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**RESILIENCE AND WELLBEING
Workbook**



RESILIENCE AND WELLBEING WORKBOOK

This workbook supports our resilience and wellbeing workshop which raises awareness of what stress is, why it happens and how it impacts the brain and body, and provides simple things we can do ourselves to proactively build our resilience and wellbeing so that we can navigate life's challenges in a more positive way.

Use this workbook to review learning, complete individual activities and to take your own notes during the workshop.

WHAT IS RESILIENCE AND WELLBEING?

What is Resilience?

Notes:

What is Wellbeing?

Notes:

What Impacts Resilience?

Notes:

WHAT IS STRESS?

Stress is defined as the result of an influx of certain in the brain and body, like and that occur when some action is required'.

Stress itself is not a bad thing, or indeed a problem. In fact, the chemicals adrenalin and cortisol are extremely helpful to us as they the body and our focus and courage, giving us the ability to take action.

When can stress be good for us?

In the short-term, these chemicals enable the following:

Notes:

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WHEN STRESS IS A PROBLEM

When stress is not helpful it is:

The feeling or state of or strain or tension
resulting from perceived or
circumstances and the subsequent feeling of not .

The situations that cause stress are known as 'stressors' and anything that puts high demands on us can be a stressor.

Notes:

THE SYMPTOMS OF STRESS

Stress can affect how we think, feel, and behave. It can also affect how our body works, and it can present itself through a variety of symptoms in 4 areas.

Tick the symptoms you have experienced yourself, and underline those that you see in others.

COGNITIVE SYMPTOMS

Associated with the way our mind experiences stress.

- Inability to focus/concentrate
- Poor retention/recollection of info
- Difficulty making decisions
- Uncharacteristic errors
- Negative perspective
- Racing thoughts
- Constant worrying
- Forgetfulness
- Disorganisation
- Poor judgment

EMOTIONAL SYMPTOMS

Associated with how stress impacts our feelings.

- Overwhelm/powerlessness
- Anger without cause
- Moodiness/irritability
- Guilt without cause
- Fear without cause
- Loneliness/isolation
- Depression
- Obsessions
- Paranoia
- Sadness

- Panic
- Tearful
- Self-harm
- Aggressiveness
- Social withdrawal
- Fidgeting/nail biting
- Relationship problems
- Increased alcohol/caffeine
- Changes in appetite/eating
- Grinding teeth/clenched fists

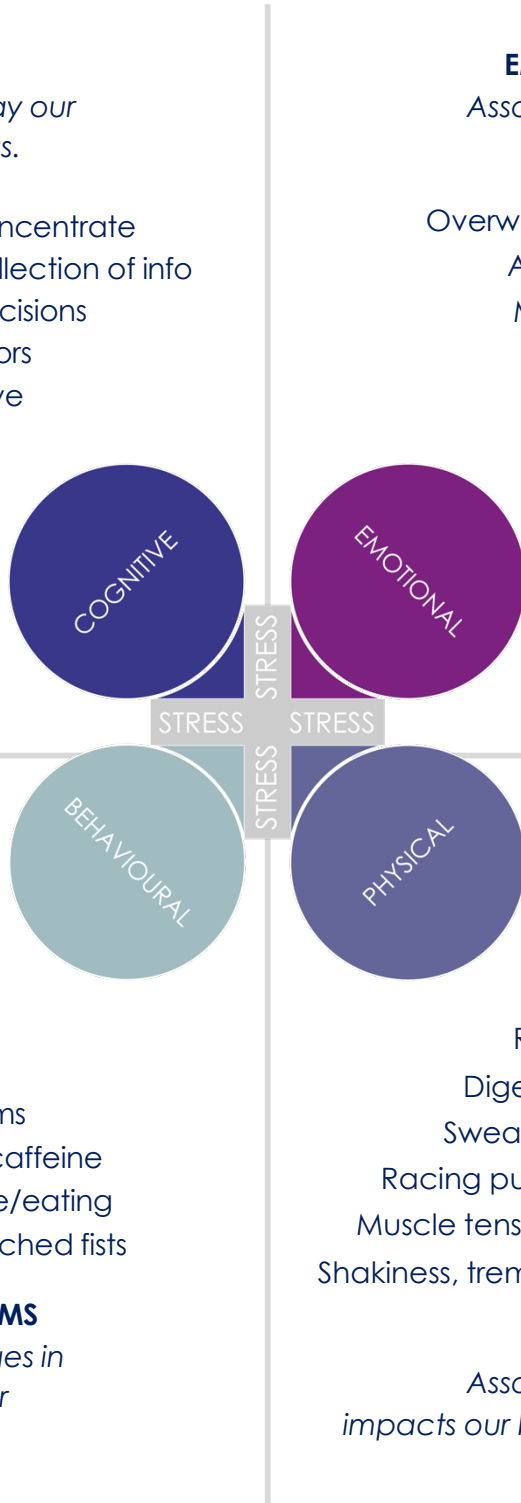
BEHAVIOURAL SYMPTOMS

Associated with changes in our attitude and/or our behaviour.

- Headaches
- Tiredness/fatigue
- Dry mouth/throat
- Sleeping difficulties
- Rashes and eczema
- Digestion problems (IBS)
- Sweating/clammy hands
- Racing pulse/rapid breathing
- Muscle tension and/or achiness
- Shakiness, tremors and/or twitches

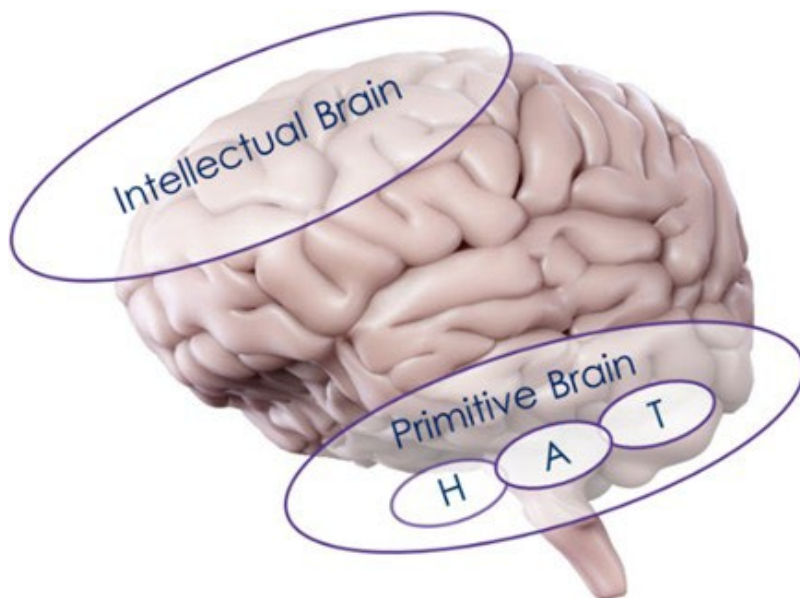
PHYSICAL SYMPTOMS

Associated with how stress impacts our body (may have other underlying reasons).



THE HUMAN BRAIN AND STRESS

There are two really important parts of our brain:



Notes:

How the stress response affects our brain

Notes:

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How the stress response affects our body

Notes:



3 Ways of Responding

Our primitive brain has only 3 ways of responding, though:

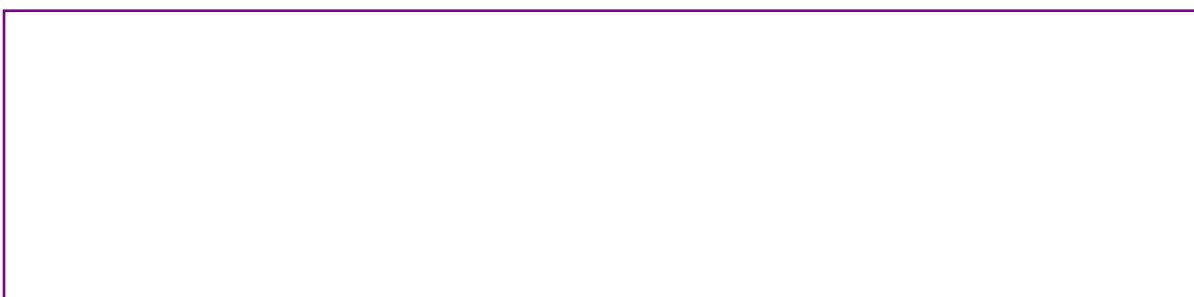
1. Anxiety
2. Anger
3. Depression

Or a real mix of the three!

And this doesn't necessarily mean we're suffering from depression or an anxiety disorder, but it might mean we're exhibiting a lot of the symptoms which go along with this, as they are great survival responses.

Anxiety:

Notes:



Anger:

Notes:

Depression:

Notes:

More on the primitive brain

Notes:

What causes stress?

Notes:

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The stress bucket

Every one of our negative thoughts get accumulated and stored in our metaphorical stress bucket.

Notes:



DEALING WITH STRESS

What we can do about it

There are two things we need to do to reduce negative thoughts and the negative feelings associated with stress and increase positive feelings.

- 1) _____
- 2) _____

Emptying the stress bucket

What is in your stress bucket?

At home

At work

Additional Notes:

The power of sleep

Notes:

The good news is that there is another way of simulating this R.E.M Process and it's called Hypnosis (or trance).

Hypnosis (or trance) has historically been misunderstood, but it is actually a very natural state of altered consciousness which occurs when the brain wave frequency slows down and the prefrontal cortex in the brain becomes deactivated.

When this occurs, the brain goes about processing events and feelings in the same way as R.E.M sleep.

Hypnosis can be achieved relatively easily, either by visiting a hypnotherapist, or by listening to a hypnotherapeutic recording.

Look at for our email with a link to our audio download.

Listening to this audio before you go to sleep each night will help you to get the 80/20 sleep ratio right and enable you to empty your stress bucket, but not at the expense of the physical restorative sleep you need.

It will also start to build your confidence in the skills and resources that you have available to you in your intellectual mind.

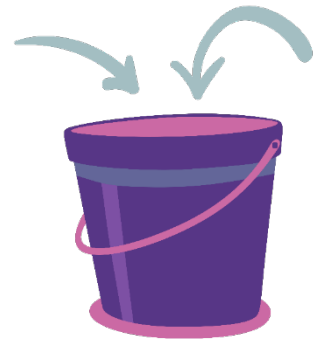
Simply go to the link above, turn the light off and press play. And please don't worry if you don't hear all of it, that is completely normal! Most people don't remember much past going down the steps! It'll still do the job.

Stop filling it up so much in the first place

So, emptying the stress bucket is important, but in order to better manage our stress levels, we also need to stop filling it up so much in the first place!

The combination of doing both things ensures we get rid of any backlog, lowering the level on a permanent basis and remember, when our stress bucket level is low it doesn't matter what gets thrown at us during the day – we have the capacity to cope and to deal with it from the intellectual part of our brain where we have access to all our resources.

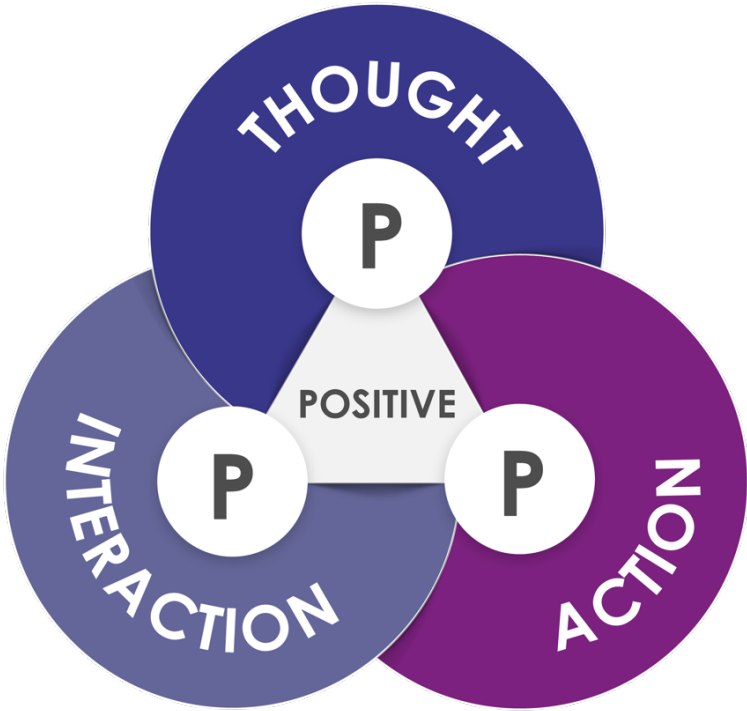
And this is where we introduce you to the **3P's**.



THE THREE PRINCIPLES OF POSITIVITY:

- 1. Positive **THOUGHT**
- 2. Positive **ACTION**
- 3. Positive **INTERACTION**

When we apply these basic principles of positivity, we generate Dopamine, Oxytocin, Serotonin and Endorphins in our brain and body and these chemicals help to keep us feeling positive and our buckets empty.



Notes:

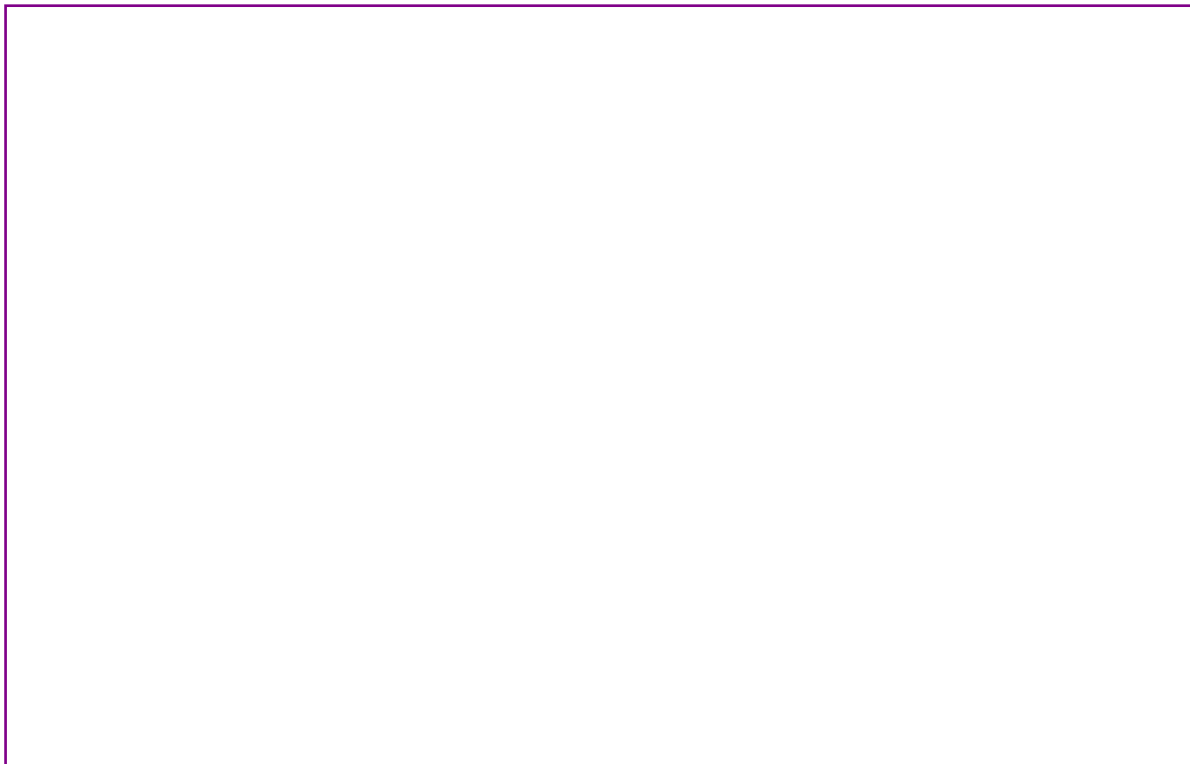
1. Positive THOUGHT

Notes:

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Positivity Diary

Notes:



What one thing will you do differently to increase your positive THOUGHT?

Notes:



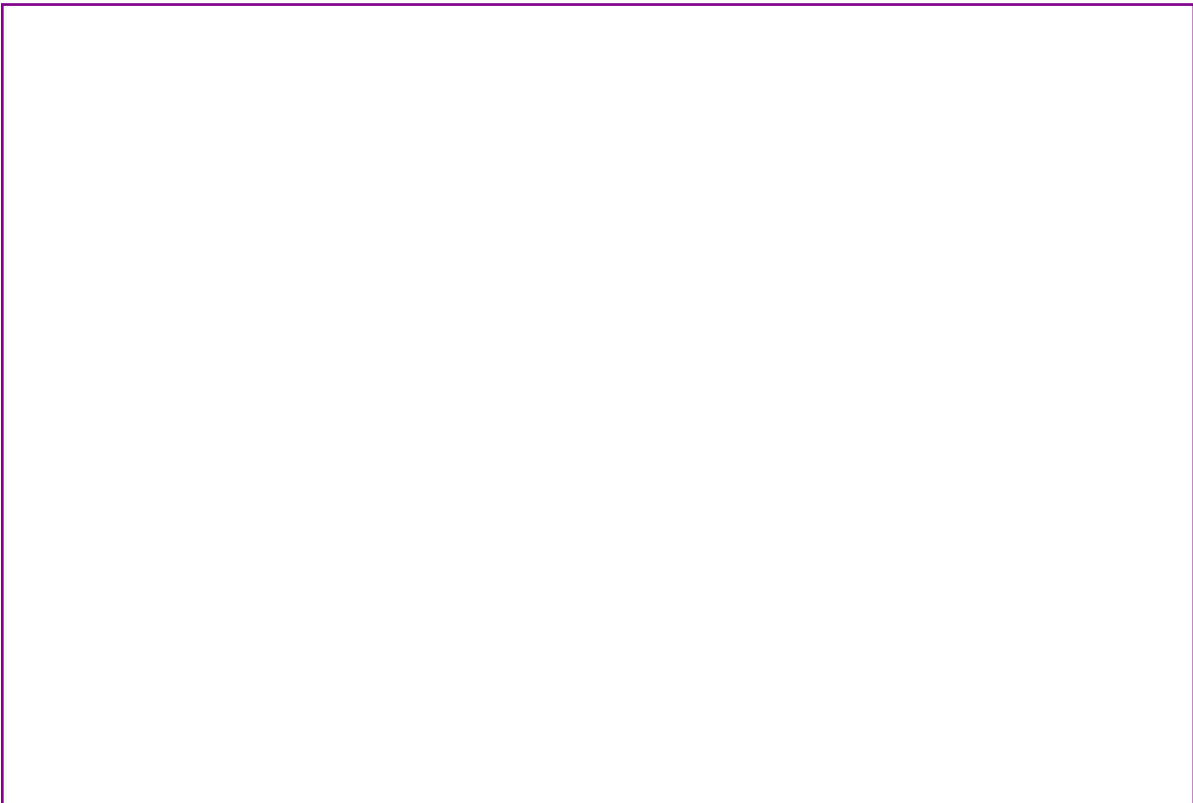
2. Positive ACTION

Notes:



Movement

Notes:



Exercise

Notes:



Diet

Notes:



Sleep

Notes:

Relaxation

Notes:

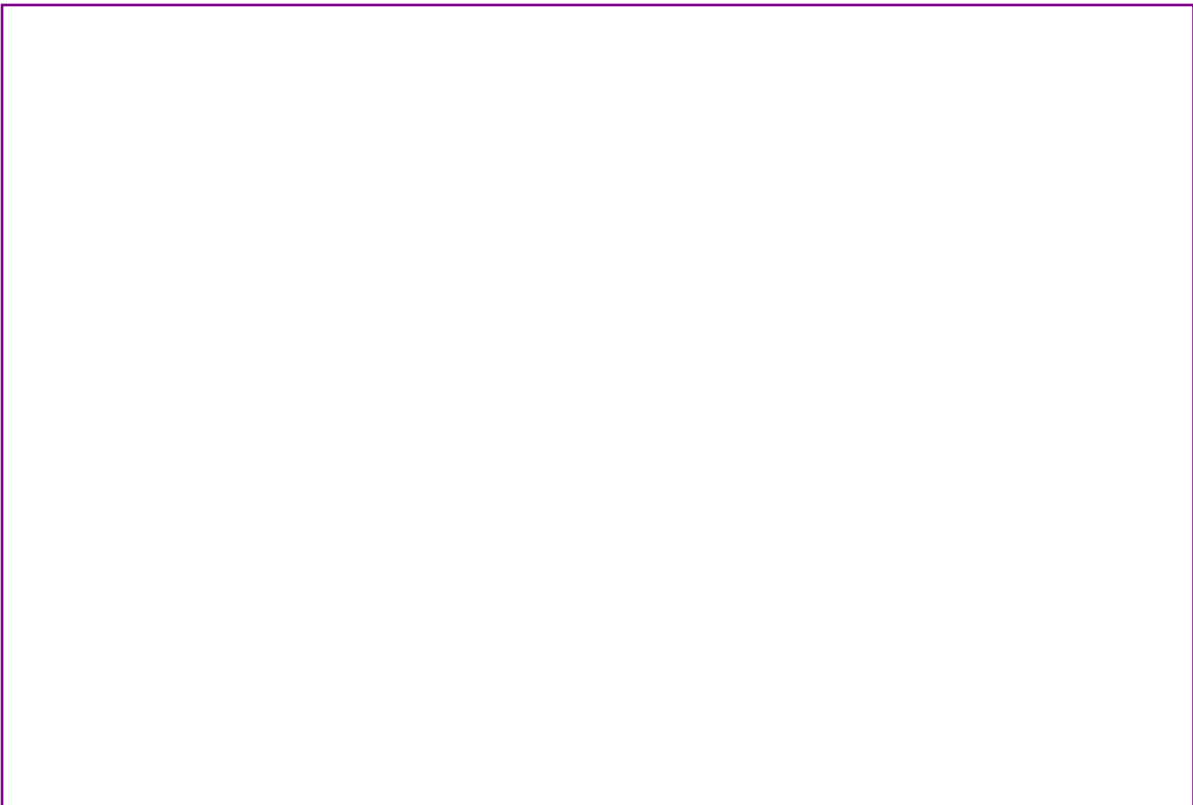
Challenges

Notes:



Nature

Notes:



Altruism

Notes:



Anything!

Anything that results in a positive outcome is a positive action, which is why we can't possibly include all examples here. Positive action doesn't need to be big and in fact, even a small action can generate a nice DOSE of happy hormones!

Try asking yourself the question: "What will result in a positive outcome?" and then whatever the answer is – do that!

What one thing you will do differently to increase your positive ACTION?

Notes:



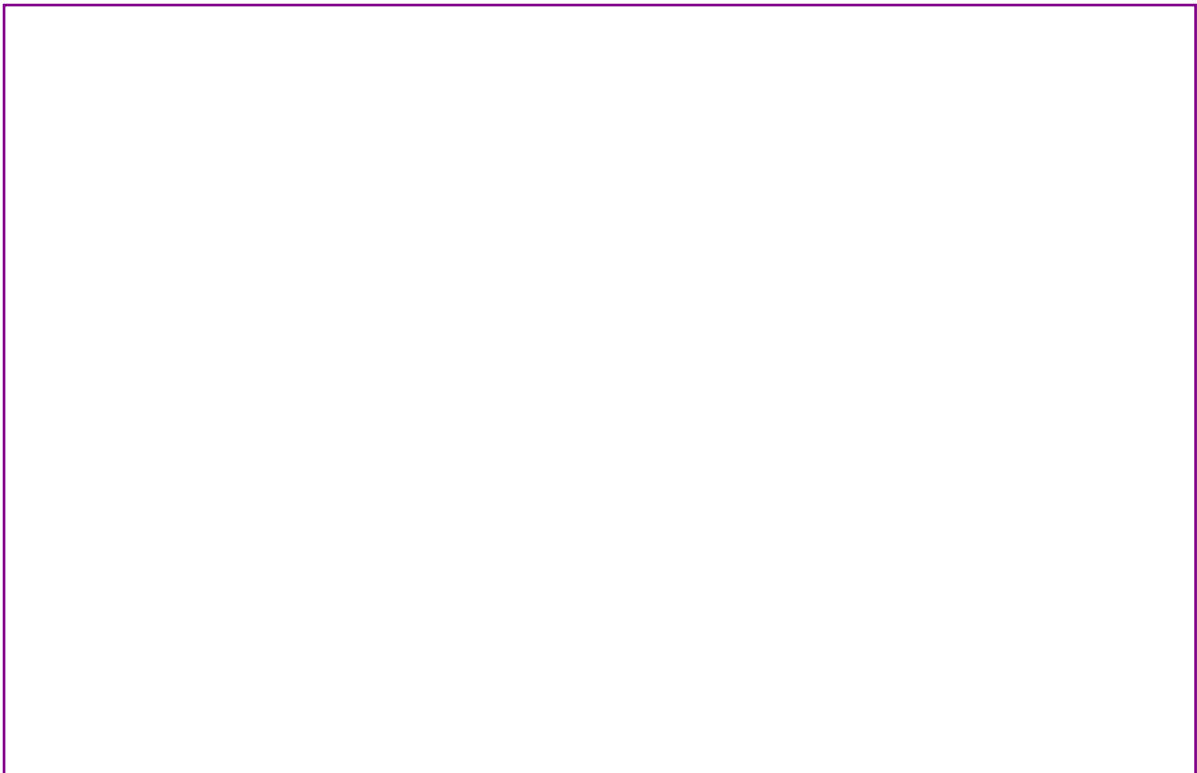
3 Positive INTERACTION

Notes:



Socialise Intentionally

Notes:



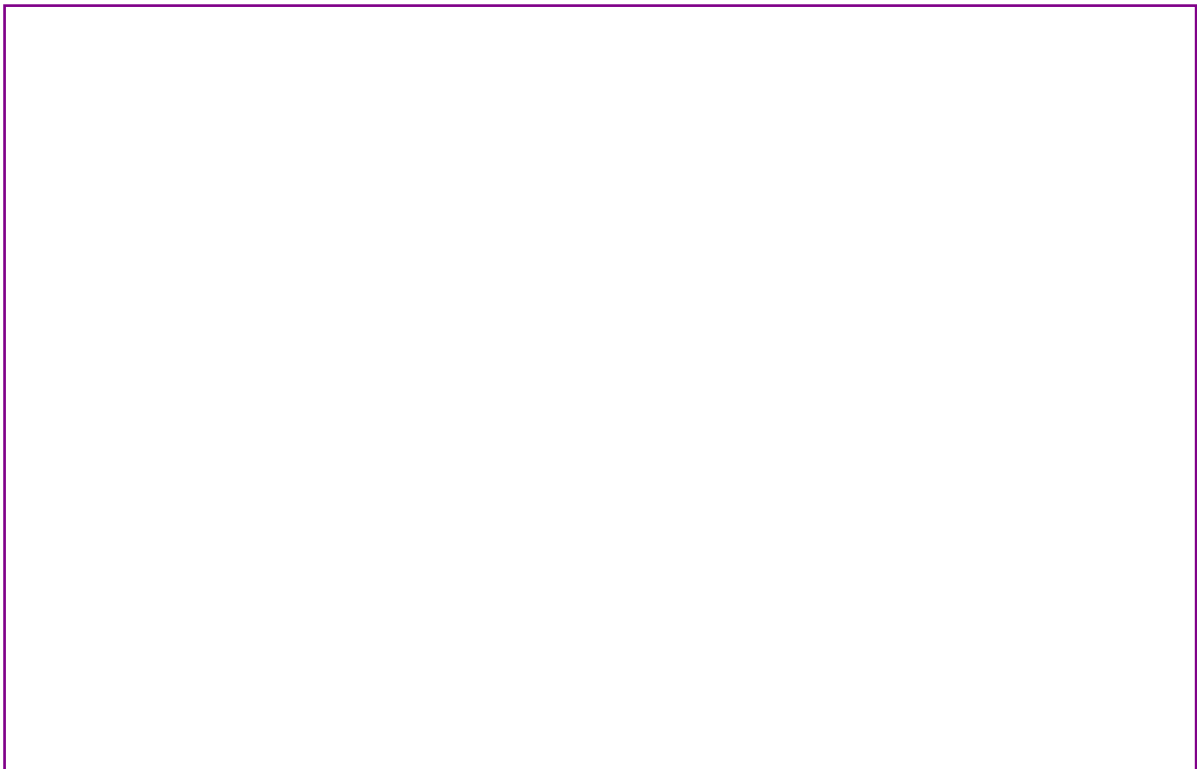
Smile Consciously

Notes:



Give Compliments

Notes:



Dish Out the Hugs

Notes:



What one thing will you do differently to increase your positive INTERACTION?

Notes:



KEY LEARNINGS

Key Learning Point 1 – Stress is a biological response

Notes:



Key Learning Point 2 – Our brain falsely perceives danger

Notes:

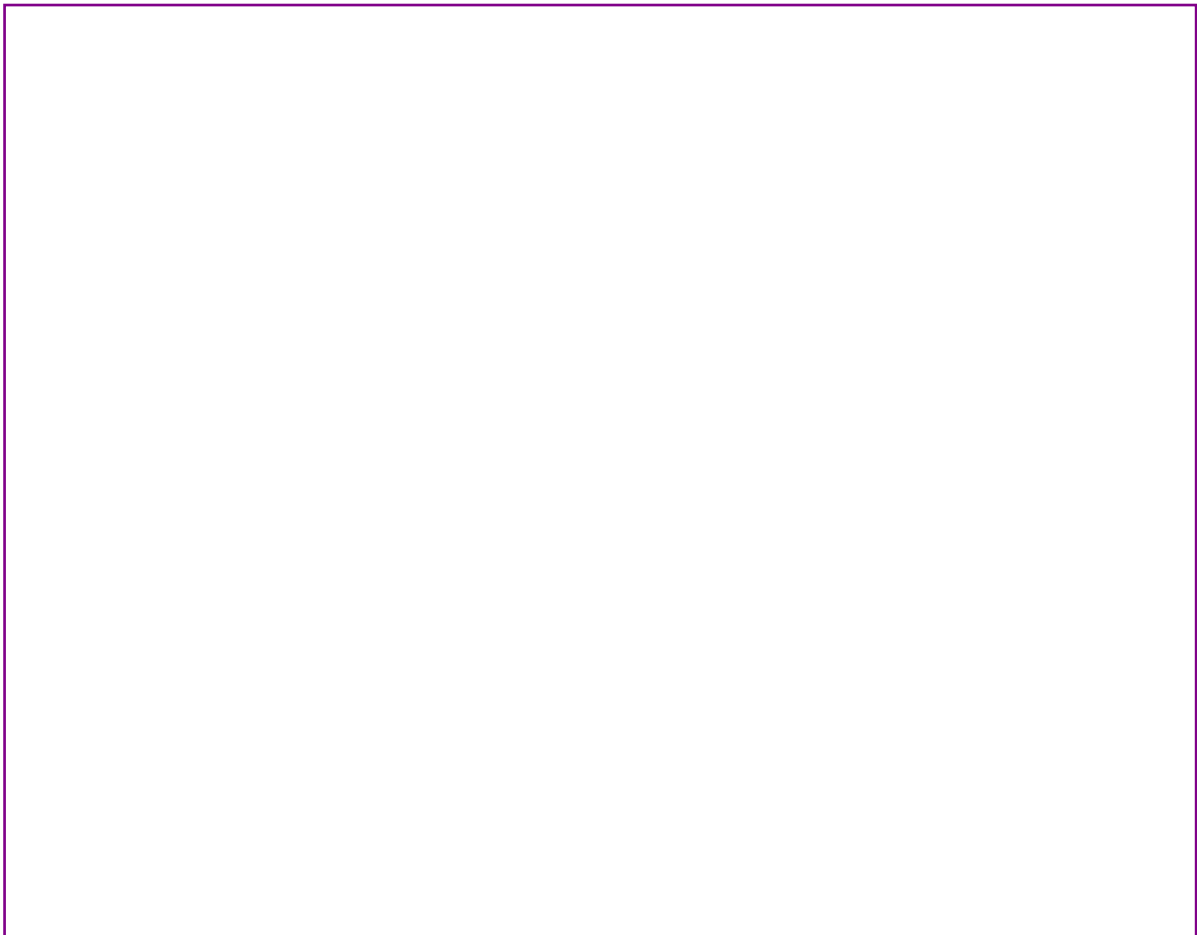


Notes:



Key Learning Point 4 – We can build our resilience by DOSE-ing up

Notes:



What I identified about myself:

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What I learnt, relearnt or was reminded of:

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What I will do differently

A large, empty rectangular box with a thin purple border, occupying most of the page below the text. It is intended for the user to write their response to the prompt 'What I will do differently'.



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