

# STRESS, RESILIENCE AND MENTAL TOUGHNESS

*How to develop true grit!*

## OVERVIEW

**In a 24/7 world we are exposed to stress from many different angles. Handled well, this can boost our performance; handled badly, it can have a real impact on our wellbeing.**

We all need to be able to manage different stresses

and pressures if we are to think clearly, make the right decisions and avoid unnecessary stress and worry.

This workshop explores the best way of doing that, giving you a range of strategies to use, based on a number of proven models and

approaches. It will help you understand your stress and pressure points, develop your resilience and move towards mental toughness and 'grit'.

## WHAT'S IN IT FOR YOU?

- Understand the nature of stress and its impact on our lives
- Learn how to turn stress to your advantage
- Understand the 'Control / Support / Demand' model and be able to use it to achieve healthy work/life balance
- Understand how mindfulness can help you manage your personal reactions to stress
- Develop strategies for increasing your resilience, toughness and self-care
- Find out how to develop your coping mechanisms
- Learn how to deal with pressured situations more effectively

# WORKSHOP OUTLINE

(Full-day version, 9.30 – 5.00)

## 1 Understanding and defining stress

- Different workplace pressures – and the different responses to them
- The difference between pressure and chronic stress
- Why the way you think about stress changes the way your body responds to it
- The upside of stress
- Why it's important to avoid sustained periods of stress

## 2 Factors that trigger stress

- The Demand Control Support Model – why high demand alone doesn't cause unhealthy stress
- The difference between acute and episodic stress

## 3 Recognising stress

- How to recognise stress
- The role of emotion
- How the body responds to stress – spotting the signals

## 4 Mindfulness

- Mindfulness – the definition
- Mindfulness – the hype
- Mindfulness – the science
- How re-framing thoughts can change everything
- The A-B-C-D model

## 5 Mental toughness and 'grit'

- What do we mean by 'mental toughness'?
- The benefits
- How to build it – the Grit scale test

## 6 Resilience and 'bounce'

- What do we mean by 'resilience'?
- How to bounce back
- Developing strategies for resilience

## 7 The locus of control

- Who's in charge?
- How to manage your thoughts to take positive action in times of pressure and challenge

## 8 Dealing with difficult situations

- A series of workplace situations – sharing suggestions and strategies for managing each of them

## 9 Self-care

- Diet and fitness
- Attitude
- Organisation and
- Taking time for ourselves
- Developing a self-care plan

## 10 Actions and next steps

- Developing a self-care plan
- Review
- Personal action planning
- Next steps