

# Coping with Stress when faced with uncertainty and when working in unfamiliar areas

**Manage your body budget**

**Mark Stacey**



List your top 3 stressors

Be specific!

# Uncertainty

3Cs

Control what you can

Cope with what you cant

Concentrate on what  
counts

*That the birds of worry fly  
above your head, that you  
cannot control. That they  
build nests in your hair that  
you can.*

# Skills

How do you get good?

Practice

Feedback

Start easy and work up



# Stress management

LIST: be specific

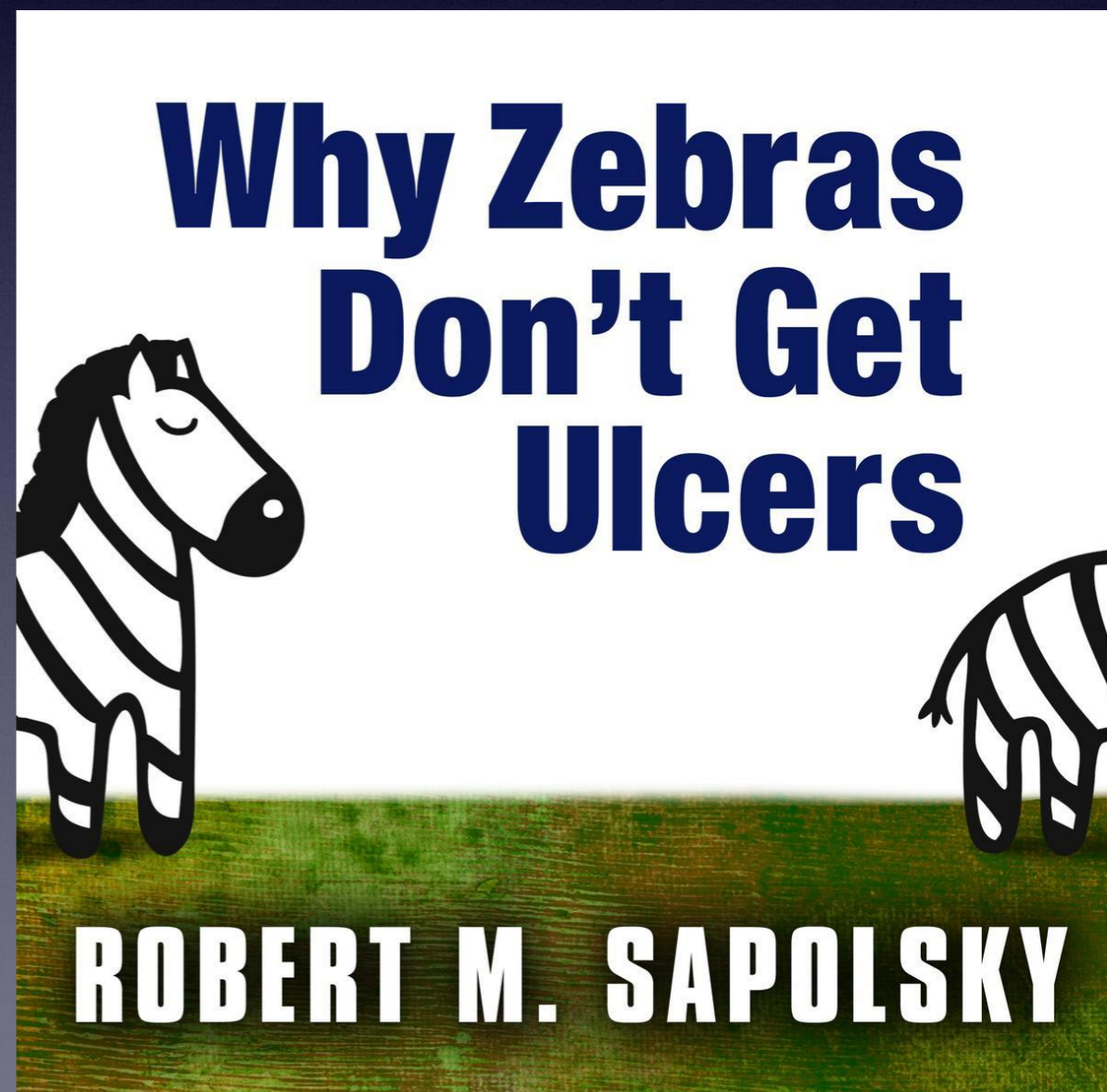
deal with now

deal with later

ignore and adapt to

Stress bucket

Helicopter



# Give your brain some breathing room



- 1. News:** avoid the amygdala high  
jack: check in on the news for 45  
minutes, once a day, preferably in  
the morning.
- 2. Unplug:** remove all social media  
apps from your phone; isolate the  
browsing of these services to a set  
period of time in the evening; avoid  
angry posts.

# Time - take control

At work **give every minute a job.**

Avoid Time blockers-don't web surf. (Use pomoderos)



# Uncertainty

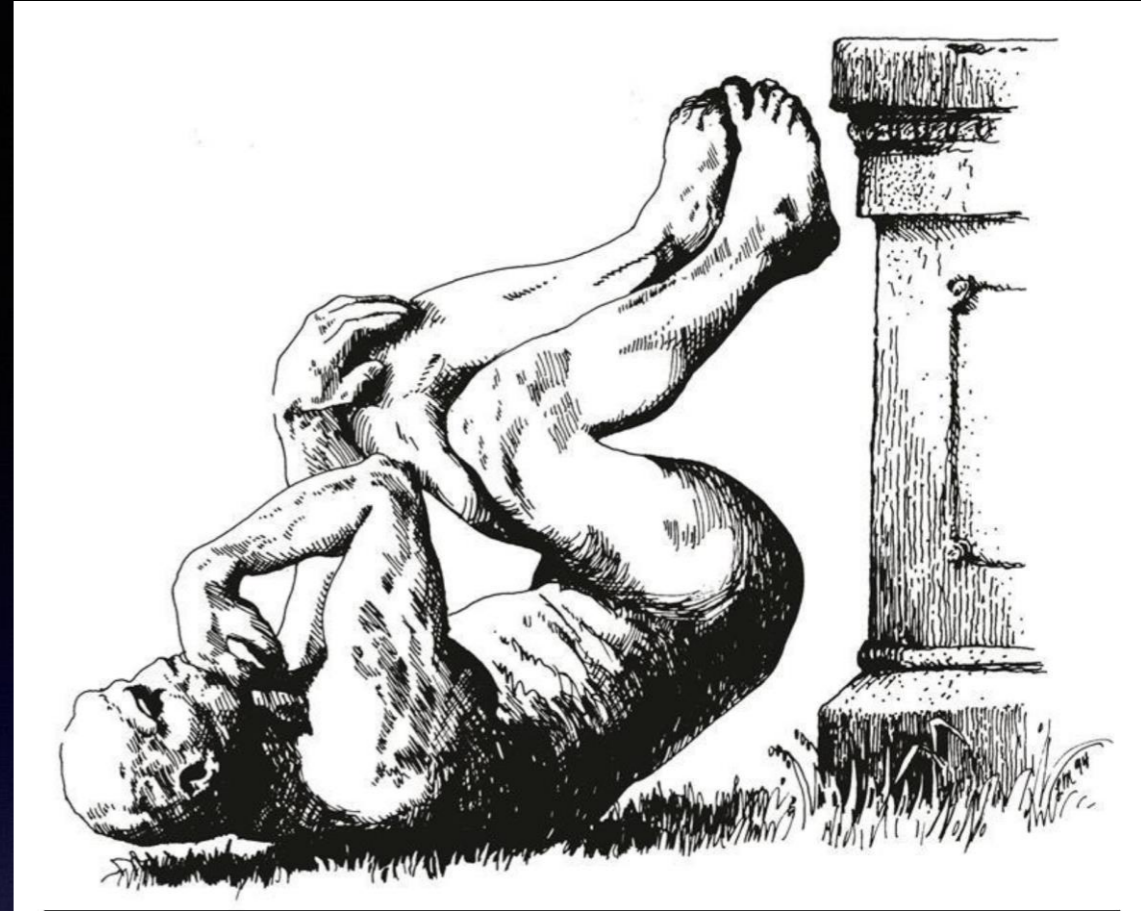
Plan your days

Plan your weeks

Knowledge (Fear of Covid v  
Covid)/PPE

Maximise your health (maximise your  
immune system)

Age





# Maximising your day

Getting to work

Work

Return

Home

# On way to work



Cycle

Mindful driving (RAK)

Train/bus (noise cancelling headphones)

# Work

**Make up your own Stress pack**

Food (avoid HALT in you and others). Mindful lunch

Coffee

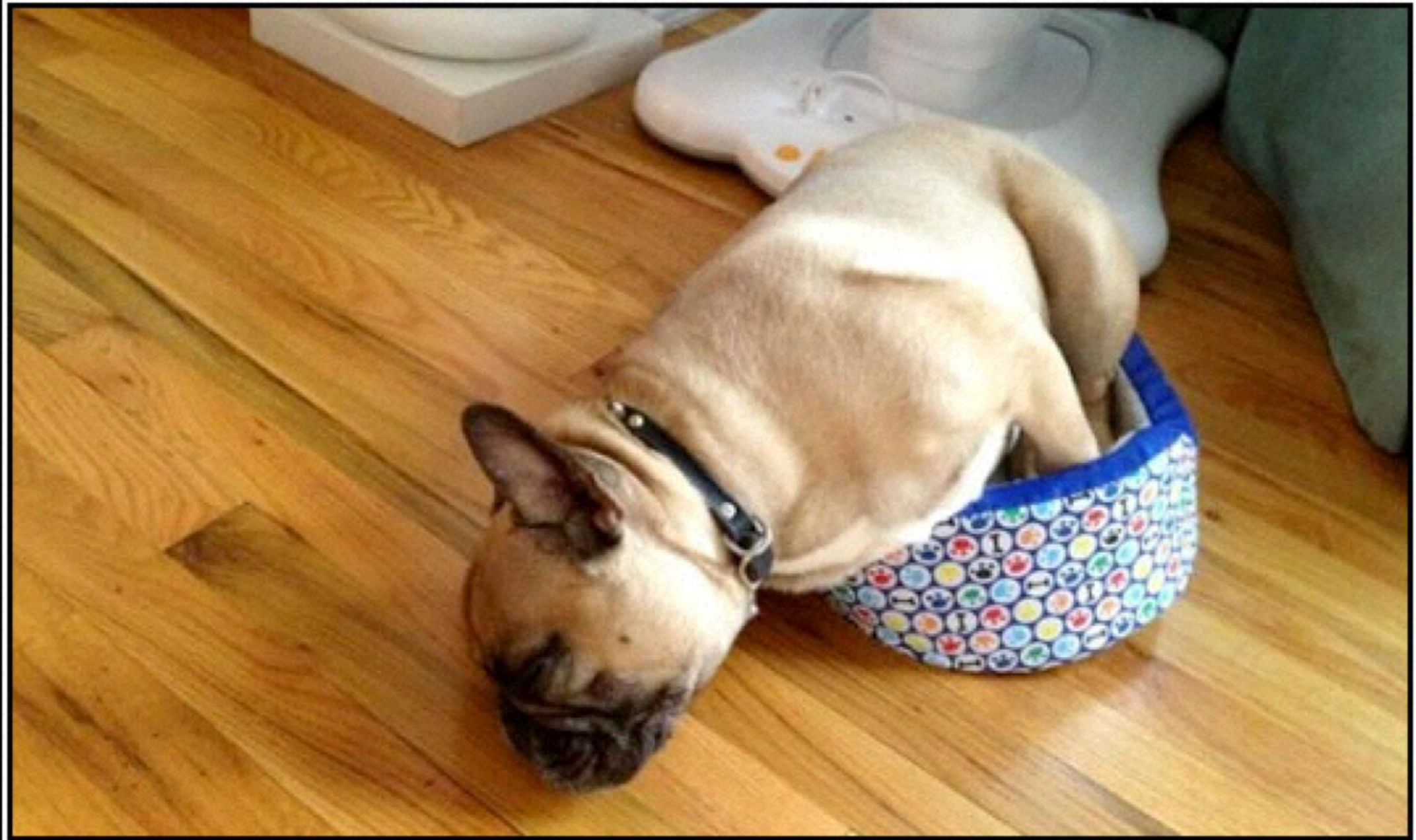
Walk

Smile

Stress bucket

Box breathing





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Bandwidth Limit Exceeded

# Extra bandwidth

Look after your colleagues

What can I do to help you  
today?

Tea/coffee/chocolate biscuits

# CBT



# Gratitude diary

3 things you are proud of achieving today

On way home

Change clothes (work v home.  
Covid?!)

Start the evening with a smile and discuss the good things!

# Long term

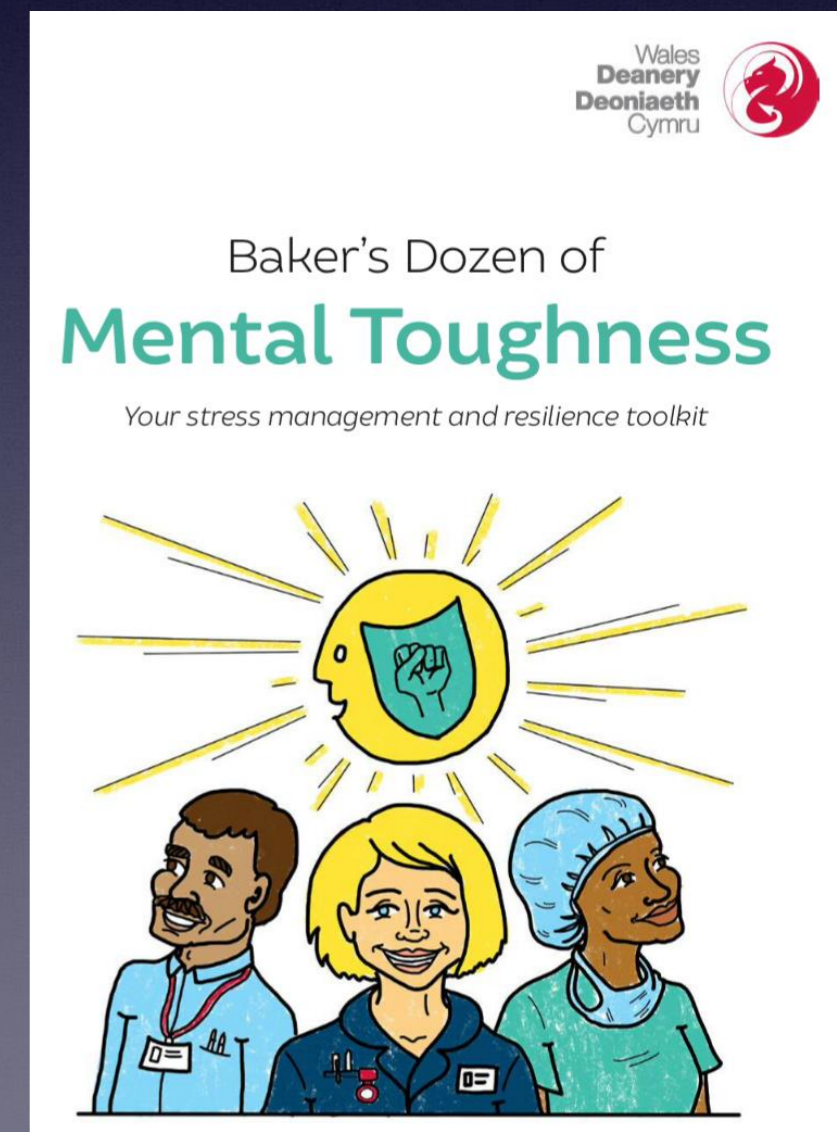
Physical health (control and cope!)

Mental health (control the inner voice)

**Sleep**

Social support-never **ever** be afraid to ask for help

This is a long term problem and the skills you learn now will be valuable for ever





# Why become an expert?

Stress occurs as a means to keep us alive in life-or-death situations.

In the modern world, we stress out about everything, from missed deadlines to imaginary arguments.

All this stress is terrible for the body.

For the sake of our health we all need to learn how to better cope with stress.

# Mission statement

“Today I’m going to do the best I can for my family and the people I look after”.