



PDF

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for interactive
functions

Stress S.O.S.

Recovering in-the-moment



Modern day threats

Ego

Competence

Reputation

Exclusion

Rejection

PHYSICAL TENSION

OBSESSIVE IRRATIONAL

STEELY FOCUS

Signs Of Stress

CATASTROPHISING

Aggressive Angry

ANXIOUS

TUNNEL VISION



Conscious Interventions

What can you do consciously to change your stress responses in-the-moment?



Physical



Thinking



Emotional



Physical

Stress is a **physical** reaction

Consciously change physiology
to change the stress response



Rank the
Effectiveness
Most to least

Breath

Lengthen your breath, in for 4
seconds, out for 4 seconds

Vision

Widen your gaze to
peripheral vision

Tension

Notice tension in the shoulders
or jaw and relax them



Stress affects our **thinking**...
...our thinking causes stress
Break the loop

Thinking

Thoughts in relation to the stressful situation



Are they really true?
True / False / Don't know



Emotional

Emotional responses are triggered by context

Change the experience of context to change the stress response



Imagine a different context

Think of a context where you were less stressed

Remember the experience in vivid detail...

What did you see, hear and feel?

Grounded in current context

Allow your eyes to settle in one place and resist any

temptation to move

Notice 3 things that you see

3 things that you hear

3 things that you feel



The technique that worked best for me is:

Breathing

Wider Vision

Released Tension

True/False

Imagining Another Context

Grounding

My helpful trigger point or opportunity to practice is:



thriving

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