

STRESS

"Stress is our perceived ability to deal with our daily life"
K Searle

Stats*

- 79% stressed at least once a month
- 1 in 5 feel stressed more than not
- 46% Close to burnout

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Stress is Perception

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- It is a normal response
- Everybody is different
- It's not your fault - your brain is about keeping you safe and uses stress as a warning

Typical Triggers

- Workload
- Difficult Relationships
- Finance Challenges
- Health concerns
- Time pressures

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Typical Effects

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- Trouble Sleeping
- Unable to turnoff from work
- Poor health/changes in eating
- Short tempered/low mood
- Faulty Thinking (negative etc)

It starts with You

- Be aware of Triggers
- Ask yourself 'what do I need'?
- Take a break/pause
- Connect with loved ones
- Say no to others & yes to yourself

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Self Management

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- Better Sleep
- More nutritious foods
- Make time for Movement
- Time out
- Forgive yourself
- Do more of what you love

Belief in Self

- How much do you believe in yourself? 10 Being completely and 0 not at all
- Ask yourself what needs to happen to improve that?

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Trust Yourself

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- Trusting yourself takes practise.
- Notice where in your life you trust yourself? And build on the different areas you do

Self Love

- Self care routines
- Doing more of what you love
- Putting yourself first
- Being with loved ones

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Feel Safe Being You (Emotionally & Mentally)

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- You have nothing to prove
- You have a right to be you
- Know you are great just as you are

Forgiveness

Putting yourself under pressure does not help anyone - forgive yourself for what is going on, trust all will be well

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Whats Next?

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- Need more help to make the changes to reduce stress?
- Reach out to kim@kimsearle.co.uk for a no obligation chat
- 07843 271 249

Reach out if these areas are where you could do with some help