



Self starting

Stress Management

NIE WIEM JAK
SIĘ DZISIAJ CZUJĘ



How do you feel
today?

Emotion

- *The term emotion derives from the Latin language (e – outward, movere – move) and suggests a tendency to act in every emotion. According to the dictionary definition, emotions are any commotion or disturbance of mind, feeling, passion; Any state of agitation or mental excitement.*

Emotions

Emotions appear in us as a response to:

- Thoughts and ideas,

Behaviour

Situations and events



Feelings make it easier to know and understand reality,
Thus, they facilitate contact with the world and guide behaviours.

Emotions

Generally emotions are characterised by the following characteristics:

- They appear quickly,

- Are the result of an automatic and unconscious assessment of the situation

- They are accompanied by involuntary physiological changes,

- Experienced by a person without the ability to influence them.

Emotions

- Only four emotions are universal, i.e. Recognized by different nations regardless of their history or experience (research validated the ability to read these emotions, even in very primitive cultures).
- These emotions include

Emotions

- By referring to the basic characteristics of emotions, ie. Duration, intensity and persistence, the ones we highlight are:
 - • **Moods** – emotional states with negligible intensity but long duration,
 - • **Emotions** – are characterised by rapid, sudden onset and short duration,
 - • **Affects** – physiological conditions with a sudden onset, significant level of intensity, clear VEGETATIVE symptoms , short duration and weariness after the cessation of affect

Emotions

It is worth remembering that there is no good or bad feelings. They are all needed because they serve to evaluate the reality. The feelings of "good" convey the information that this reality is good for the individual, and vice versa in the case of "bad", for example:

Go back to a memory that aroused anger or fear in you. What was the facial expression of the person who triggered the emotion? Can't remember? It doesn't matter! From today, try and pay more attention to people and try to record the moment when you start to make a judgement of someone; feel some emotion towards the other person

- **Anger** – something that is difficult for me is happening and bothering me. This infringes My norms, values and limits. The situation harms me, does not serve to satisfy my needs,

- **Grief** – The loss of something important, something that I missed

Emotions

Embarrassment:

- Feeling humiliated,
- feeling inferior
- Shame
Mixed emotions

Emotions



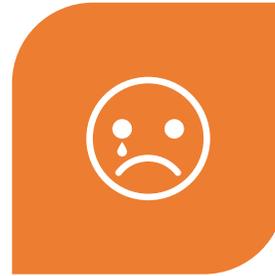
Anger:

Frustration
Rebellion



• Fury

Irritability
Rage
Resentment
Hatred
Hostility



SADNESS:
PAIN
DEPRESSION
REGRET



FEELING OF FAILURE
DISAPPOINTMENT
FEELING OF REJECTION,
LONELINESS

Emotions



FEELING HELPLESS
LONGING.



Emotions

- **Fear:**
- Panic
- Shyness
- Fear
- Anxiety
- Jealousy
- Distrust
- Envy
- Caution
- Restraint
- Anxiety

Emotions

- **Happiness:**
- Joy
- Trust
- Peace
- Heat
- Lightness
- Love
- Hope
- Affection
- Kindness
- Sensitivity.

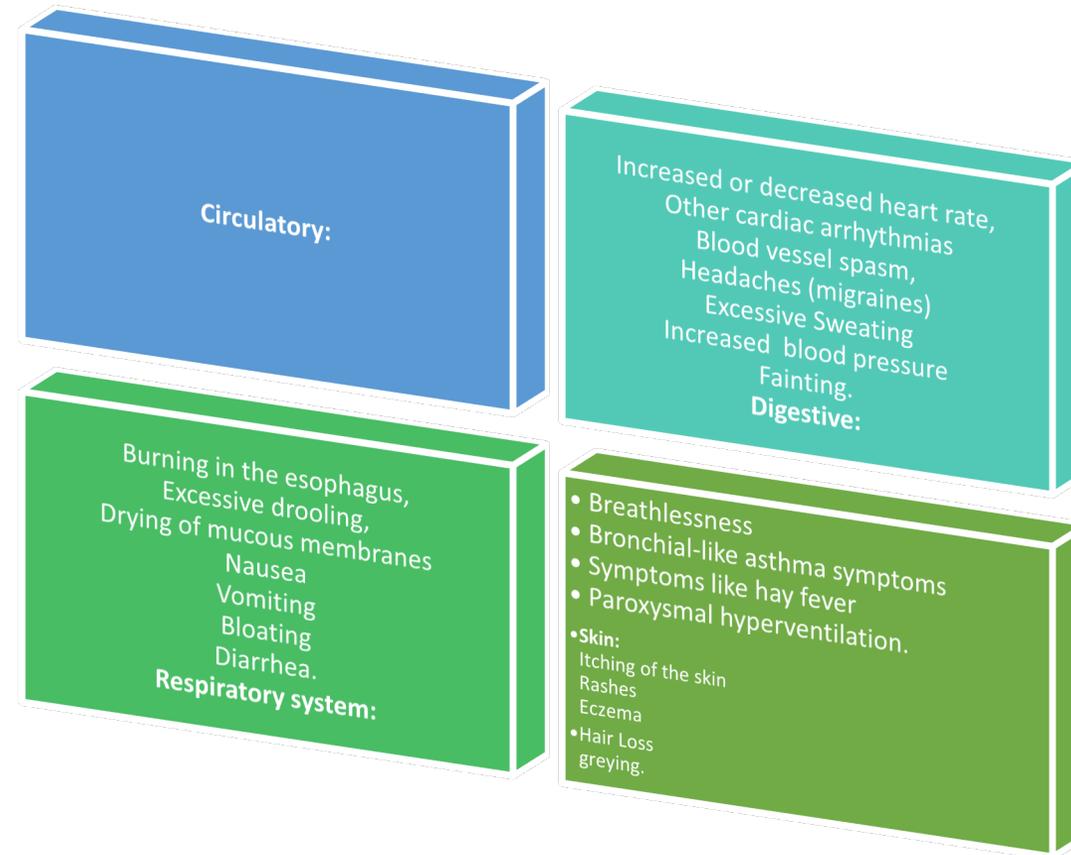
Stress management

The basis of stress management is visualization that stress arises when an area of our life is out of control.

Symptoms of stress

Emotional

Physiological and psychological



STRESS



STRESS



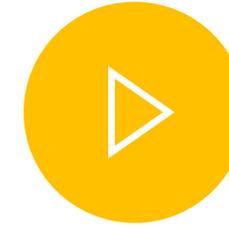
**ORGANS OF MOTION AND
BALANCE:**



TINGLING
NUMBNESS
MUSCLE TREMOR,
IMPAIRED BALANCE
(VERTIGO)
SENSITIVITY TO TOUCH,
NEURALGIA.
GENITOURINARY SYSTEM:



DIFFICULTY URINATING OR
INCONTINENCE
IMPAIRED ERECTION AND
EJACULATION,



PREMENSTRUAL CONDITIONS
MENSTRUAL DISORDER.

Physiology of stress

"Fight or flight"

Amygdala Body – Danger –
Adrenaline – Neoadrenaline
– Cortisol – blood supply –
immune system

Short-term 😊

Long-term ☹️

Make a fist

STRESS

A single stressful situation causes the release of hormones in the body fight. Then a rapid rise in adrenaline and norepinephrine appears blood. According to Cannon's theory ("fight or flight) they cause symptoms which make it easier to survive in a difficult situation, i.e. faster heart rate, increase inflow of blood to the brain and muscles (giving a chance for a better escape), increase in the sugar level.



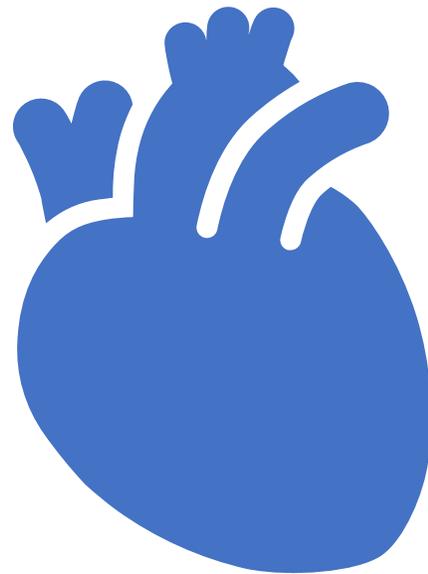
Short-term stress is not a threat, however prolonged exposure to its influence leads to permanent changes in the state health as a consequence of the increase in cortisol (stress hormone), which excess can lead to metabolic disorders and dysfunctions of the immune system.

STRESS

Make a fist with your right hand with all the power you have for a minute and then slowly relax the muscles.

What do you feel? Which feeling is dominant?

This is how your body feels when you are in permanent stress.



Good short-term physiological responses to stress:

- The Senses sharpen
- You breathe faster – oxygenation
- Muscles Ready for action
- deterred feeling of hunger

Bad long-term physiological responses to stress:

- parasympathetic nervous system dies down
- Digestive Processes Stop
- Sleep is disturbed
- Libido decreases
- Heart is under pressure

**Stress –
Overload**

Its not stress
which causes
harm!

It's the
overload!

So what is stress?

A detrimental reaction to excessive pressure

Long-term overload – "Murder" for the body and the relationship with the environment

STRESS

-
- *"Stress is a non-specific reaction of the organism to any requirement of the outside."*
- *"Stress is the body's reaction in the form of mobilising energy to overcome a variety of obstacles, barriers, requirements, regardless of whether it is accompanied by pleasurable or unpleasant sensations. This is a non-specific reaction, i.e. Its type does not depend on the type of factor it induces. "*

STRESS

- Stress can cause both negative and positive events [“Without stress there would be no life.”]. Therefore, the distinction between:
- EUSTRESS (good) – constructive, motivating stress; A state of satisfaction that motivates to make effort and strive for life's achievements
- DISTRESS– Negative stress, weakening; Deprivation stress, the overload leading to illness, carries suffering and mental disintegration, can cause frustration and aggressive behaviour



STRESS

Hans Selye isolated three stages of stress reaction:

1. Alarm stage – mobilisation of the body's defense forces, includes two phases:

a) **Shock phase** – The initial direct effect of the harmful agent, the indicators of bodily injury and physiological signals (e.g. drop in blood pressure, lowering of temperature),

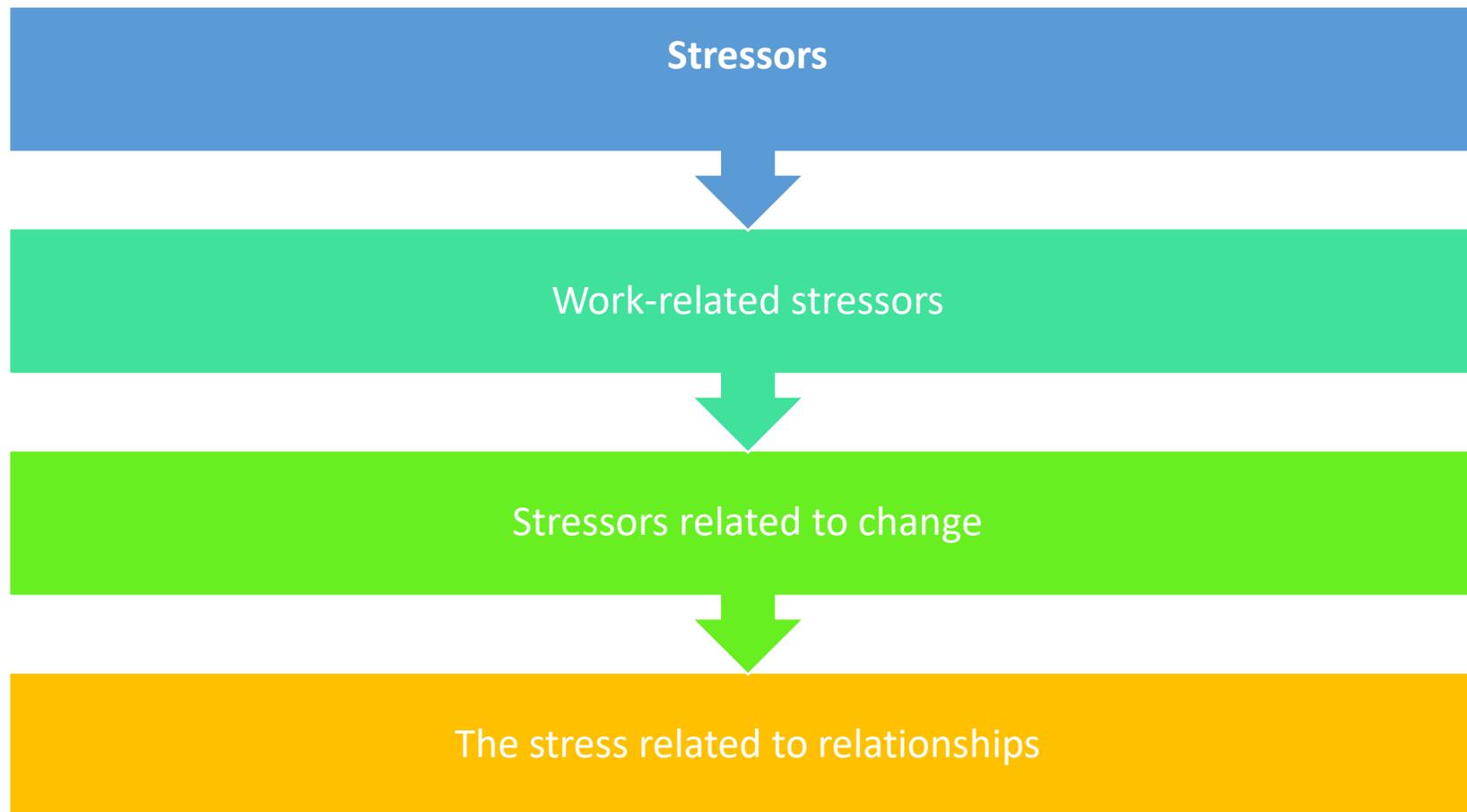
b) **Anti-shock phase** – There are reactions indicating that the body is taking active defensive efforts, accompanied by changes in physiological functions (e.g. increases in blood pressure, increased body temperature);



2. **Resistance stage** – Relative adaptation, the organism is tolerating the effects of harmful agents relatively well for some time, and tolerating other stimuli less which were previously harmless;



3. **Exhaustion Stage** – pojawia się, gdy czynnik szkodliwy działa zbyt intensywnie bądź zbyt długo, uogólnione pobudzenie organizmu nie służy już zwalczaniu stresora, lecz charakteryzuje się utratą zdolności obronnych, czego wskaźnikiem jest rozregulowanie funkcji fizjologicznych (np. trudności z zasypianiem); mogą pojawić się patologiczne zmiany w tkankach (np. owrzodzenie różnych narządów, obniżenie progu odporności, miażdżyca, nadciśnienie tętnicze, zmiany reumatyczne, łysienie plackowate, itd.), jeżeli przyjmą postać względnie trwałą, przy dalszym działaniu stresora mogą doprowadzić nawet do śmierci.



Control – The key to managing stress



Stress is taken from the feeling that you have no control.

Manage stress by:
Focus on what is under your control and the acceptance of what is beyond
Maximum magnification of the control zone



How we react to stress is our own choice. Everything is navigated by our mind!



5 areas where
to start stress
management:

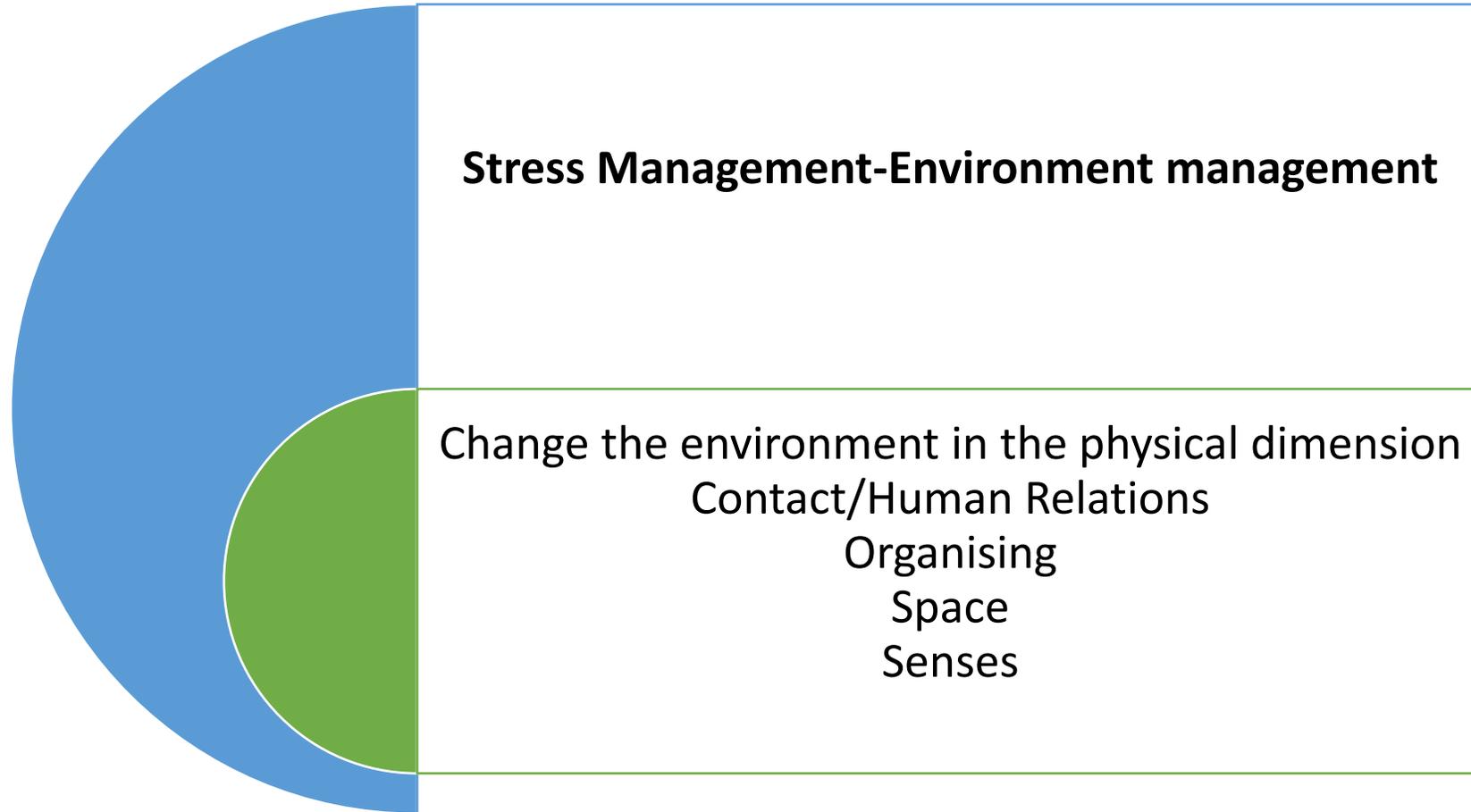
- Good posture
- Good rest
- Good Humor
- Good Energy
- Good nutrition

Good posture
Posture, and
movement

Proper posture
Sitting position
Standing
position

Good rest
Alexander
Technique
Meditation
Aromatherapy
Breath
Dream





Act!

Untaken decisions are a source of stress!

Exit!

Cases out of control – I leave if other solutions don't work

**Tackling stress – take
stress seriously**



**Exercise-Therapeutic
card No. 3**

STRESS

- **Where to start the fight with stress?**
- It is extremely important that you realize that you are responsible for your own stress level.
- You should also consider where the stress is coming from, and what factors cause it?

- Recharge your accumulated emotions by contact with nature.
- Take on something that makes you happy-go for a walk, listen to relaxing music.
- Use relaxation techniques-try to meditate or control your breath.
- Practise sports – after all, a "healthy body – is a healthy spirit,,
- Eat healthily and avoid stimulants that often aggravate stress.
- Laugh! It releases tension , brightens your face, relaxes your muscles, restores your objectivity and revives hope.
- Take care of your way of life-sleep long enough, plan your time for entertainment, avoid noise.
- Don't take too much on your shoulders. Set realistic goals-determine what you want to achieve and at what time. Make an action plan, but don't be too demanding.

- Learn to manage your time better – draw up a plan of the day and even a week, a list of things you have to deal with very urgently and those that may still wait. Organise your work load well.
- Don't forget to rest. Do not mix this time with other activities.
- Accept yourself with all the weaknesses and strongest points. Remember that no one is perfect! (Though improvement is advisable). Don't try to be a perfectionist – everyone makes mistakes. Be tolerant of yourself
- Expect the best. Even if you are disappointed, it is time to live without stress.
- Learn to Say ,'NO'!

Effective coping techniques include:

- Physical activity – Movement allows for the proper functioning of the circulatory system; Constant alternating muscle stretching and loosening reduces the sensation of tension, which is why serotonin (a happiness hormone) is produced, which improves mood;
- Hobbies – taking up a hobby allows you to isolate yourself from everyday worries;
- Mental techniques – The use of techniques related to relaxation, visualization and meditation;
- Body Relaxation – by controlling breathing or temperature of the body, you can induce a state of relaxation and learn to control situations of difficulty;
- Conversation – The simplest of stress-fighting techniques, allows for a constructive expression of difficult emotions; In a situation where we cannot count on a person, the situation can be described and written down on a piece of paper, which should make it easier to control the situation and thus reduce the level of stress. The long-term way to deal with stress is control;
- Maintaining distance and balance – maintaining a state of balance between responsibility and performance and private life and pleasure for oneself;

- Mastering time management techniques;
- A healthy lifestyle – rest, good sleep and also free from addictions;
- Time for family and friends;
- Controlling Your mind – if you notice intrusive, stressful thoughts, break them down, otherwise the stress you feel will only be intensified.

Autogenic Schultz Training

The author of this training is a doctor, Johannes Heinrich Schultz. Name of this technique comes from the Greek word autos-Sam and Genos – the beginning, the origin, the source.

Autogenic means: Practicing own ego (one of the structures of personality, often understood as "I" of the human Unit). The training condition is somewhat similar to experiences related to hypnosis, however, with the preservation of consciousness. By exercising, a person It focuses on your feelings, not trying to evoke them at all costs.

This method allows the person to focus only on the technique, so that he offsets thoughts from stressful, daily activities. This technique is used in the treatment of many psychological diseases, including many cardiac, motor and neurological rehabilitation processes. It promotes the renewal of life forces and simultaneously strengthens the immune system (due to the activation of the parasympathetic system).

Anti-stress training according to Jacobson

This method involves alternating stretching and loosening of muscles. It is important to consciously breathe, to focus attention on the breath and feel the tension in the body and observe the body. The feeling of relaxation is built after muscle tension. Natural sensation in the body is the rest after muscle tension and under the influence of subconscious memorization of the difference between tension and relaxation.

Relaxation and visualization techniques

Relaxation techniques and visualization belong to a group of tools in the field of widely understood psychological assistance. They are not a form of psychotherapy as such. They help reduce anxiety and allow you to regain control of your body. These techniques do not solve deep internal conflicts.

STRESS

Stress can be controlled in many ways.

These include relaxation techniques, visualizations,

Neuro-Linguistic programming techniques,

Hypnosis and self-hypnosis, an emotional freedom technique

and the recently invented method;

levelling negative emotions with

Integral Eye movement Therapy.

Public speaking and stress



WRITE
DOWN
YOUR
WORRIES



Mental preparation

Step One



Why are we afraid of public speaking?



- We fear of:
- Drying in the throat;
- Committing a mistake;
- Listeners and their reactions;
- Loss of position when speaking;
- A disaster or other catastrophe.

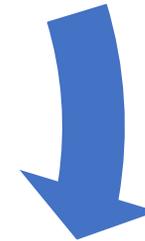
Circle of Fear



1. Thoughts
on
Speaking



2. Attitude
and
Emotion



3. Physical
reactions



4. Speech



How to overcome the circle of fear?



- A small dose of stress can be mobilizing.
- All the winners have stage fright.
- Our goal is not to eliminate fear, but to skilfully control it.
- **YOU ARE THE MOST IMPORTANT LISTENER!**

Ways to control stage fright



1. Breathing.
2. Imagining success.
3. The Calm duck syndrome.
4. Discovery of the unknown.
5. Talismans.
6. Experience.

Beware of traps!



1. Unreasonable belief that everything has to go to plan.
2. Reliance on the old pattern.
3. No attention to detail.
4. No response to comments and advice.

Exercise

Clairvoyance	Plans
How will I do?	What will I do?
How will I look??	What won't I do?
What do others think about me?	What will I say?
What will others say about me?	What will happen to my body?
Worst possible scenario	Best possible scenario

Auditorium

Krok drugi



Recognizing the Auditorium



- Who are the participants...
- How numerous will the audience be...
- Will they participate actively in the presentation..
- How well they know the topic...
- What will they expect...
- How to reach them, what methods to use...
- How to present the material and trigger a positive response

The crux of the matter



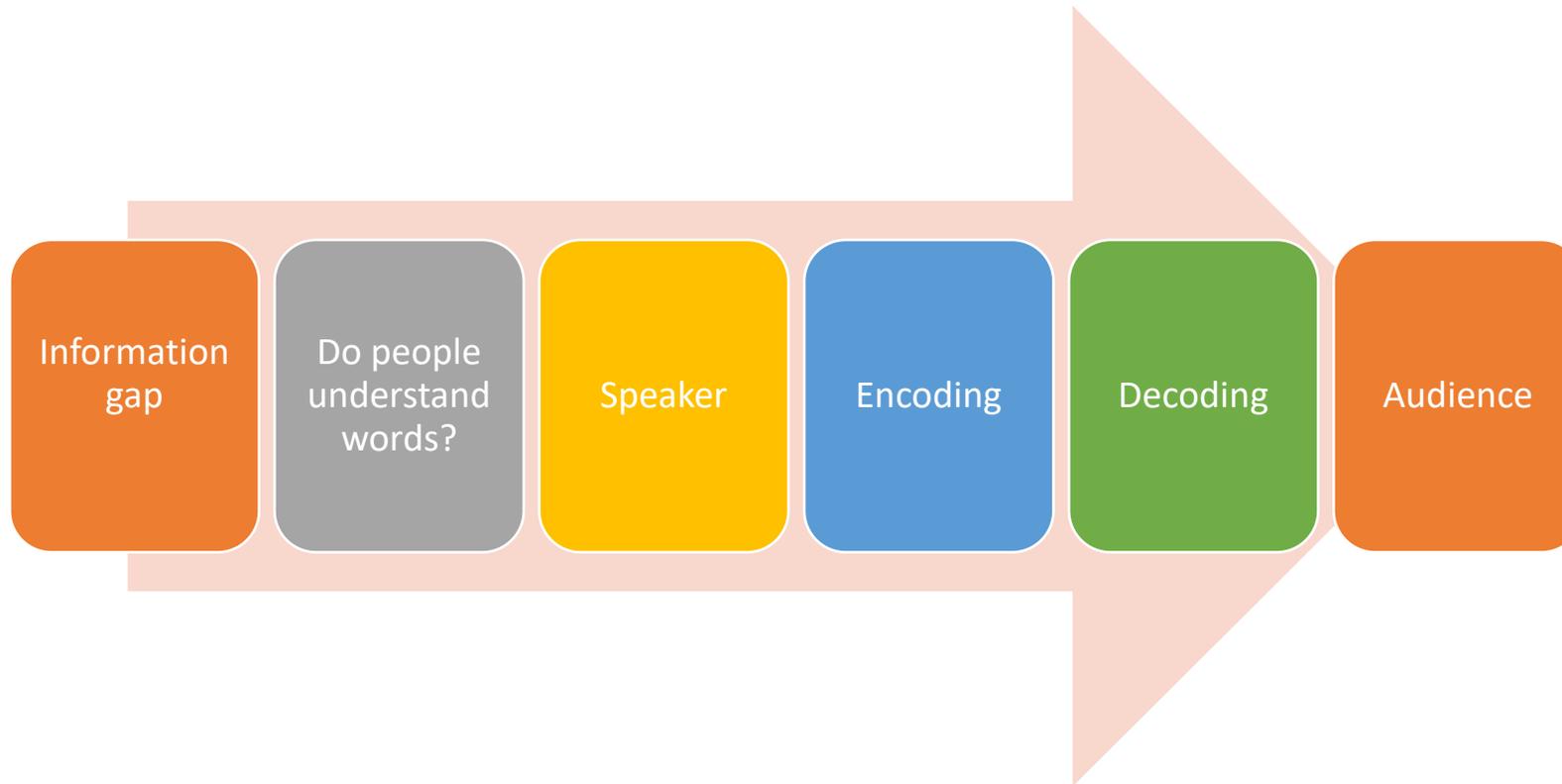
At the beginning present:

"What I want to say today concerns... "

"My main point is as follows.."

Only then you know you will be heard.

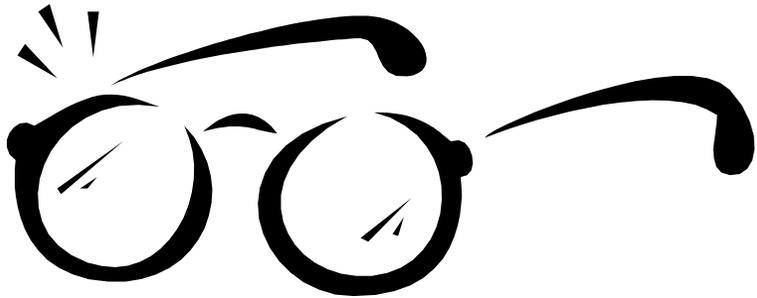
The audience needs to know the purpose of the presentation.



Will they know what you mean?



Observation of the audience



- Do they understand what you say...
- Do you keep track of what you say...
- Do they nod their heads to a sign that they understand – Maybe they're making you understand that they're lost...

Difficult questions



- Answer
- Admit to not knowing the answer and promise to find it
- Promise a personal response during break
- Call for help from an expert colleague in the industry
- Refer a question to another participant
- General Discussion

Dialogue with the audience



- 1) The most important person in a presentation is not you but your listener
- 2) Establish contacts with your audience
- 3) Open questions – desirable;
Closed Questions-Forbidden

Preparing a plan

Step Three



Form of communication

People communicate with each other and impart "signals" to almost all their senses.

Their proportions are:
1. Sight 83%

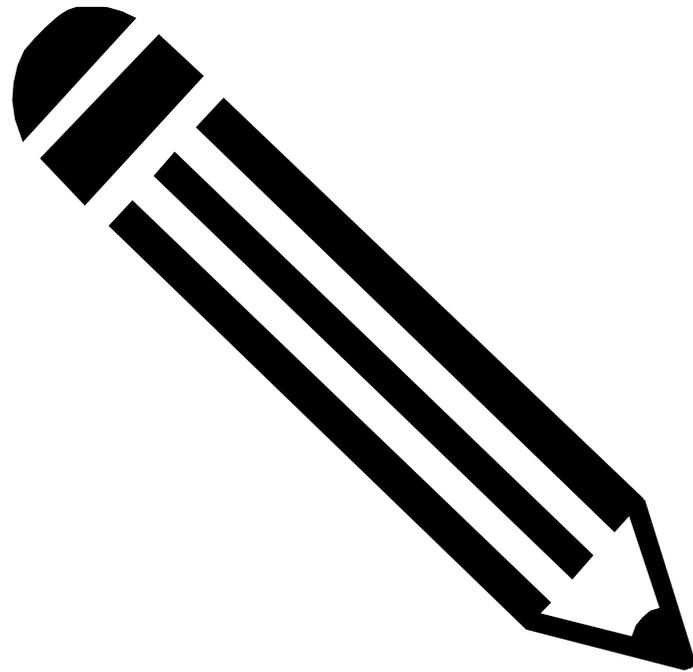
2. Hearing 11%
3. Smell 3.5%
4. Touch 1.5%
5. Taste 1%

Important



- 1) Get ready
- 2) Make a plan
- 3) develop a substantive part of the presentation as best as possible – avoid stage fright
- 4) Practice in the house in front of the mirror
- 5) Do not read from paper
- 6) Time – Art

Introduction



Introduction-5 Elements

- Welcome
- Autopresentation
- Intent
- Route
- Rules

Introduction



OPEN THE PRESENTATION WITH
ENERGY.



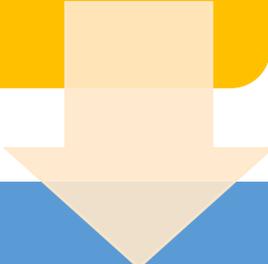
POSSIBILITIES TO START:



INTRODUCTION: MAIN MESSAGE
INTRODUCTION: ANALOGY
INTRODUCTION: VOICE OF AUTHORITY
INTRODUCTION: TELL A STORY
INTRODUCTION: INGENIOUS WIT

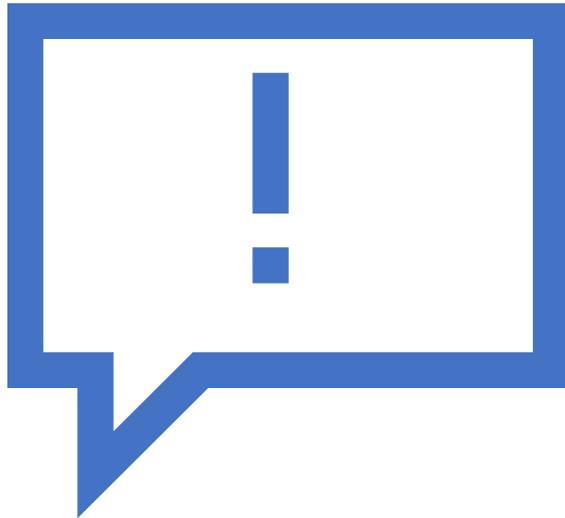
Essential Content

Split the main part into topics
Summarize each thread recalling what was mentioned
Check that listeners understand



This part does not have to be a monologue, you can enable participants to discuss
Be sure to limit number of threads
Stay within the time limit– summarize the entire presentation

Summary

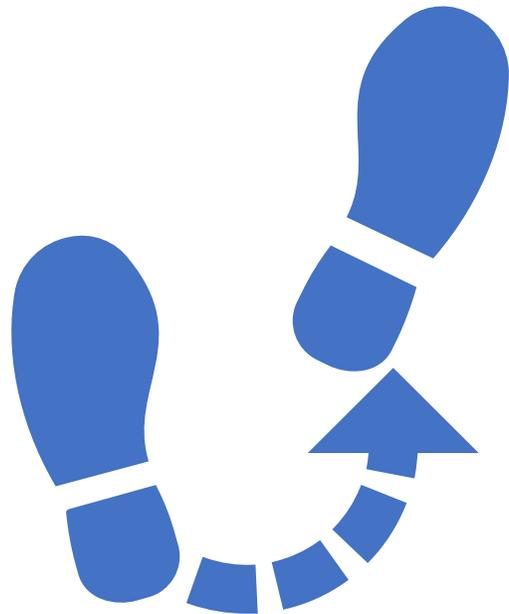


Summary is the last opportunity to influence listeners

- 1) The end must therefore be vigorous
- 2) Must include the main message of presentation and the importance
- 3) It must include a call for a certain activity, which may result from a thesis or phenomenon presented in the presentation

Exercise – Therapeutic Card No. 4





Practice, Practice and practice

Until victory...





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Good Job!

