

Wellbeing in the face of stress

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Wellbeing in the face of stress

Today

Opportunity to learn practical, evidence-based exercises to help you to:

- Manage stress effectively
- Build resilience
- Manage self-talk and overcome looping negative thoughts
- Strengthen self-belief and confidence
- Overcome procrastination.



What will help us work well?

- Own your own learning
- Engage
- Phones to silent
- Look after yourself
- Keep time



Stress
can be
our
friend



THE EXECUTIVE ALCHEMIST



Anxious
Distracted
Too busy for "this"
Reject rules
Others find it hard to keep up



Cautious
Critical and inflexible
Micro-manager
Fixated on process
Traditionalist

Angry
Frustrated
Assertive
Highly directive
Told "you don't understand"

Avoid confrontation
Over-commit
Indecisive
Too accommodating
Prioritise others over yourself



Whirlwind

Anxious
Distracted
Too busy for "this"
Flighty
Reject rules
Others find it hard to keep up



Judge

Cautious
Critical and Inflexible
Micro-manager
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Traditionalist



Bull-in-a-china-shop

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Pushover

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In our negative, primitive brain

- We feel under attack
- We are negative
- We assume the worst



In our negative, primitive brain

Anger
Anxiety
Depression



Fight
Flight
Freeze
Friend

FLIGHT

Whirlwind



FIGHT

Bull-in-a-China-Shop



Judge



Pushover



FREEZE

FRIEND



In our positive, intellectual brain

We are our best
selves.



We SHINE:

Speed of thought

Health and longevity

Intelligence

Nuance and creativity

Effectiveness and
productivity



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Bull-in-a-china-shop

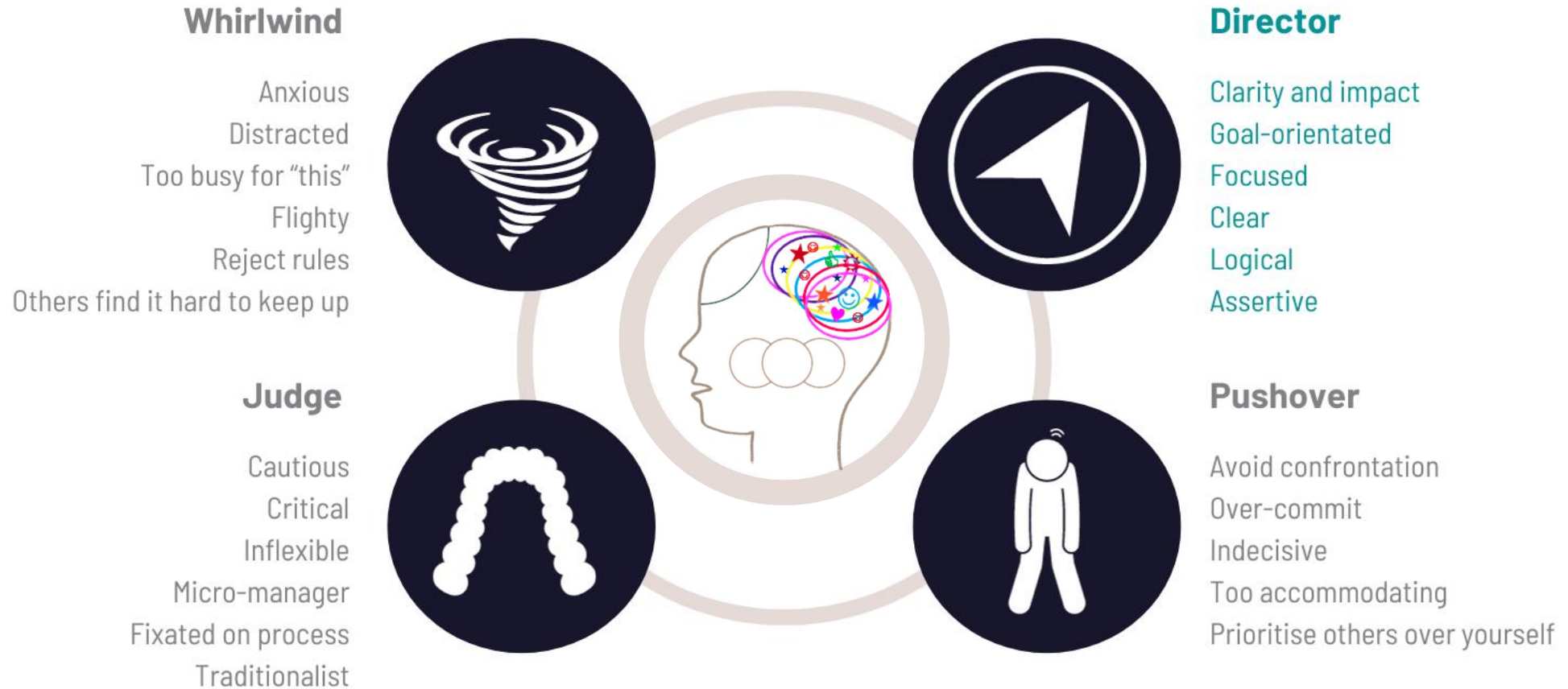
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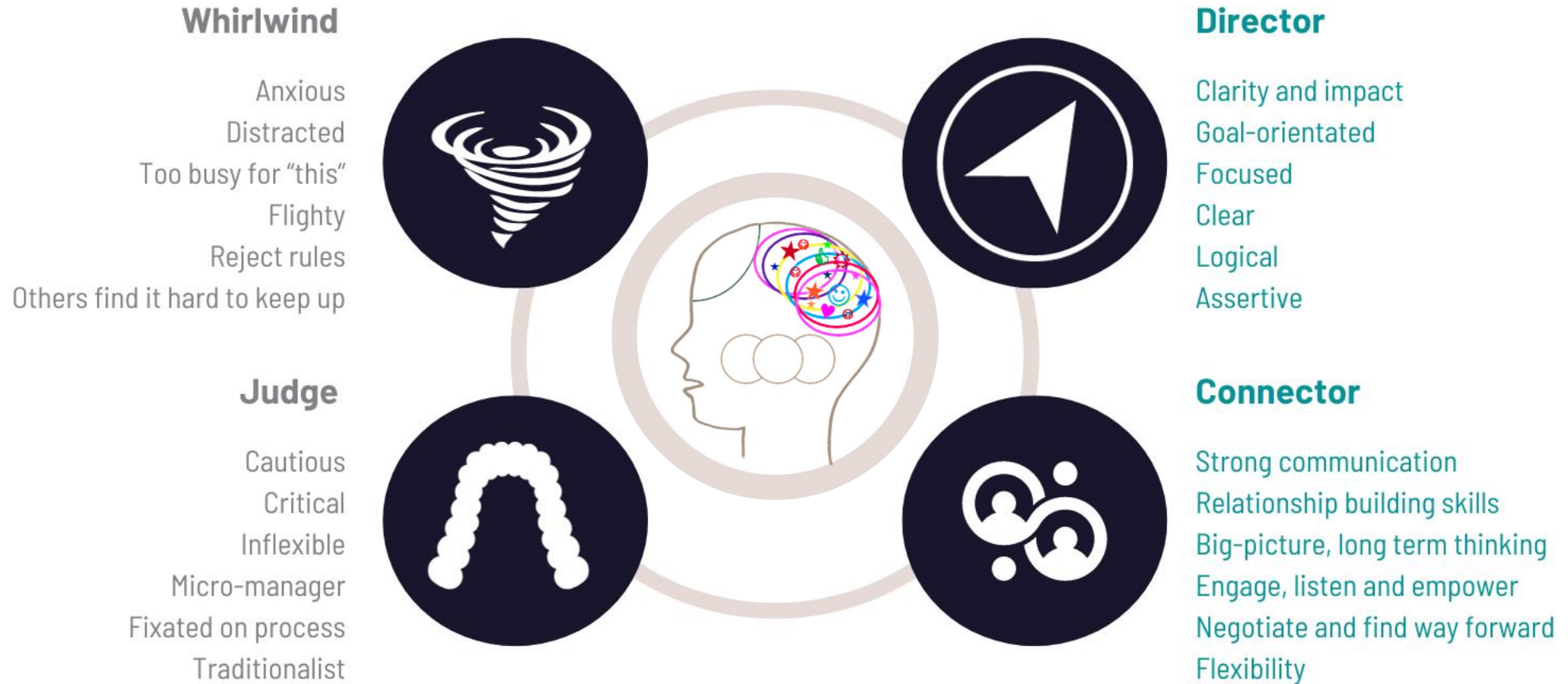


Pushover

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Our Stress Type shows us our instinctive Success Style



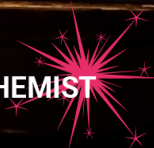
**ACCESS
ALL
AREAS**





How do you help yourself
be your best self

What is your top stress
buster?





To release a lovely steady flow of
serotonin, enjoy:

Positive Action
Positive Interaction
Positive Thought



“At every level, from the microcellular to the psychological, exercise not only wards off the ill effects of chronic stress; it can also reverse them.”

Dr John J. Ratey

‘Spark: How exercise will improve the performance of your brain’



“Social support and feeling connected can help people maintain

- a healthy body mass index,
- control blood sugars,
- improve cancer survival,
- decrease cardiovascular mortality,
- decrease depressive symptoms,
- mitigate posttraumatic stress disorder symptoms,
- and improve overall mental health.”

Martino J, Pegg J, Frates EP. The Connection Prescription: Using the Power of Social Interactions and the Deep Desire for Connectedness to Empower Health and Wellness. Am J Lifestyle Med. 2015 Oct 7;11(6):466-475.





Three Good Things

"Participants who wrote down three good things each day for a week were happier and less depressed at the one month, three month, and six month follow ups.

More amazing: Even after stopping the exercise, they remained significantly happier and showed higher levels of optimism.

The better they got at scanning the world for good things to write down, the more good things they saw, without even trying, wherever they looked."

Shawn Achor 'The Happiness Advantage:
The Seven Principles of Positive Psychology That Fuel
Success and Performance at Work'



When we press play on our relaxation track

Our fast, 'busy' Beta brainwaves start to recede.

Alpha brainwaves start to increase:

- Growing sense of calm and relaxation .
- Feel more positive, and solution-focused.

Our Theta brainwaves increase too.

- These can help us “re-programme” our brain with ideas and beliefs we really want to believe.
- Improved immune-system and memory.

Finally, as we sink into sleep, we enjoy increased Delta brainwaves:

- Enhanced empathy.
- Reduced stress hormones.
- Increased melatonin, which helps us sleep.



Where focus goes, energy flows.

And where energy flows, whatever you're focusing on grows.

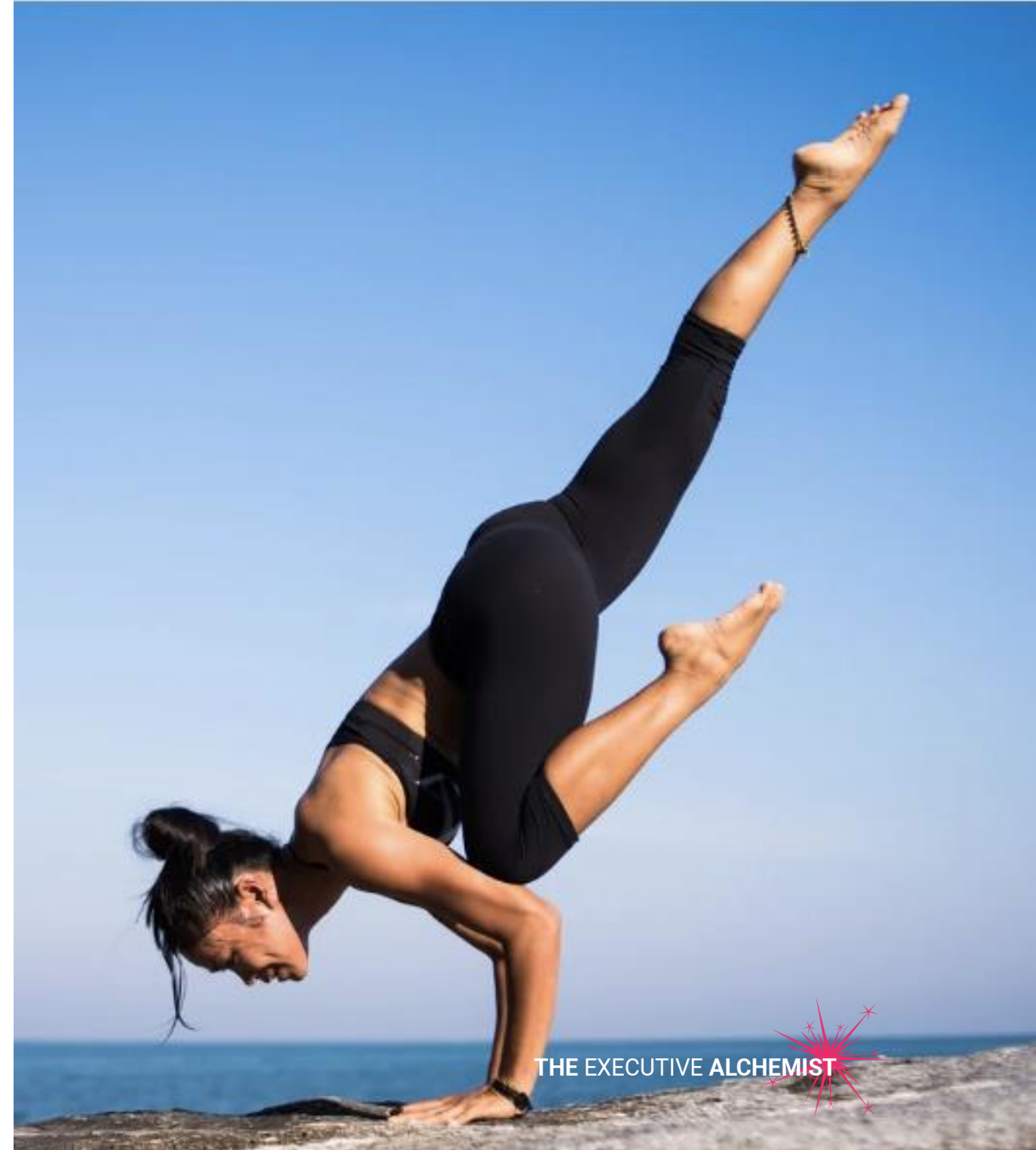
Tony Robbins

Focus on your
Signature
Strengths

3x happier
6x more engaged
with work



Pick one character
strength central to
who you are



Choose a strength that is most central to your identity – closest to who you are.

Take time later today to write about a specific time when you used this attribute to achieve something of value or used this to navigate a major challenge successfully. What did you do? How did you feel? What were the benefits?

- Appreciation of Beauty & Excellence
- Bravery
- Creativity
- Curiosity
- Fairness
- Forgiveness
- Gratitude
- Honesty
- Hope
- Humility
- Humour
- Judgment
- Kindness
- Leadership
- Love –
- Love of learning
- Perseverance
- Perspective
- Prudence
- Self-Regulation
- Social intelligence
- Spirituality
- Teamwork
- Zest

For your free report
visit:
<https://www.viacharacter.org/survey/account/Register>



When we play
to our
strengths

More confident
More resilient

When we are
positive,
rather than
negative or
neutral

**31% more
productive**

**37% better at
sales**

**19% quicker
thinkers**

To find out your
wellbeing at work
THRIVE score, visit
<https://amy-ahibjtde.scoreapp.com/>



Take the scorecard and discover what you need to master to thrive as a leader and in life.

Take the Scorecard

To be productive

- Get clear of your goals
- Prioritise high value tasks
- Design your day to optimise your output
- Take conscious care of yourself



Feeling overwhelmed?

- What is the one thing I need to do for today to count as a success? (minimum, medium, maximum)
- Break the task down into small, manageable, bite-sized chunks.
- Still overwhelmed? Go smaller again... and again... and again until you can do it



Know what you need to do but can't get started?

- Set the timer.
- Stop when it goes off.
- Celebrate.
- Go again.
- Always take a break –
Pomodoro says break after
25 minutes (definitely 90
minutes)



If it still feels too much

- Declutter your workspace and clear your desk.
- Consciously take care of yourself: warmth, comfort, light.
- Connect with your support network.
- Ask safe people to remind you of the value you add and keep you accountable.



Celebrate!

- ✓ Enjoy the satisfaction of ticking off a task
- ✓ Stop and smile
- ✓ **The small wins count!**
- ✓ Reward yourself



Today we have learnt....

- Why we can struggle and what we can do about it (our primitive, emotional brain and positive intellectual brain)
- How stress shows up for you
- What your success style is
- Strategies to help you access your Positive Intellectual Brain (Positive Action, Positive Interaction and Positive Thought)
- How to train your brain to be more positive
- The importance of priming yourself to be positive
- Your Signature Strengths
- How to be productive and beat procrastination

What are
three good things
you have got out of
today?



If you have any questions....

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The Mindstyling Podcast

on i-Tunes & Spotify with Amy Armstrong
and Dr Becky Sage



THE EXECUTIVE ALCHEMIST

Thank you