



**Staffordshire and
Stoke-on-Trent**

Integrated Care System

Staff Psychological Wellbeing Hub

Welcome to

The Staff Psychological Wellbeing Hub

Managing Stress Workshop



Creating a safe and inclusive environment:

- Confidentiality - what's said in the room; stays in the room
- Respect each other
- Be inclusive and thoughtful to each other
- Support each other
- Contribute in a way that is comfortable for you
- Have an open mindset
- Anything else?



Aims of today's workshop

- Provide an overview of what stress is;
- Understand how stress impacts on our body;
- Look at when it's helpful & when it's not;
- Coping strategies - both healthy and unhealthy;
- A few techniques to help you cope with stress;
- Reminder that the Staff Psychological Wellbeing Hub is here for you.



What is Stress?



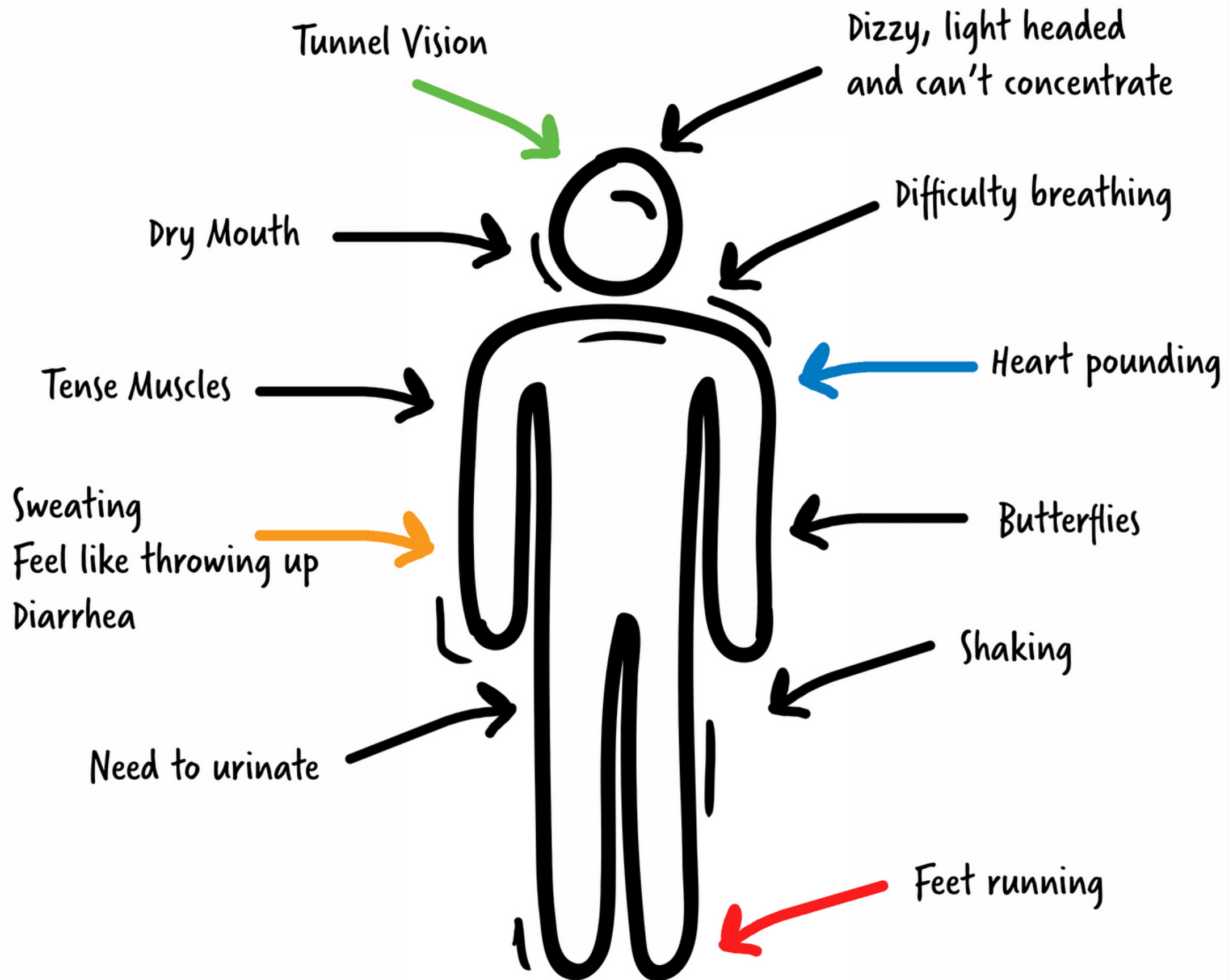
What is stress?

"Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree."

World Health Organisation Definition



What happens during freeze, fight or flight?



**Can you think of any
instances where stress
is useful?**



Stress can be a good thing in the short term.

For example, if we have an interview to prepare for, a sports game to win or a deadline to meet. It can...

- motivate us to achieve more;
- help us to feel more energised;
- get us to work harder;
- keep us alert;
- help us to stay awake for longer.



Stress becomes a problem when

- It lasts for a long time with little break
- The feelings are very strong
- Your worries are out of proportion to the situation
- It impacts on your ability to go about your normal life
- You start to avoid things
- You are unable to control your worries.



Unhealthy Coping Strategies

People experiencing problematic stress may turn to anything that helps them to feel better in that moment. These types of strategies can reduce stress in the short term however may cause more problems if done long term. These include:

- Avoidance
- Increased alcohol use
- Using illicit substances
- Making unhealthy food choices
- Isolating yourself
- Gambling
- Smoking more than usual
- Promiscuity
- Buying things which are unaffordable

**Can you think of
any others?**



Have a think about the possible outcomes of these unhealthy coping strategies:

- What is good about them?
- What is not so good about them?
- What short term impact may they have?
- What long term impact may they have?



STRESS vs BURNOUT



Stress is... Too Much:

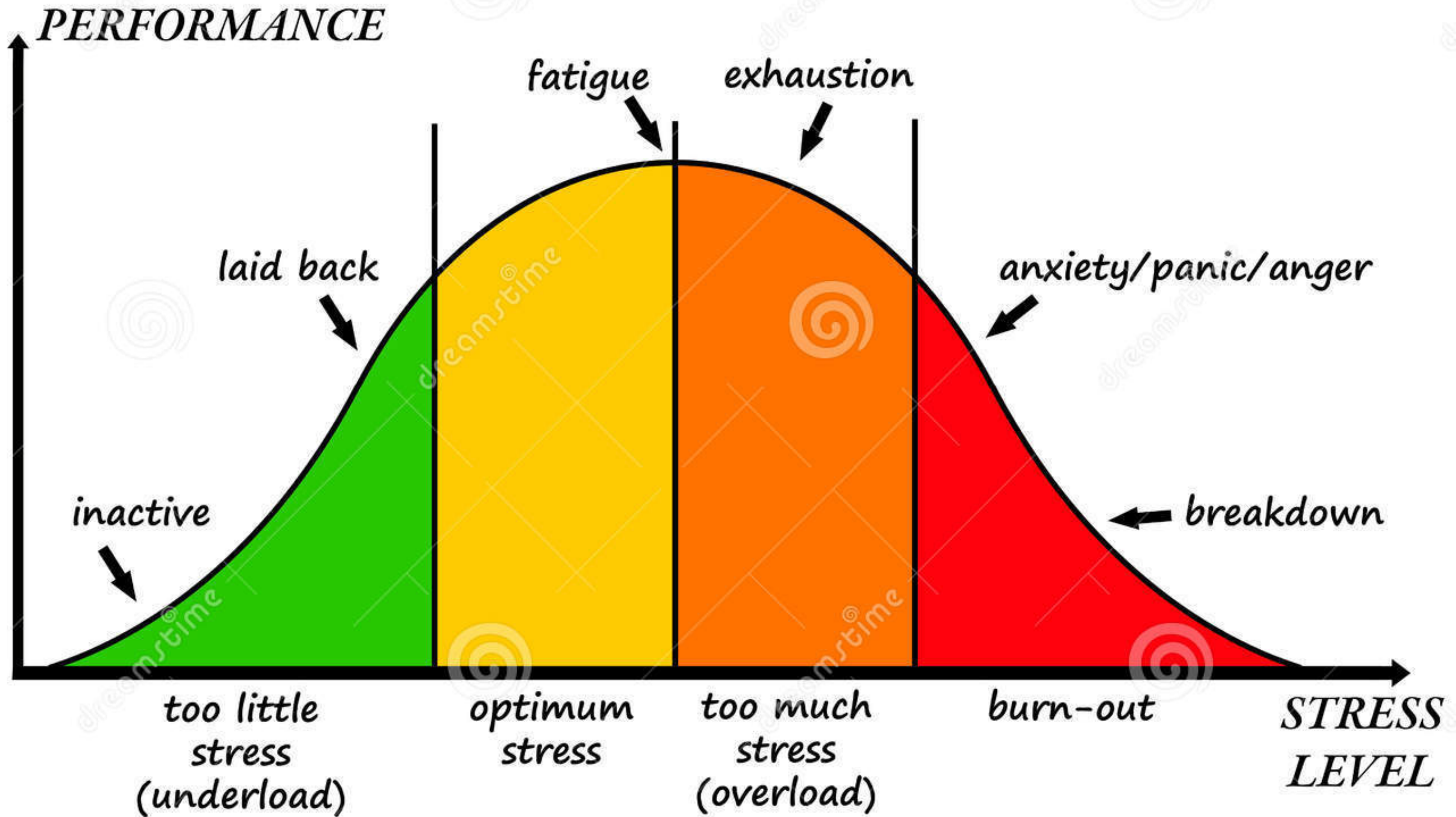
- Much information,
- Many tasks,
- Much pressure,
- Over-engagement



Burnout is... Not Enough:

- Time,
- Support,
- Energy,
- Disengagement

STRESS CURVE



Health

Incivility

Relationships

Work

Financial
Pressures

Work/Life
Balance



What is it that you do to release your stress levels?



Exercise

Talking to a
Friend

Self-Care

Accessing the
Hub



Creating
Boundaries

Healthy Ways to Cope With Stress

- Break down big tasks into smaller chunks
- Plan ahead - this can help jobs to not creep up on you
- Create to do lists and prioritise the tasks on them - this can help you to be organised. Also crossing things off of a to do list produces endorphins so actually lifts your mood!
- Take regular breaks
- Try to eat nutritious foods
- Have a good sleep routine
- Try to get out in nature
- Take a break from social media

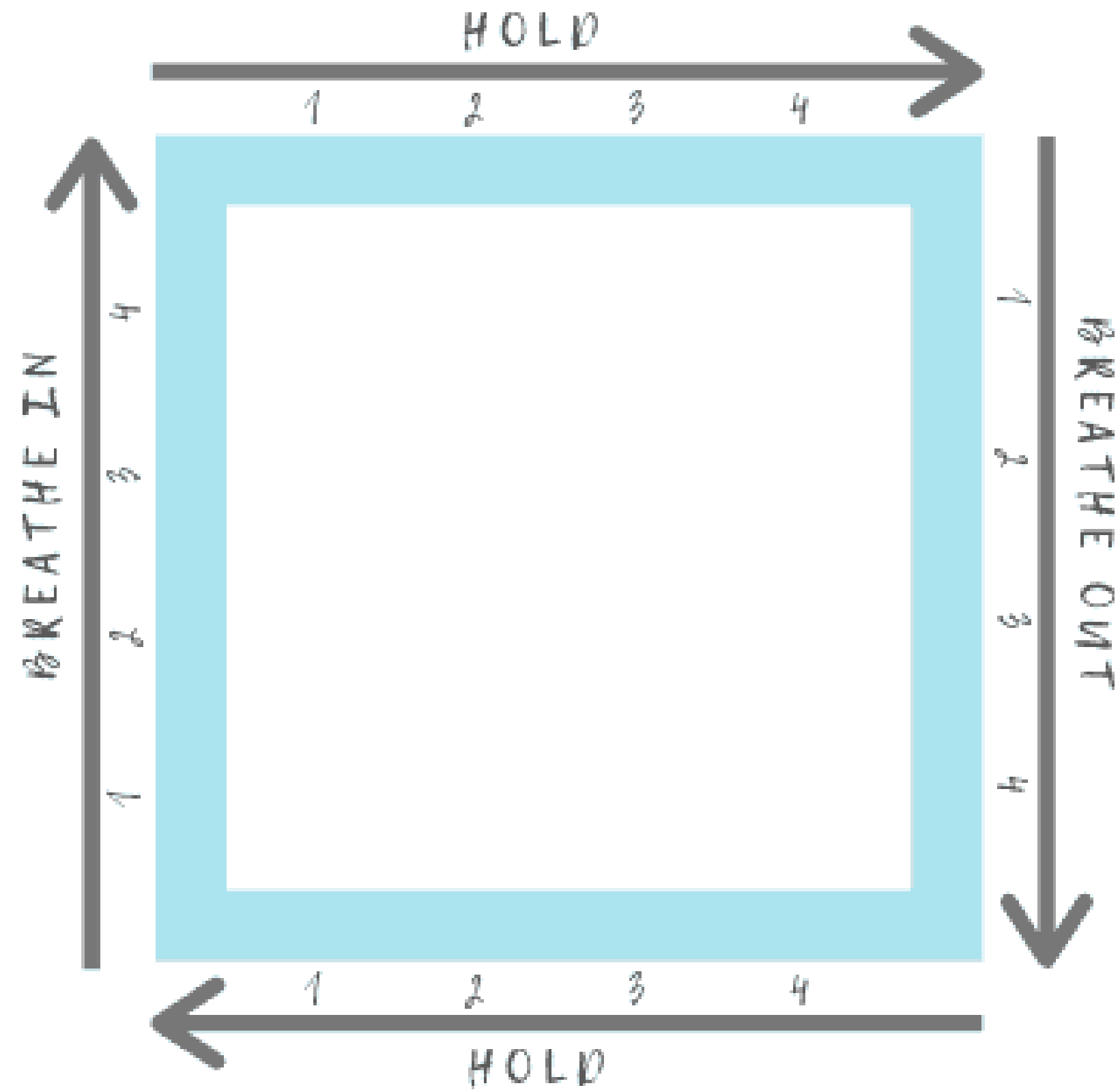


Ways to Prevent Stress from Becoming Overwhelming

Regular self care will help you to be able to deal with stress when it does occur:

- Daily relaxation - meditation, yoga, mindfulness, breathing exercises.
- Eat nutritious foods and drink enough water.
- Regular exercise, particularly outside in nature.
- Spend time with people who make you laugh and keep you calm.
- Learn to say no to additional responsibilities.
- Stay positive and practice gratitude for the good things in your life
- Try to stay in the moment.

Square Breathing



Five Finger Breathing Exercise



Need more individualised support with your stress?

We are here to support you.

Connect with online:

<https://staffsstokeics.org.uk/careers-education/staff-psychological-wellbeing-hub/>

Call:

0300 303 5406 (9am - 5pm, Mon - Fri)

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