

STRESS AND RESILIENCY TRAINING

2023 National Trainers' Exchange

Instructors:

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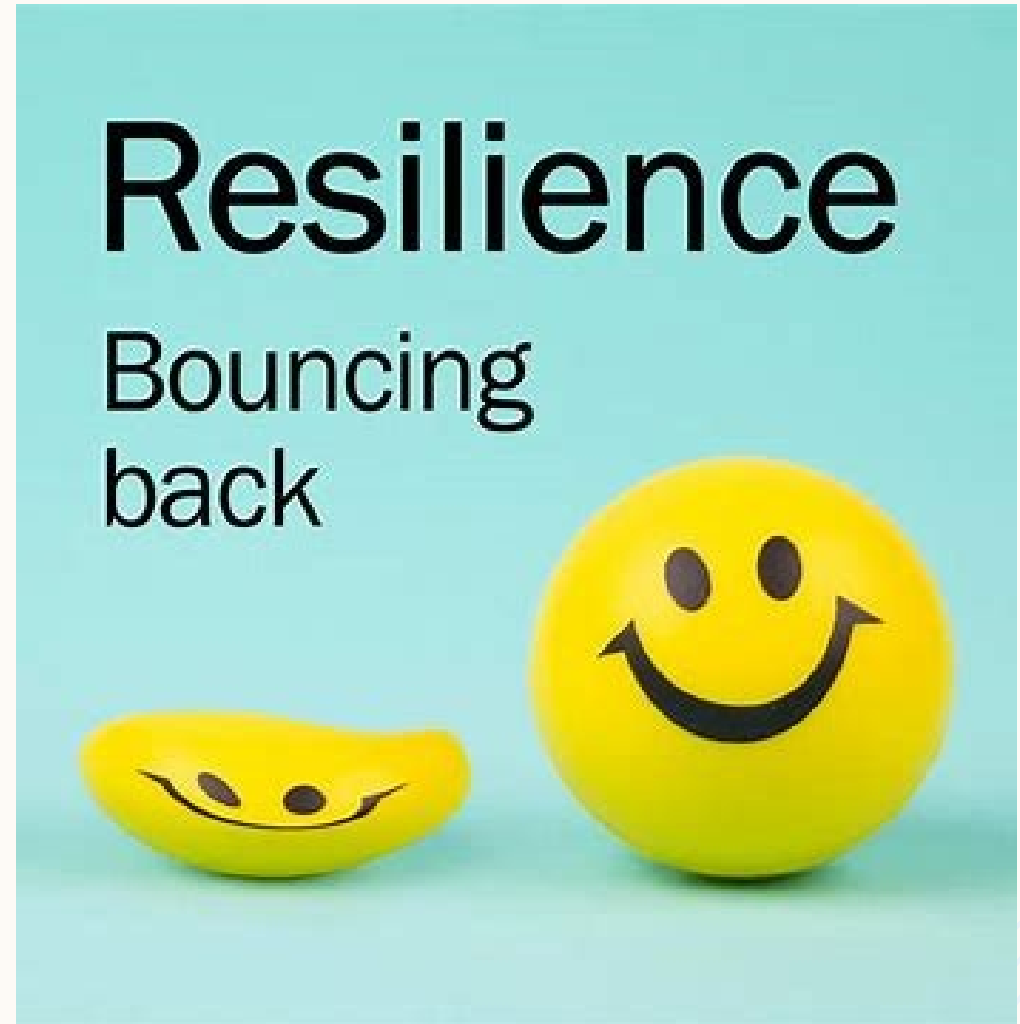
The New England Consortium (TNEC)



INTRODUCTION

If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, use unhealthy coping tactics to handle stress, and develop anxiety and depression.

Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop and learn skills to become more resilient.



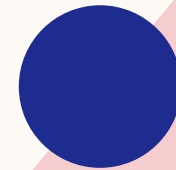
PRIMARY GOALS

- Definition and Concept of Resiliency
- Recognize signs and symptoms of stress
- Obtain support through your employer/organization and community resources
- Build your own resilience by demonstrating stress reduction and coping strategies revenue growth

RESILIENCY DEFINITION

The ability to become strong, healthy, or successful again after something happened and be able to keep functioning, both physically and psychologically.

It means bouncing back from difficult experiences.



HOWEVER, RESILIENCE IS NOT ABOUT ENDURING SOMETHING DIFFICULT, BEING STOIC OR COPING ALONE. IN FACT, BEING ABLE TO ASK FOR SUPPORT FROM OTHERS IS A FUNDAMENTAL PART OF RESILIENCE.

RESILIENCE



STRENGTH



CONFIDENCE



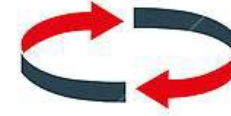
MOTIVATE



PROTECTING SELF



EFFORT



CHANGE



AGILITY

CONCEPT

Resiliency is not a trait that we inherit.

It is a combination of:

- Behaviors,
- Thoughts, and
- Actions
- ...aimed at coping specifically for you.

WHY DOES IT MATTER?

Workers
experience
stress and
trauma

We care

It affects
how we
think, act,
and feel

It can cause
injuries and
illnesses

EMPLOYERS ARE RESPONSIBLE FOR A RESILIENT WORK CULTURE.

Employers Should;

- Encourage workers to speak up and ask questions
- Openly share bad news and potential problems
- Seek out expertise instead of relying on rank
- Offer support throughout the challenge
- Express when to switch to and from 'emergency' modes of operating
- Most importantly, remember to thank others for help and discuss challenge

TIPS TO IMPROVE YOUR RESILIENCE

- **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support, guidance and acceptance in good and bad times. Establish other important connections by volunteering or joining a faith or spiritual community.
- **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day. Set clear, achievable goals to help you look toward the future with meaning.
- **Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.
- **Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- **Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep and create consistent bedtime rituals. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.
- **Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

STRESS ASSESSMENTS EXERCISE

Stress is a necessary part of our lives and can have both beneficial and negative effects. The stress response is primarily determined by our perception of an event, transition, or problem. Finding a balance in our lives and managing our stress can be a challenge.

An important first step is recognizing the degree to which we are affected by the stress in our lives and then move toward strategies to make it better. A more precise measure of personal stress can be determined by using a variety of instruments that have been designed to help measure individual stress levels. The first of these is called the Perceived Stress Scale.

Disclaimer: Test scores on the following self-assessment do not reflect any diagnosis or course of treatment. They are meant as a tool to help assess your level of stress.





**1. IN THE LAST MONTH, HOW OFTEN HAVE YOU
BEEN UPSET BECAUSE OF SOMETHING
THAT
HAPPENED UNEXPECTEDLY?**

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



2. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT THAT YOU WERE UNABLE TO CONTROL THE IMPORTANT THINGS IN YOUR

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



3. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT NERVOUS AND STRESSED?

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



4. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT CONFIDENT ABOUT YOUR ABILITY TO HANDLE YOUR PERSONAL PROBLEMS?

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



5. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT THAT THINGS WERE GOING YOUR WAY?

For each question choose from the following alternatives:

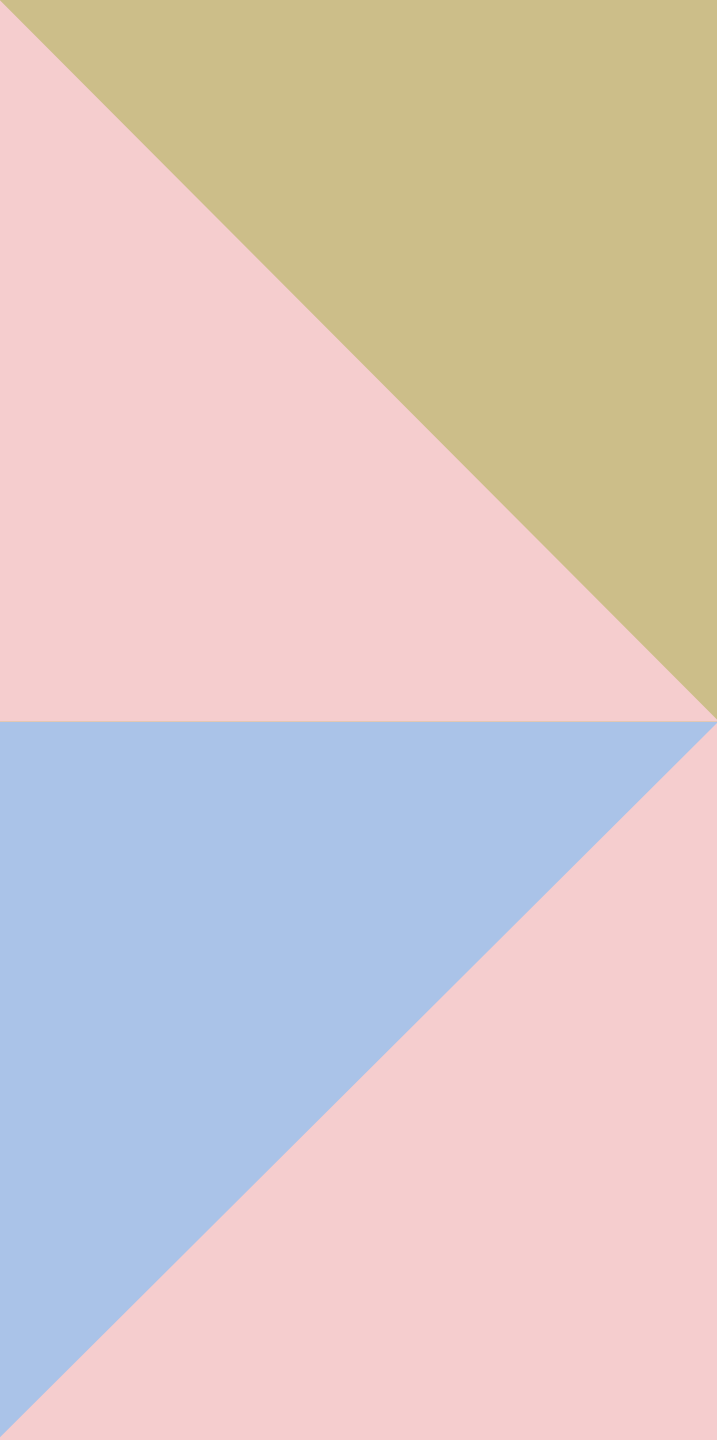
0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



**6. IN THE LAST MONTH, HOW OFTEN HAVE YOU
FOUND THAT YOU COULD NOT COPE WITH
ALL THE THINGS THAT YOU HAD TO DO?**

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



7. IN THE LAST MONTH, HOW OFTEN HAVE YOU BEEN ABLE TO CONTROL IRRITATIONS IN YOUR LIFE?

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



8. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT THAT YOU WERE ON TOP OF THINGS?

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



9. IN THE LAST MONTH, HOW OFTEN HAVE YOU BEEN ANGERED BECAUSE OF THINGS THAT HAPPENED THAT WERE OUTSIDE OF YOUR

For each question choose from the following alternatives:

0 – never

1 - almost never

2 – sometimes

3 - fairly often

4 - very often



10. IN THE LAST MONTH, HOW OFTEN HAVE YOU FELT DIFFICULTIES WERE PILING UP SO HIGH THAT YOU COULD NOT OVERCOME THEM?

For each question choose from the following alternatives:

0 – never


1 - almost never


2 – sometimes


3 - fairly often


4 - very often


FIGURING YOUR PSS SCORE YOU CAN DETERMINE YOUR PSS SCORE BY FOLLOWING THESE DIRECTIONS:


 First, reverse your scores for questions 4, 5, 7, & 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

 Now add up your scores for each item to get a total. My total score is _____.

 Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

 Scores ranging from 0-13 would be considered low stress.

 Scores ranging from 14-26 would be considered moderate stress.

 Scores ranging from 27-40 would be considered high perceived stress.

HOW CAN YOU MANAGE YOUR STRESS?

- Avoid extremes
- Set realistic goals and priorities
- Manage how stress affects you
- Change how you see the situation
- Change how you react to stress
- Take control of the situation
- Discover new relaxation techniques
- Figure out what's most important

FACTORS THAT MAY REDUCE THE RISK OF STRESS

**SEEKING SUPPORT
FROM OTHER PEOPLE**

**HAVE A STRESS
MANAGEMENT PLAN**

**FEELING GOOD ABOUT BEING ABLE TO
ACT AND RESPOND EFFECTIVELY
DESPITE FEELING FEAR**

WHEN YOU ARE FEELING STRESSED DON'T



DON'T

- Keep quiet because you don't want to upset others



DON'T

- Keep quiet because you're worried about being a burden



DON'T

- Assume that others don't want to listen
- Wait until you're so stressed or exhausted that you can't fully benefit from help

Be Strong enough to Stand
alone, Smart enough to know
when you need help and Brave
enough to ask for it...

PRACTICE RESILIEANCY!

THANK YOU

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