



# Wellbeing and Stress Management



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# Today's session

- Support your own wellbeing.
- Develop personal resilience using applied neuroscience.
- Use practical tools and solutions for immediate implementation.



# The Organising Principle of the Brain



# The Levels of Threat



0

Level 0: No threat

1

Level 1: In your broader environment

2

Level 2: In your area

3

Level 3: Upon you

# What happens to your mind and body when you experience a threat?

1. Anxiety
2. Tension & Headaches
3. Excessive sweating
4. Weight loss / gain
5. Lack of energy
6. Lack of focus
7. Insomnia – sleep problems
8. Memory problems



Unhelpful



Helpful

**THREAT**

Certainty  
Control  
Relationships

**REWARD**

Certainty

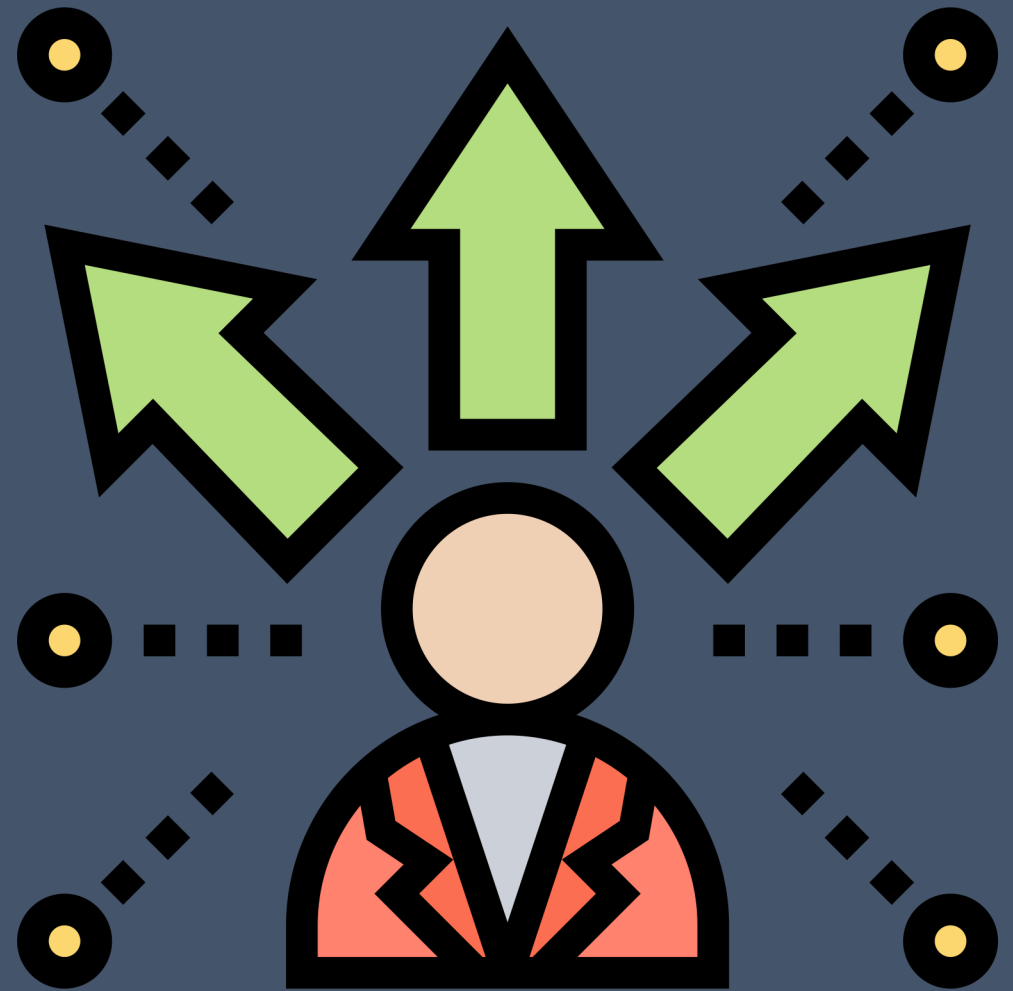
Knowing what the  
future holds





Control

Having control of  
your life



Relationships

Feeling a sense  
of belonging



# Ways to reduce your stress



Reduce the level of threat and move  
your brain into a reward state

Increase your Certainty

Have more Control

Improve your Relationships



How can you increase your level of Certainty?

(Knowing what the future holds)

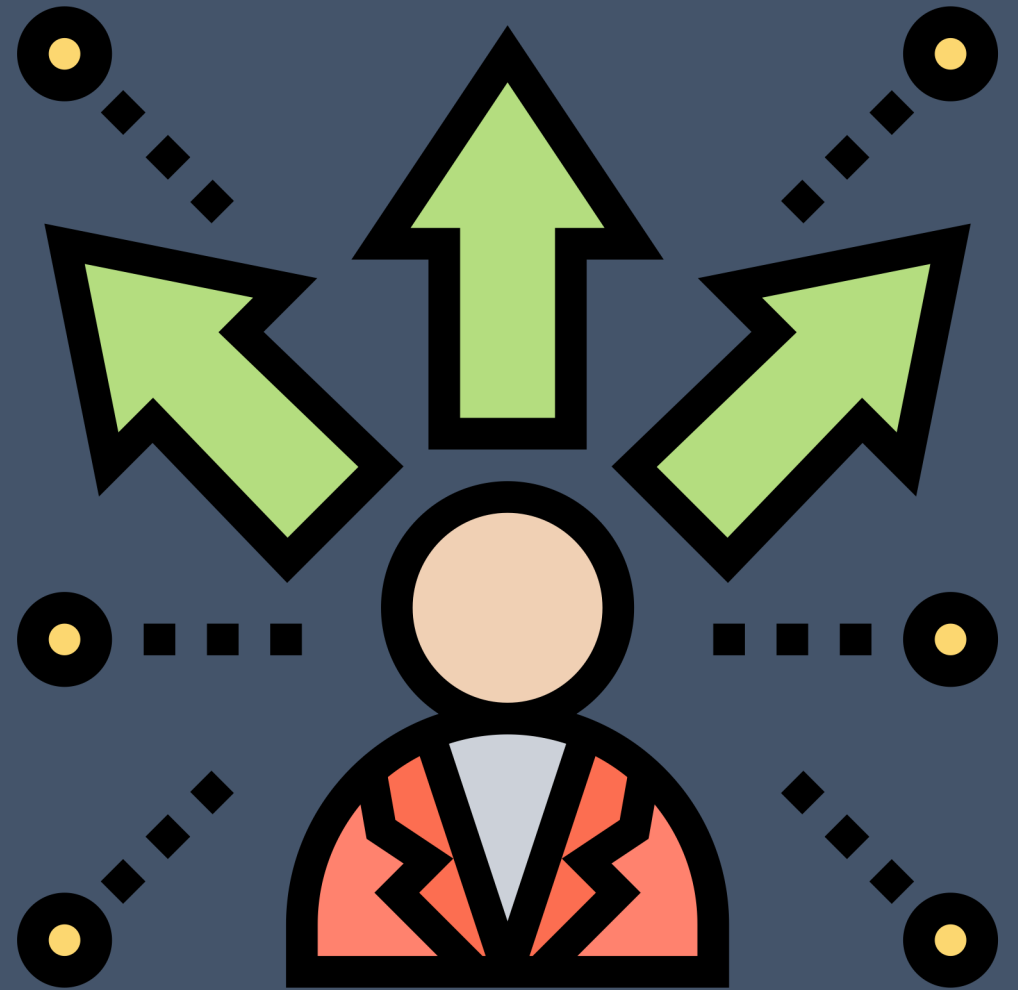
- Communicate effectively
- Understand the situation
- Set clear expectations for others
- Ask questions
- Make a daily plan
- Be honest and open



# How can you increase your level of Control

(Having control of your life)

- Take more responsibility
- Give more responsibility
- Make more decisions
- Gain information
- Ask questions
- Answer questions



## How can you improve your Relationships

(Feeling a sense of belonging)

- Be supportive to one another
- Be patient
- Reach out to people
- Help people connect
- Talk and listen more



# Labelling

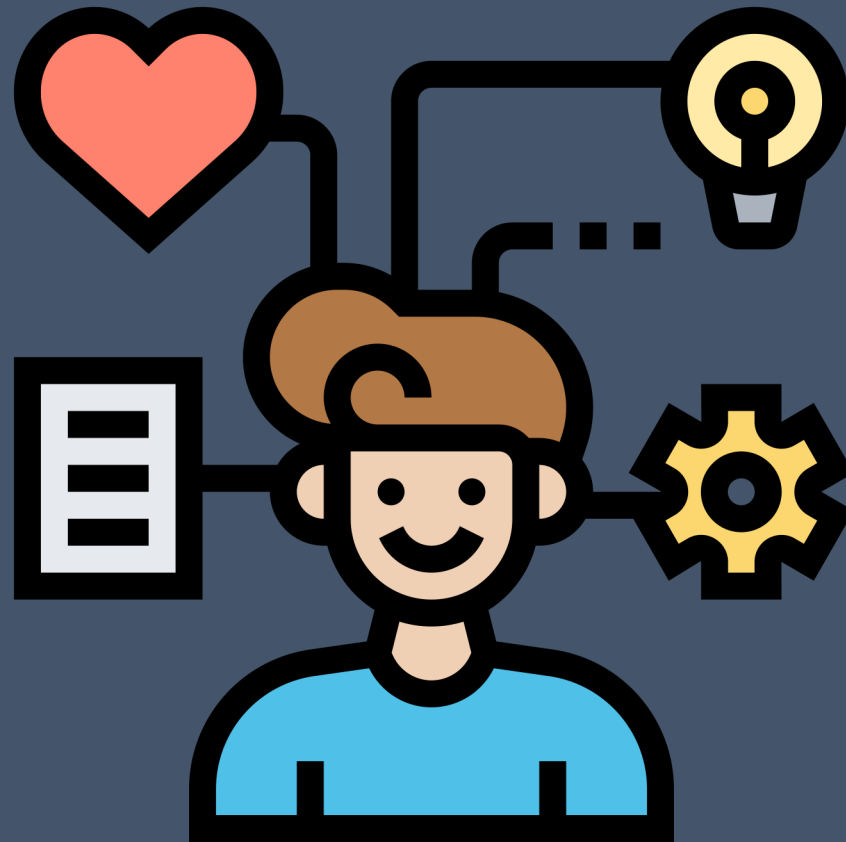




If...then...



# Create a Healthy Mind



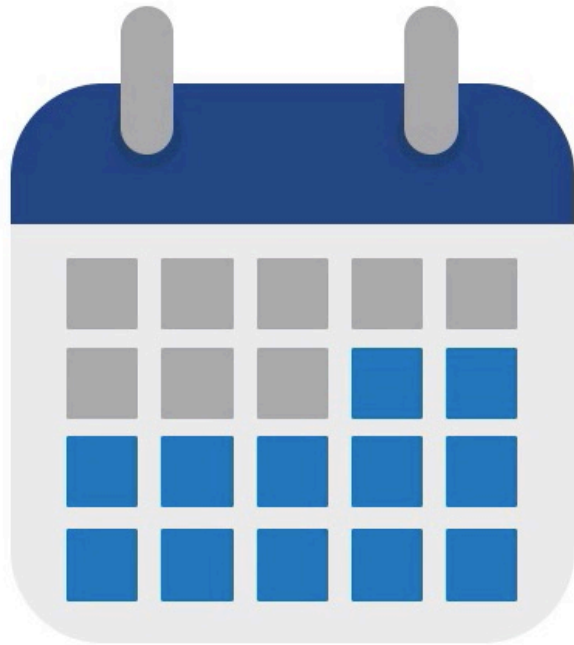
# The Healthy Mind Platter



# Sleep Time (full rest)



The average person spends a little more than one third of their lives sleeping



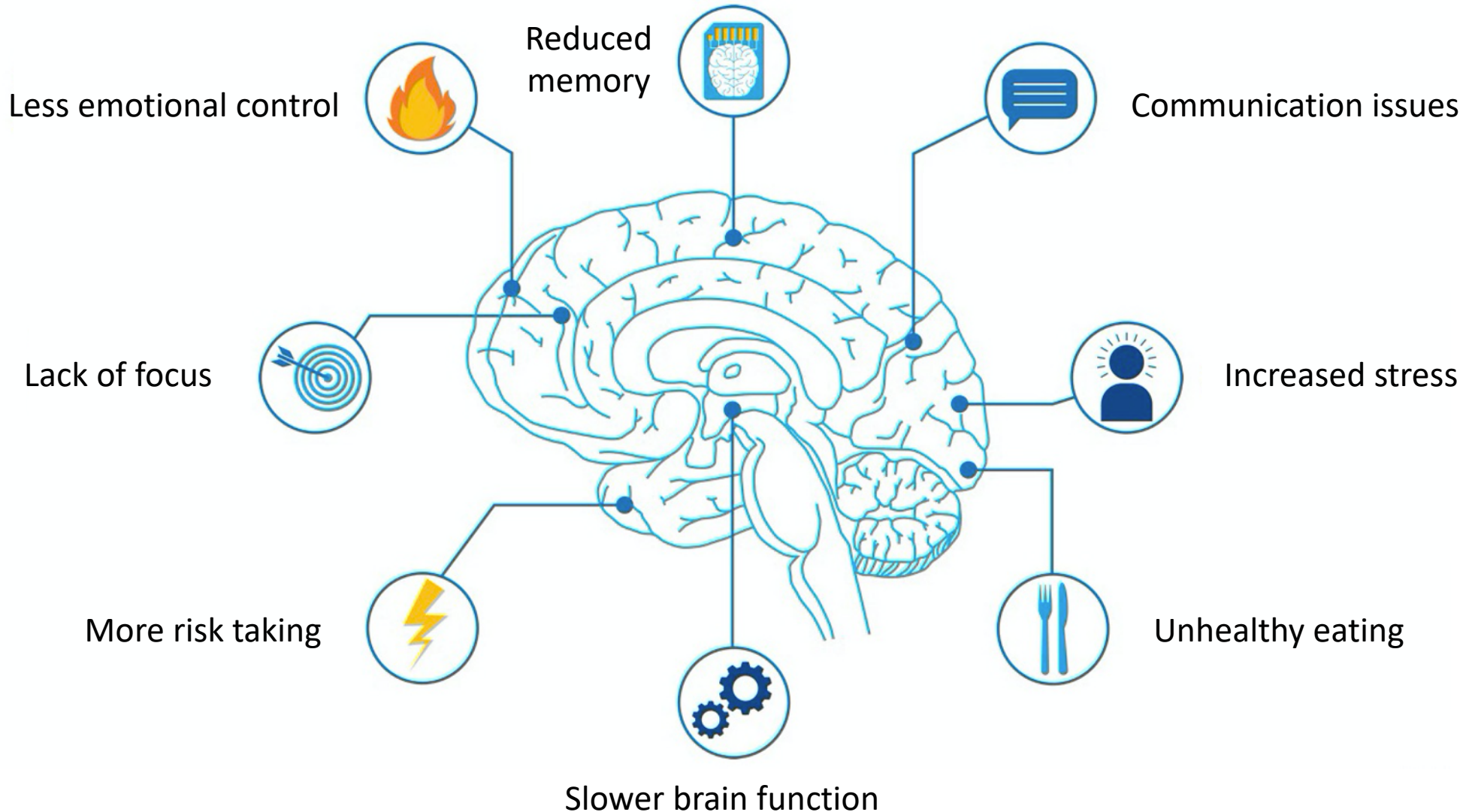
That's months per year 4.32

or



32 years of your 90 year life

# Here's what happens when your brain doesn't sleep



Enough sleep gives you:

- Improved concentration
- Greater learning and memory
- More ideas and creativity
- Better control of your emotions



# Physical Time (exercising)





# Focus Time (concentrating)



# Connecting Time (socialising)



# Play Time (having fun)



# Down Time (daydreaming)



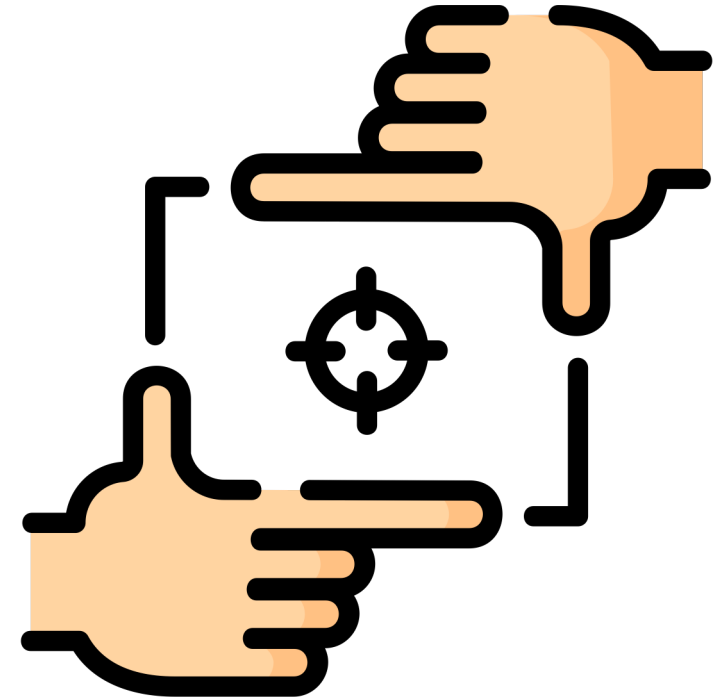
# Time In (brain and body focus)






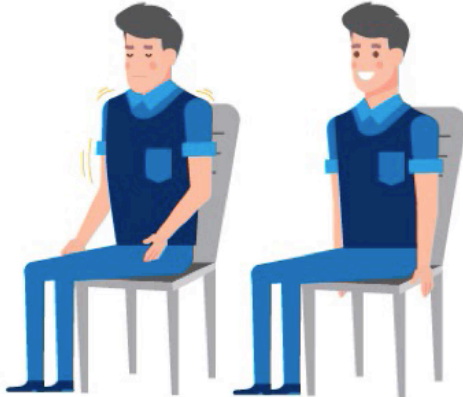
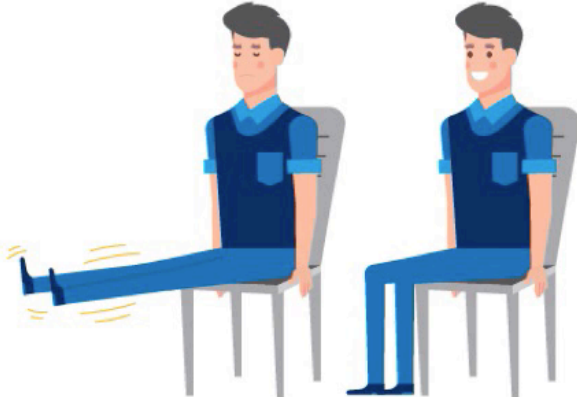

How many apps are running now?



Multi-tasking is not brain friendly



# Progressive Muscle Relaxation

<p>1.) Sit on a chair.</p> 	<p>2.) Scrunch up your face... Then relax it.</p> 	<p>3.) Tense your arms... Then relax them.</p> 
<p>4.) Tense up your shoulders and chest... Then relax them.</p> 	<p>5.) Tense up your legs... Then relax!</p> 	<p>6.) Breath in relaxation... Breath out tension</p> 



# Meditation or Mindfulness

A mental state achieved by focusing your awareness on the present moment, with no outside distractions.

It can have numerous benefits, everything from decreased stress and sadness to increased levels of focus and happiness, according to general mindfulness research

Here is a 10 minute Mindfulness practice to try

<https://www.youtube.com/watch?v=QHkXvPq2pQE>

# team. thinking ASIA



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