



Solving the puzzle: Managing stress for improved well being.

PRESENTED BY SHAUN BROWNE

SHAUN BROWNE COACHING AND DEVELOPMENT

WHO AM I?



- **Coach and mentor**
- **Speaker**
- **Wellbeing and mental health worker.**

M₃ E₁ N₁ T₁ A₁ L₁

H₄ E₁ A₁ L₁ T₁ H₄

M₃ A₁ T₁ T₁ E₁ R₁ S₁

THE ELEMENTS



AWARENESS



FIGHT



FLIGHT





FREEZE

HOW DO YOU EXPERIENCE STRESS ?





**MYTHS AND
TRUTHS**

QUIZ TIME !

**WHO IS
THIS ?**

TRUE OR FALSE ?



**The “stress response”
prepares your body to:**

- a. Sleep**
- b. Fight or run**
- c. Eat large amounts of food**

TRUE OR FALSE ?



Stress has no place in the workplace.

a. True

b. False

TRUE OR FALSE ?



People who exercise regularly are less likely to be stressed.

a. True

b. False

TRUE OR FALSE ?



**Stress can sometimes
be beneficial**

a. True

a. False

TRUE OR FALSE ?



**1. Deep breathing and
yoga can help manage
stress.**

A. True

A. False



Common myths



**Stress is
all bad.**



**We should
attempt to
be “stress
free”**



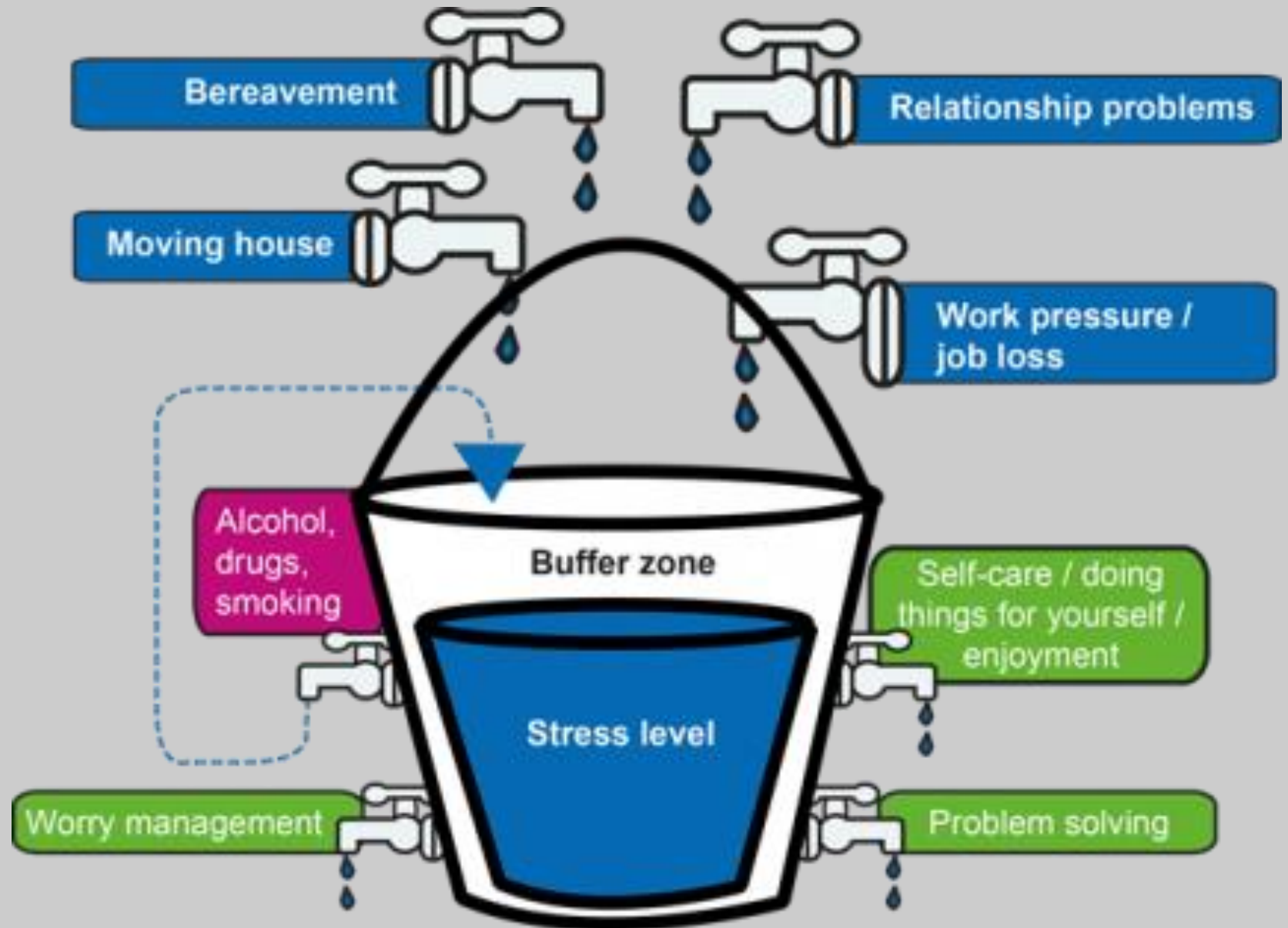
**Being
stressed
means I am
weak and not
handling life
well.**



**There is a link
between how
busy you are
and how
stressed you
feel.**



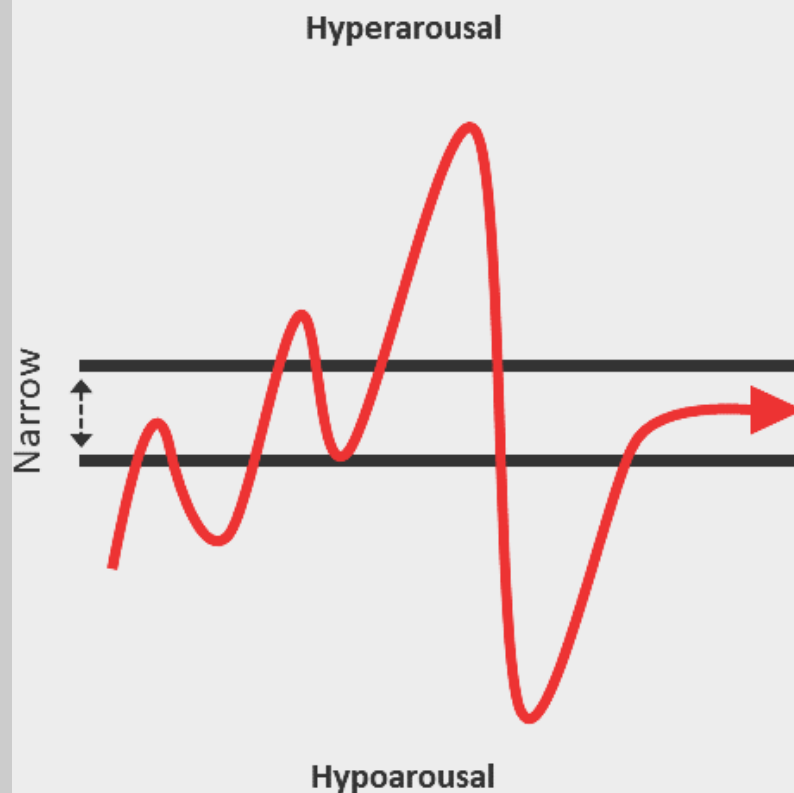
Models



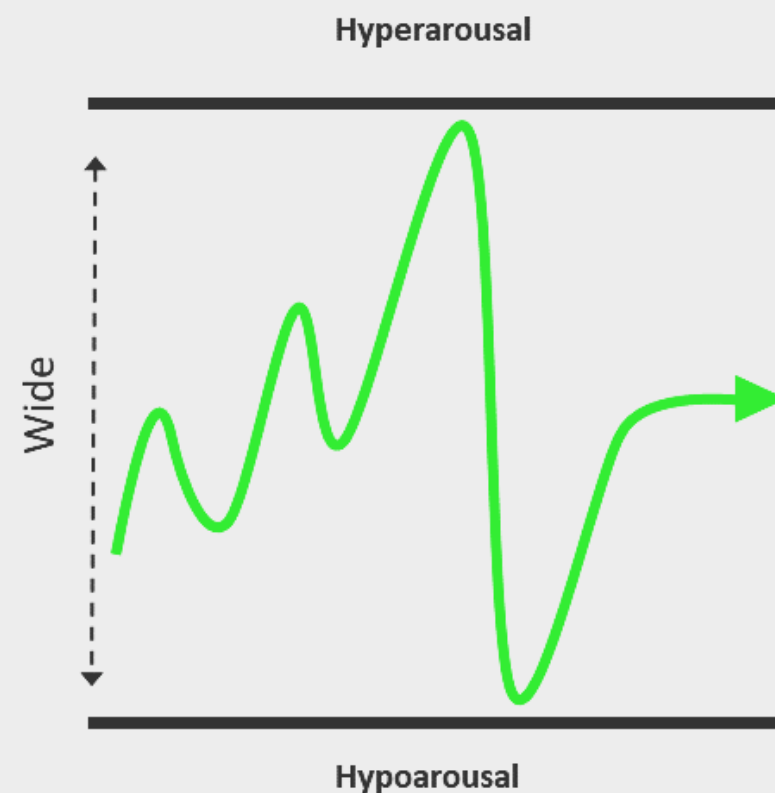


Models

Increasing Your Window of Tolerance



Narrow Optimal Zone:
Limited Capacity to handle Stress



Wide Optimal Zone:
Resilient & Resourceful under Stress

LEVELS



POSITIVE

Brief increases in heart rate, mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses, buffered by supportive relationships.

TOXIC

Prolonged activation of stress response systems in the absence of protective relationships.



STRESS HAPPENS IN REAL TIME



PHYSIOLOGICAL SIGH



Long Inhale (*nose*)

(quick pause)

Short Inhale (*nose*)



Long exhale with
sigh (*mouth*)

LIFESTYLE

Cure

Prevention



Exercise

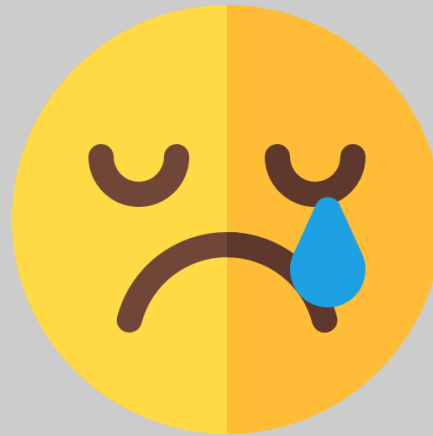




TIME MANAGEMENT

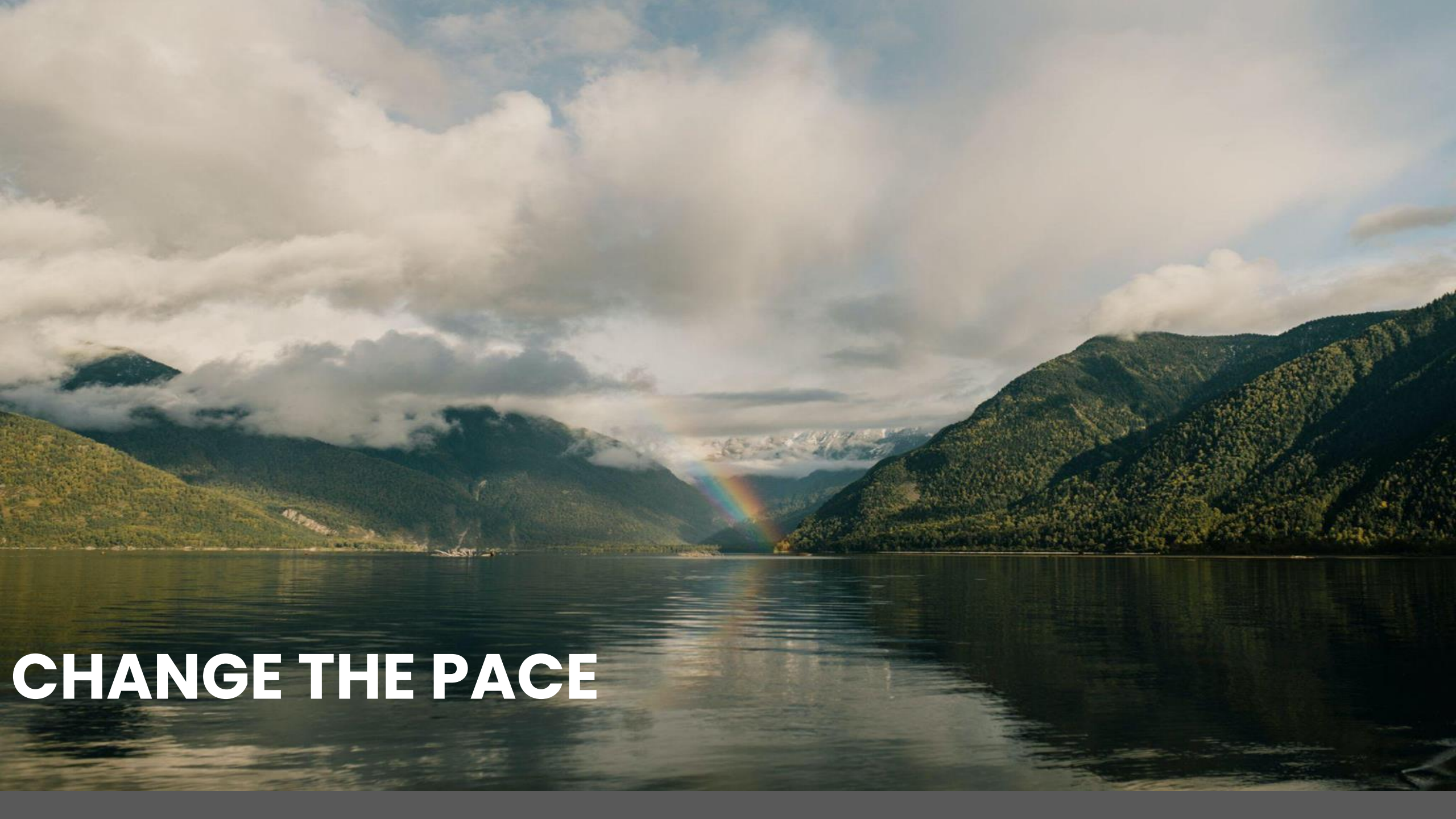


H.A.L.T





YOUR PEOPLE



CHANGE THE PACE

purpose

BRINGING IT TOGETHER- THE MASTER KEY



What's the one thing that would help you manage stress ?



THE PUZZLE HAS BEEN COMPLETED



Thank you so much for your time.

Any questions ?



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