

DS De-Stress & Balance

Managing Stress, Overcoming Anxiety & Building Resilience

Stressor

The life situation or demand that might cause problems

Primary Appraisal

How we view the stressor and see it as relating to us

Secondary Appraisal

How we see our ability to cope and how helpful outside influences might be

Stress Response

The way our thinking, our feelings, our bodies and our behaviour change



Trigger

Think of a recent situation where you got stressed. What were you doing? What was going on around you?

Primary Appraisal

What went through your mind about the situation? How bad did it seem to you, and what did you think the impact or consequences were going to be?

Secondary Appraisal

How did you think you were going to manage the situation? Could you think of what to do? Did it seem manageable? Did you feel helpless?

Stress Response

What did you notice about how you felt? Did you feel panicky? Hopeless? How bad was this feeling? What did you feel in your body? What did you notice about any physical changes, like your heart racing, breathlessness, pains in your back?

Coping Response

What did you do when you were in that situation? Did you find that you just wanted to get away? Did you become tearful or angry? Did you try to tackle the situation?

Main Coping Styles

Avoidance-Focused

Emotion-Focused

Problem-Focused



Graded Task Assignment

Describe the tasks that you find difficult to do

What is the very first step you can take?
(Remember, small achievable steps must come first)

Having accomplished this step, how do you feel?
How motivated are you to continue?

What is the next step?



Automatic Stressful Thoughts Record

Over the next week try to notice your automatic stressful thoughts and how they influence how you feel. Complete the table below once a day. Sometimes it is easier to first describe your emotions and sensations before you can trace them back to your thoughts.

- Situation/What happened?
- Thought/What thought or image went through my mind?
- How did I feel emotionally and what physical sensations did I notice?

<u>Situation</u>	<u>Thought</u>	<u>Emotions/Sensations</u>
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Dealing with Procrastination

Motivation: we want instant reward

- Small steps, immediate goals and immediate rewards.
- Visualize yourself experiencing the outcomes of your work
- Daily to do lists and goals
- Weekly achievements

In some cases, we experience demotivating factors:

- Fear of evaluation or negative feedback: usually irrational
- Fear of failure: usually our own inner demands

You can arrange individual 30 minutes sessions with Danielle if there is anything you would like to talk about or a specific issue for which you would like to receive advice.
You can book the session by emailing equilibrium4wellbeing@gmail.com.