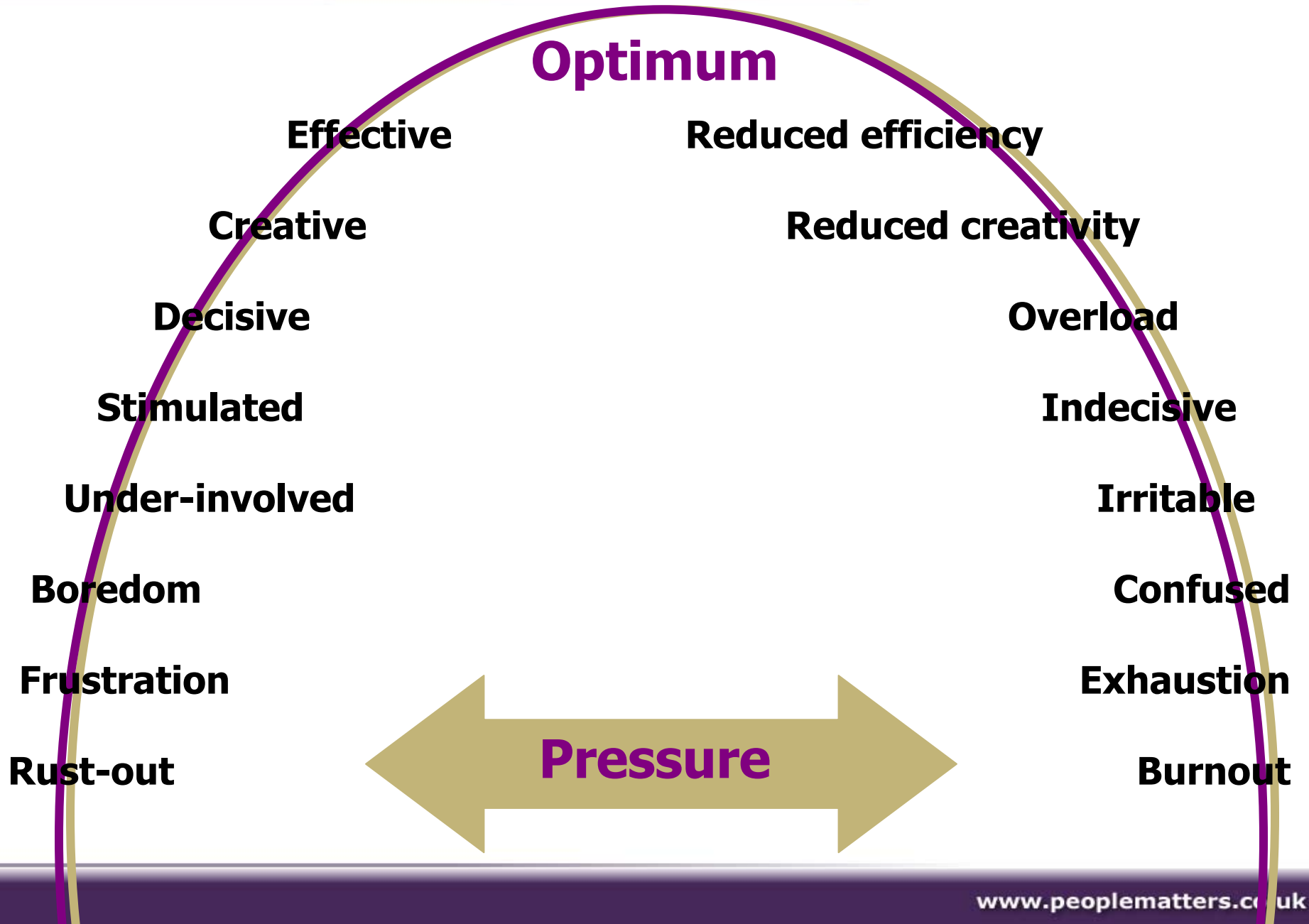
**Caused by events but rather our response to them**

**Always caused by over-stimulation or excess workload**

**To be avoided at all costs.**

## Long term effects of 'stress'



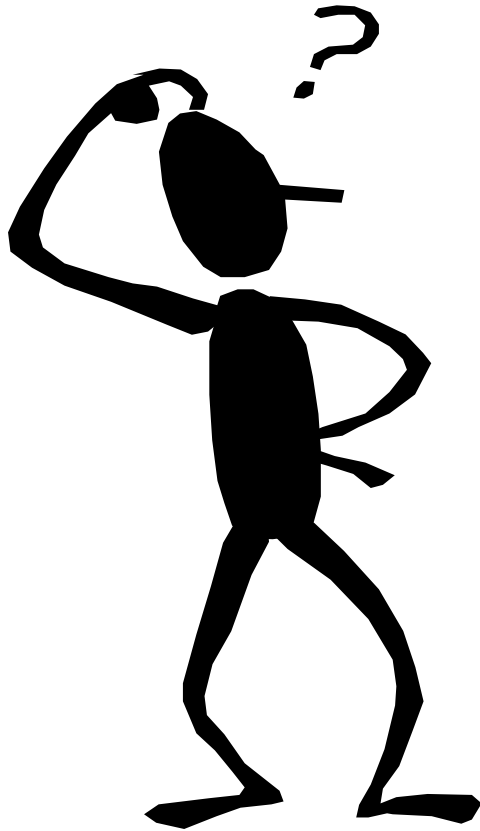


**Mental**

**The  
interactive  
triangle**

**Physical**

**Emotional**



# Choices

Change your:

**Perception**

**Reaction**

**Situation.**

**peoplematters**



[www.peoplematters.co.uk](http://www.peoplematters.co.uk)

**Paris in the  
the spring**

**Once in a  
a lifetime**

**A bird in  
in the hand**

# Emotional nourishment

*Each day of my life comes with a price attached.*

*Never again can I capture the the time I call now.*

## **Facts about optimism**

**Sports teams who talk optimistically about themselves in the press play better under pressure than pessimists**

**Optimists have fewer problems with infectious diseases and the chronic diseases of middle age**

**Depression (pessimistic attributional style) is worse for the heart than either smoking or cholesterol.**

**Optimism v pessimism**

**Permanence**

**Pervasiveness**

**Personalisation**

## **Pessimism**

### **Permanence**

**Bad events will last a long time**

### **Pervasiveness**

**Bad events undermine everything I do**

### **Personalisation**

**Bad events are always all my fault.**

## **Optimism**

### **Permanence**

**Bad events are just a temporary setback**

### **Pervasiveness**

**Bad events are specific to this situation**

### **Personalisation**

**Bad events are brought on by bad luck or circumstances.**

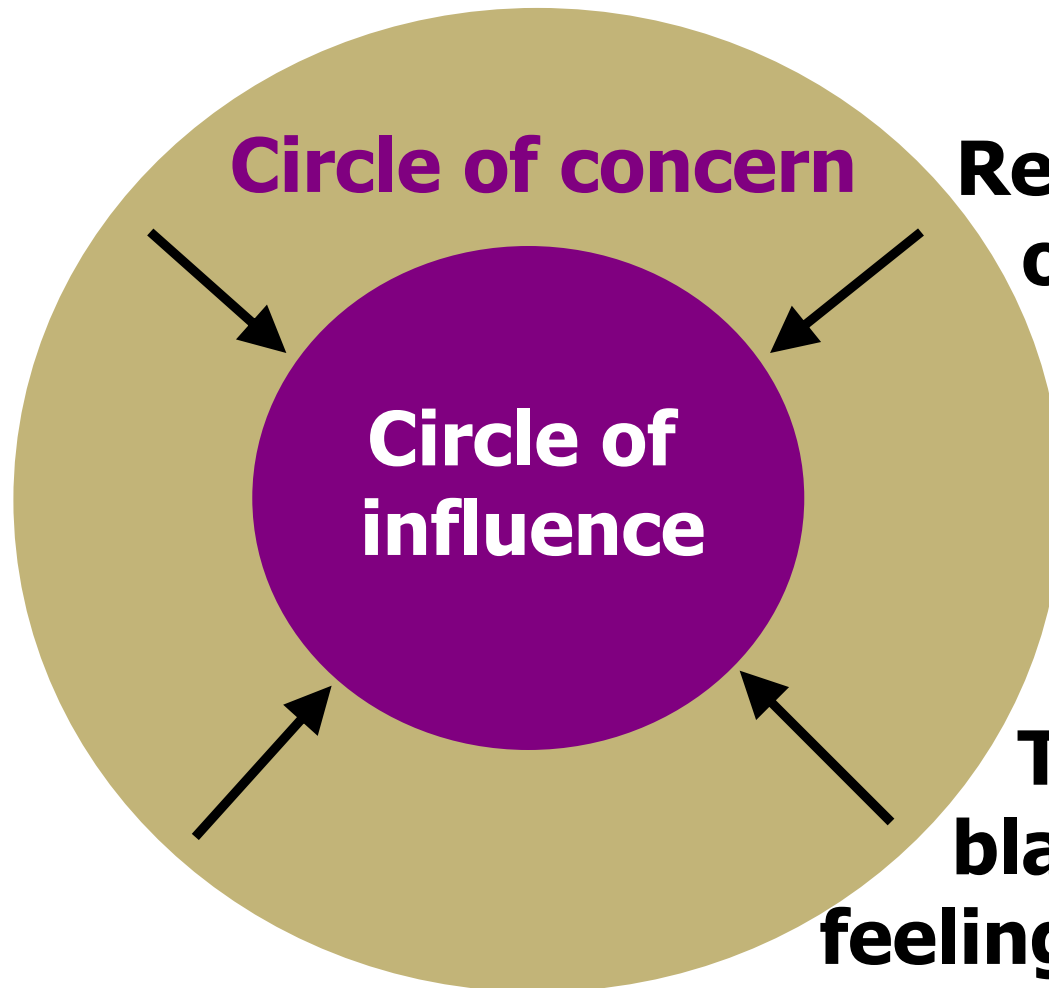


**Circle of concern**

**Some things we have  
no control over.**

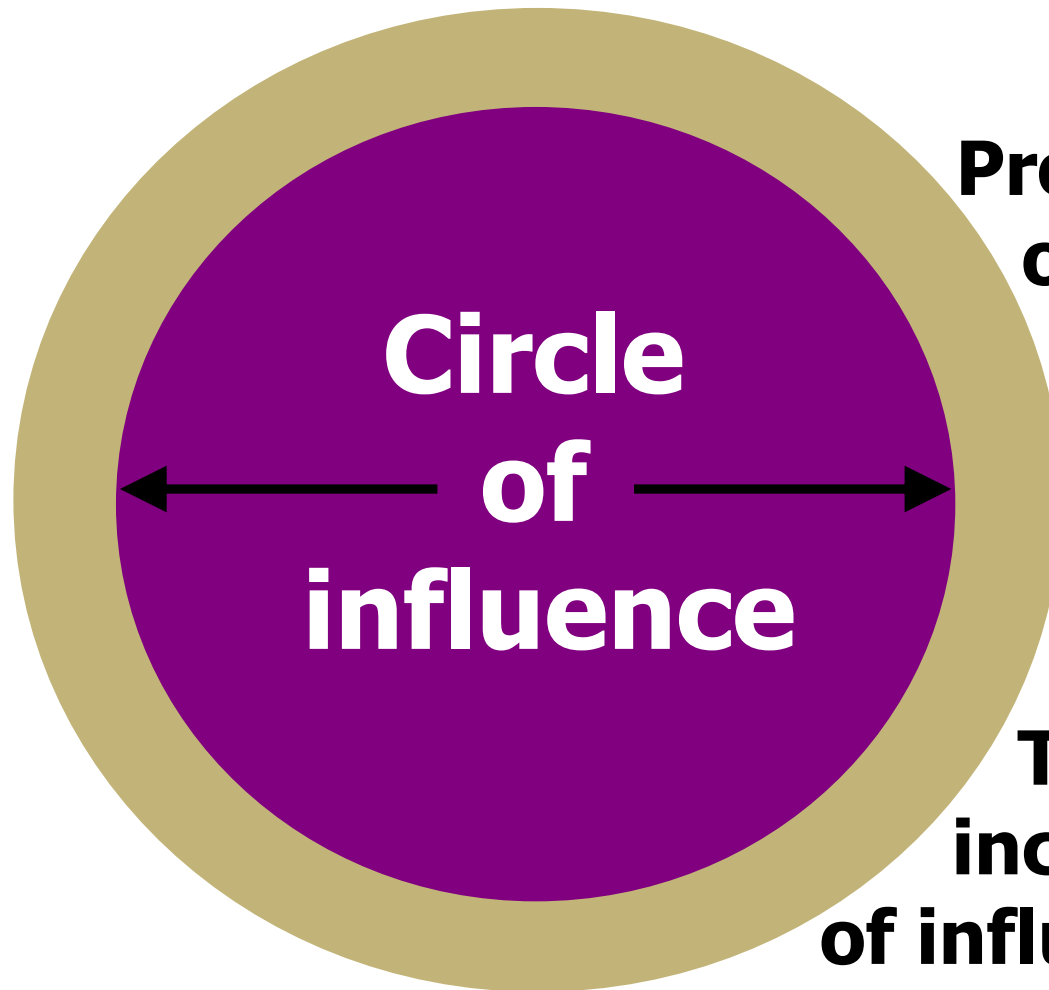
**Circle of  
influence**

**Others we can do  
something about.**



**Reactive people focus on their circle of concern.**

**This results in blaming others and feelings of victimisation.**



**Proactive people focus on their circle of influence.**

**This positive energy increases their circle of influence.**

# **10 steps to happiness**

**Look for happiness**

**Celebrate good news**

**Remember what's important**

**Rise and shine don't rise and whine**

**Reap what you sow**

**Work to live, don't live to work!**

**Smile! Laugh! It won't hurt**

**Pay compliments**

**Show gratitude**

**Don't postpone happiness.**

**Thank you!**