



Optimising Stress






Supporting Ourselves & Others

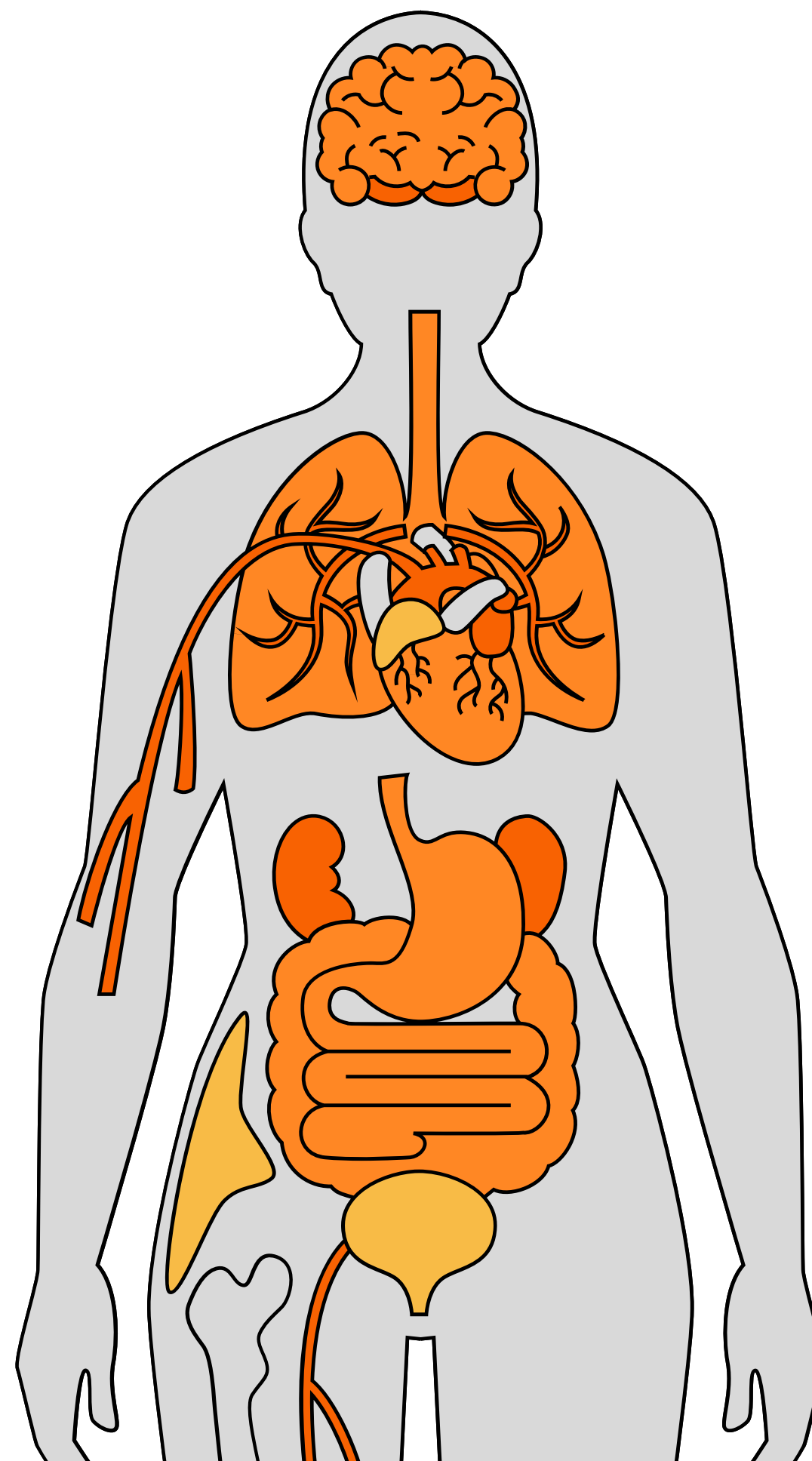


Rest & Digest

Parasympathetic

 **Brake**



-  Vision peripheral
-  Slow Breathing
-  Normal Heart Rate
-  Creative thinking
-  Relaxed Muscles



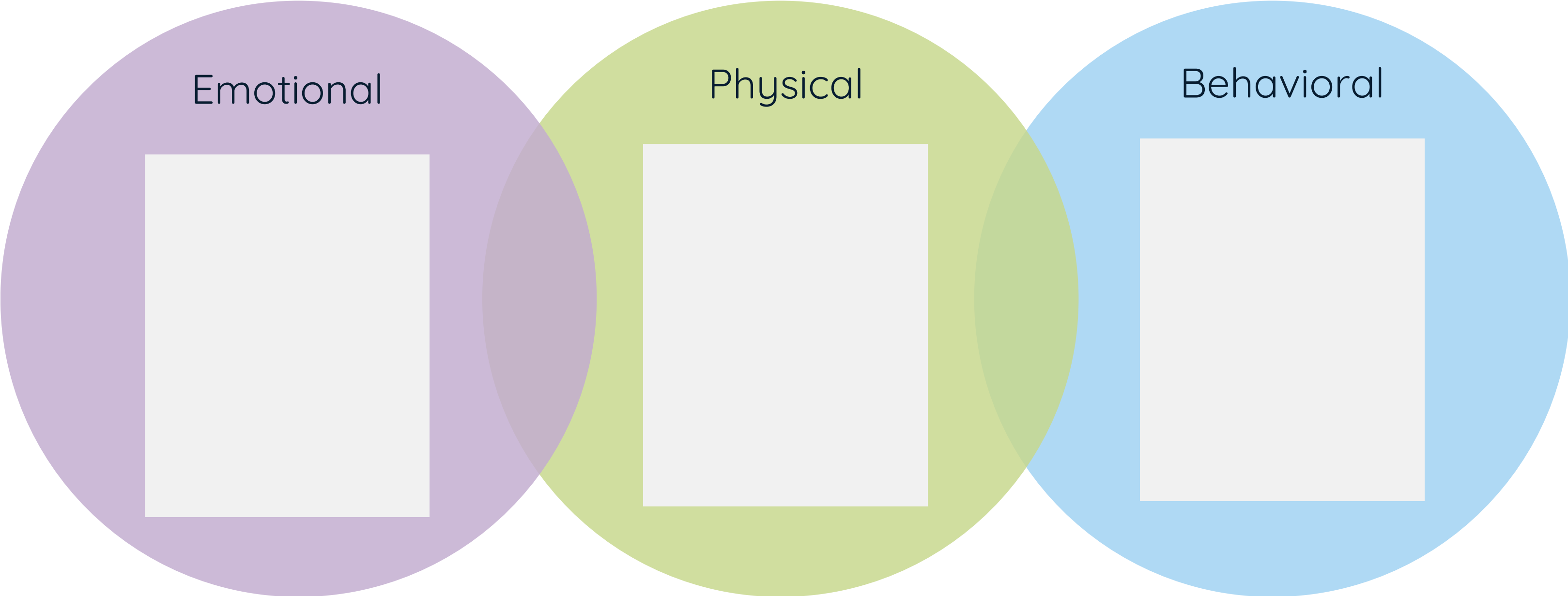
Fight or Flight

Sympathetic

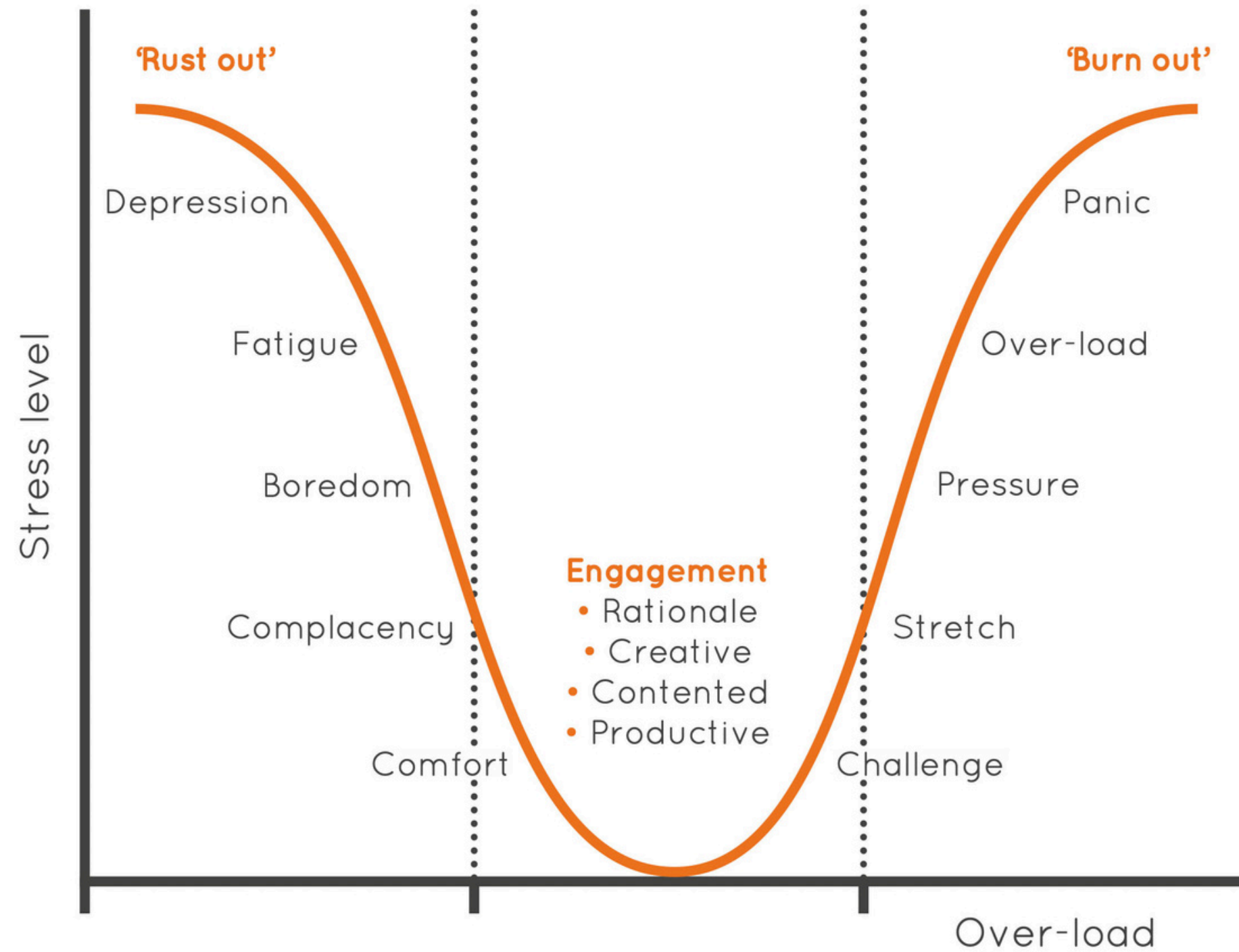
 **Accelerate**

-  Vision focussed
-  Rapid Breathing
-  Increased Heart Rate
-  Catastrophic thinking
-  Muscle Tension

My signs of too much stress?



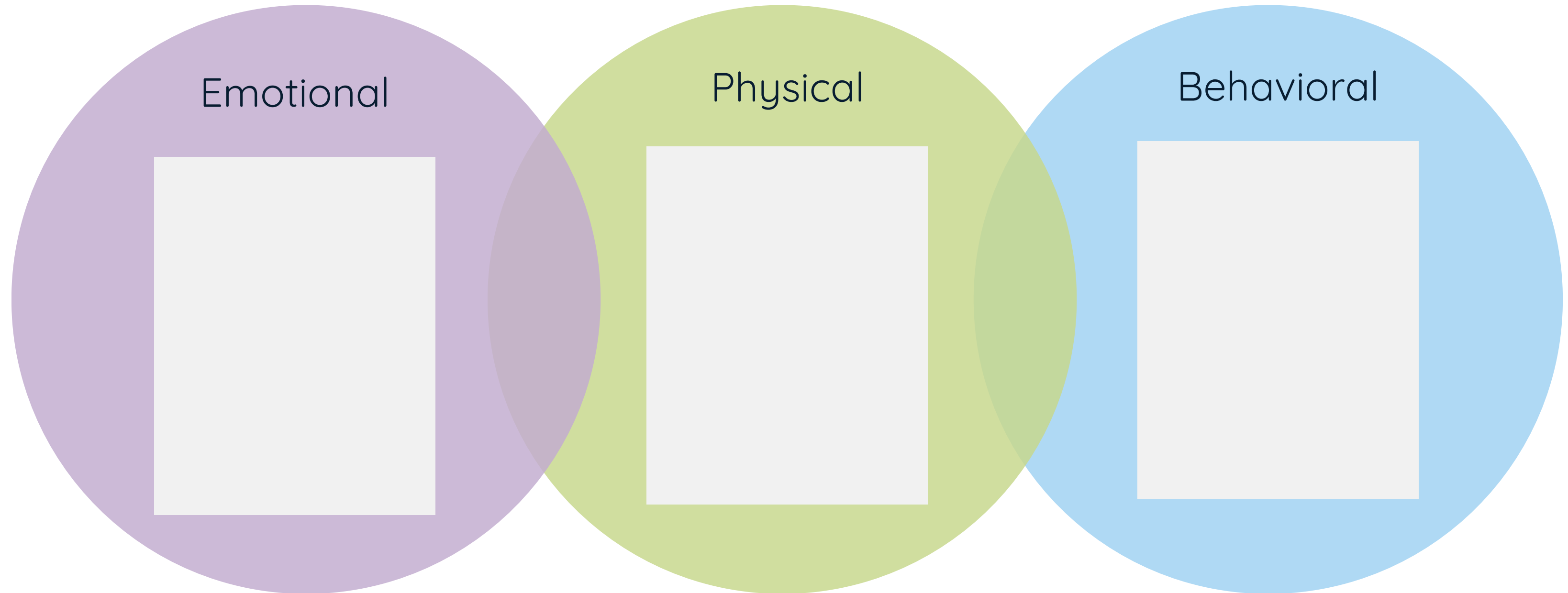
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Source: Brilliant Stress Management



My Signs of Optimal Stress?





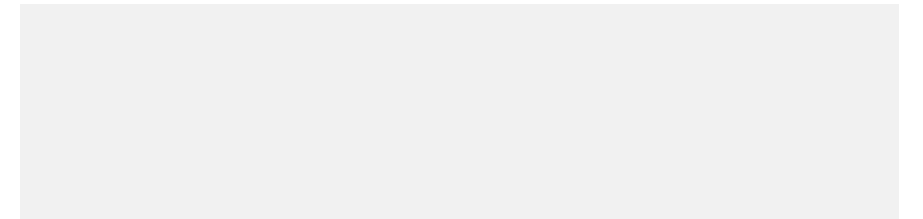
Physical

Stress is a **physical** reaction

Consciously change physiology to change the stress response

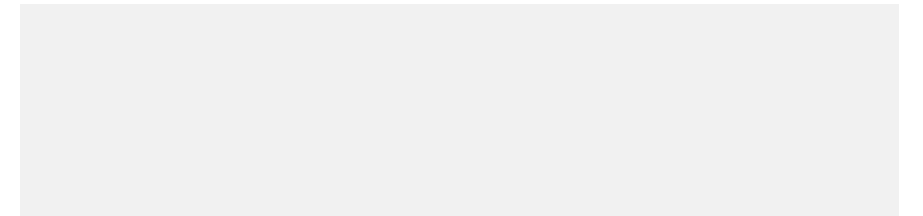
Breath

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



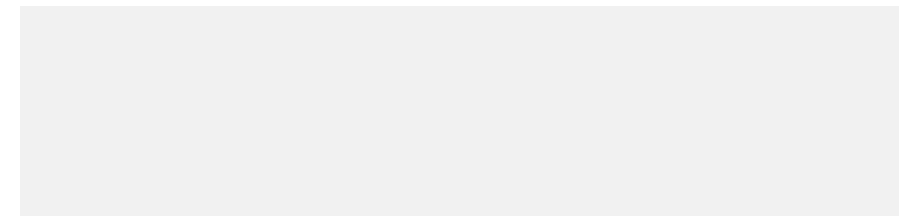
Vision

Widen your gaze to peripheral vision

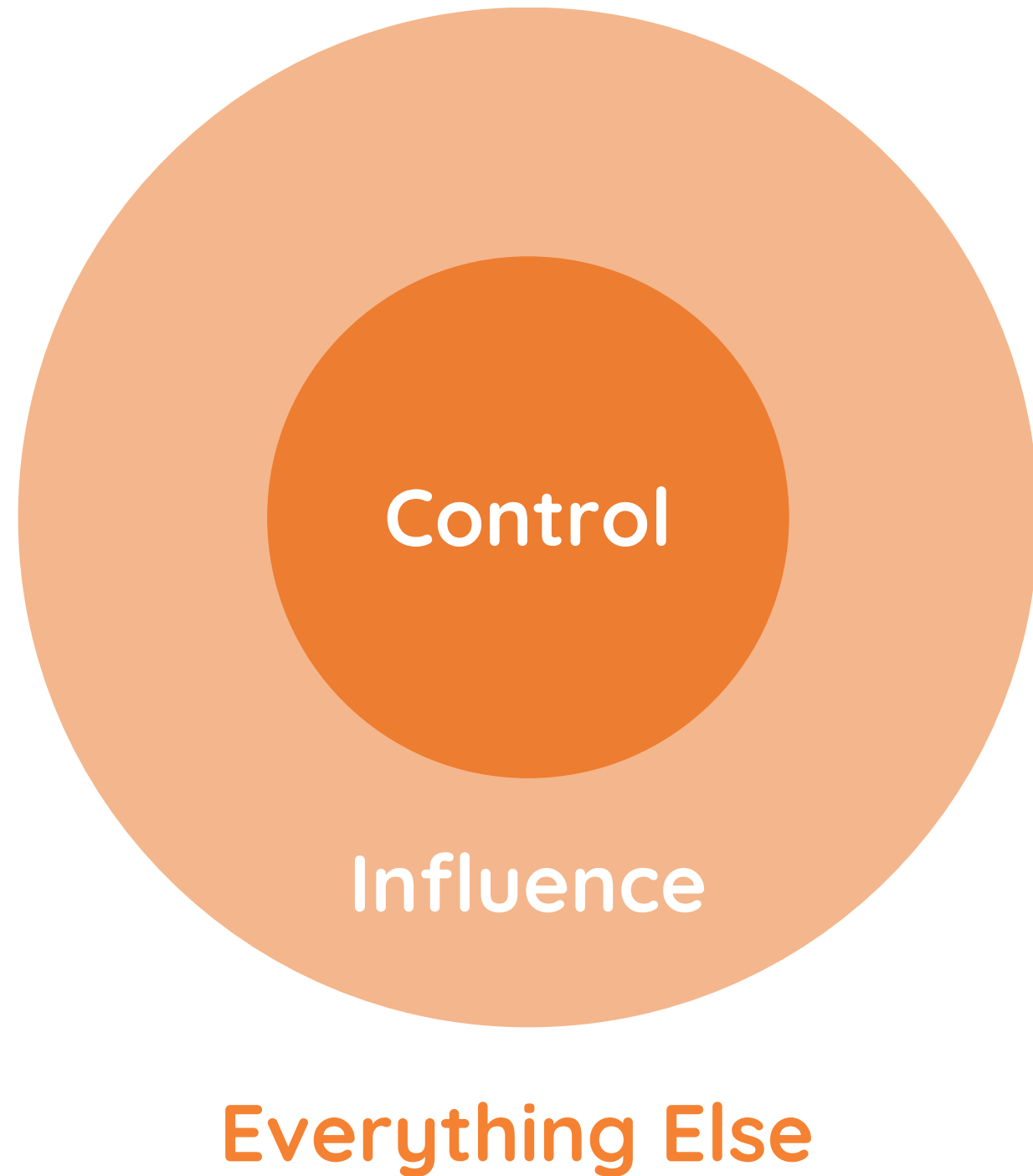


Tension

Notice tension in the shoulders or jaw and relax them



Spheres of Control



What can I **Control**?

What can I **Influence**?

What do I need to **Accept**?

What am I going to do?



- What can I do to optimise stress for me?

Empty grey rectangular box for notes.

- What can I do to help others optimise stress?

Empty grey rectangular box for notes.



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