



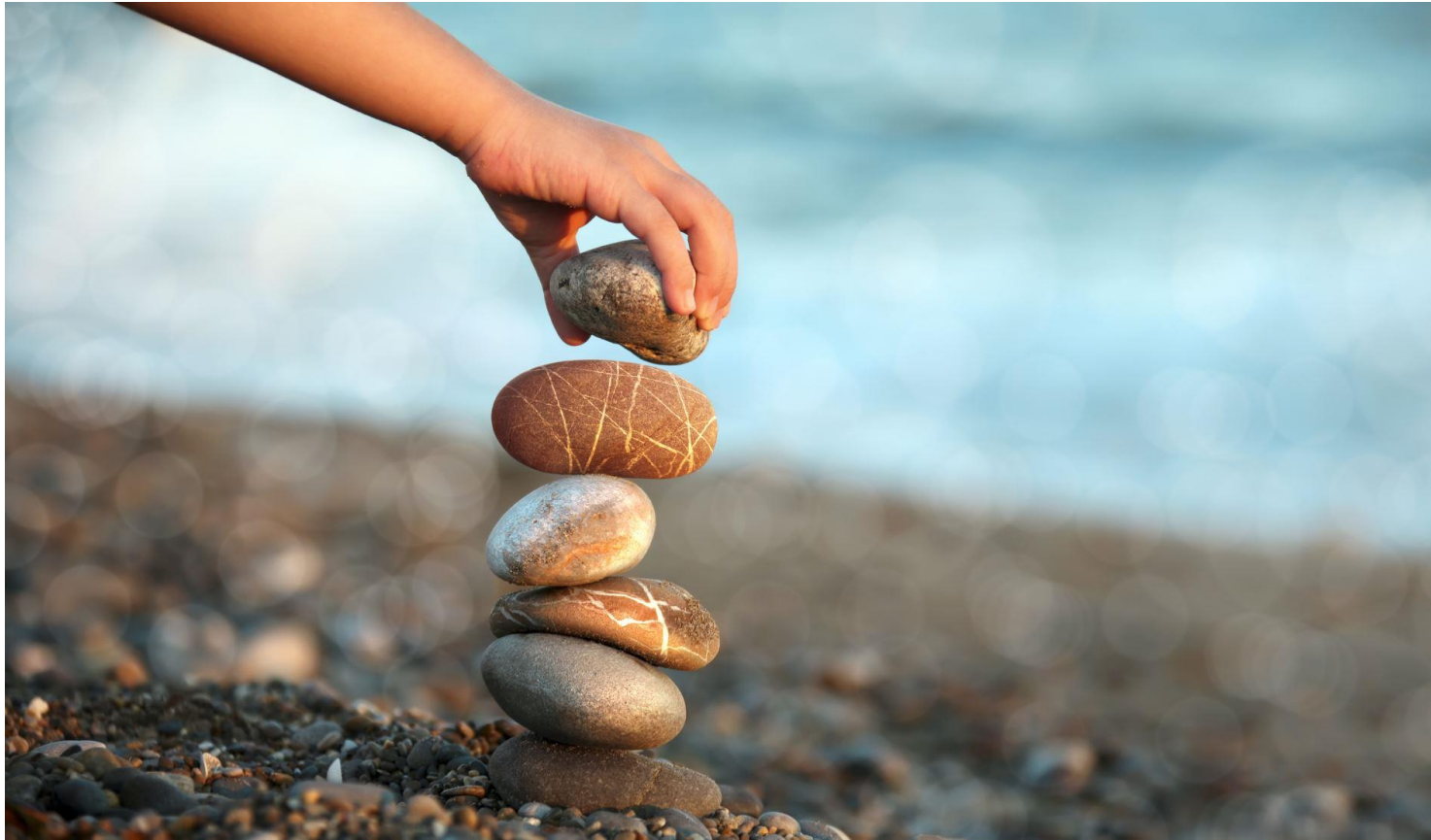
Managing Stress & Building Resilience

District Team – Capacity Building



People's Action for National Integration - PANI





Objectives of today's session

- What is stress and how does it impact our life?
- Why is personal resilience important in our personal and professional lives?
- What builds resilience and how do they impact you?
- How is personal wellbeing related to building resilience?

District Team – Skills for Success





How have experienced
stress in the last one
month?

What is Stress?

- Our human body is designed to experience stress and react to it.
- Everybody experiences stress
- When you experience changes or challenges (stressors), your body produces stress hormones
- It is physical and mental responses to a situation



FIGHT



Stand your ground, defend your position, attack, dig in, persevere!

or

Flight



Give way, retreat, discard, remove yourself, give up, move on.

Physical Indications of Fight or Flight Response



dilated pupils



pale or flushed skin

trembling

rapid heart beat and breathing





Our mind can help – or hinder – us when we face challenges.

Some data

Average person has about 12,000 to 60,000 thoughts per day

80% are negative

95% are exactly the same repetitive thoughts as the day before

Tendency of the mind is to focus on the negative and play it over and over again

97% of our worries are baseless

85% of what we worry about never happens

15% of the worries that happen, 79% of the respondents were able to handle the difficulty better than expected, or learnt a worthy lesson




You cannot avoid
stress; you can
learn how to
manage it!

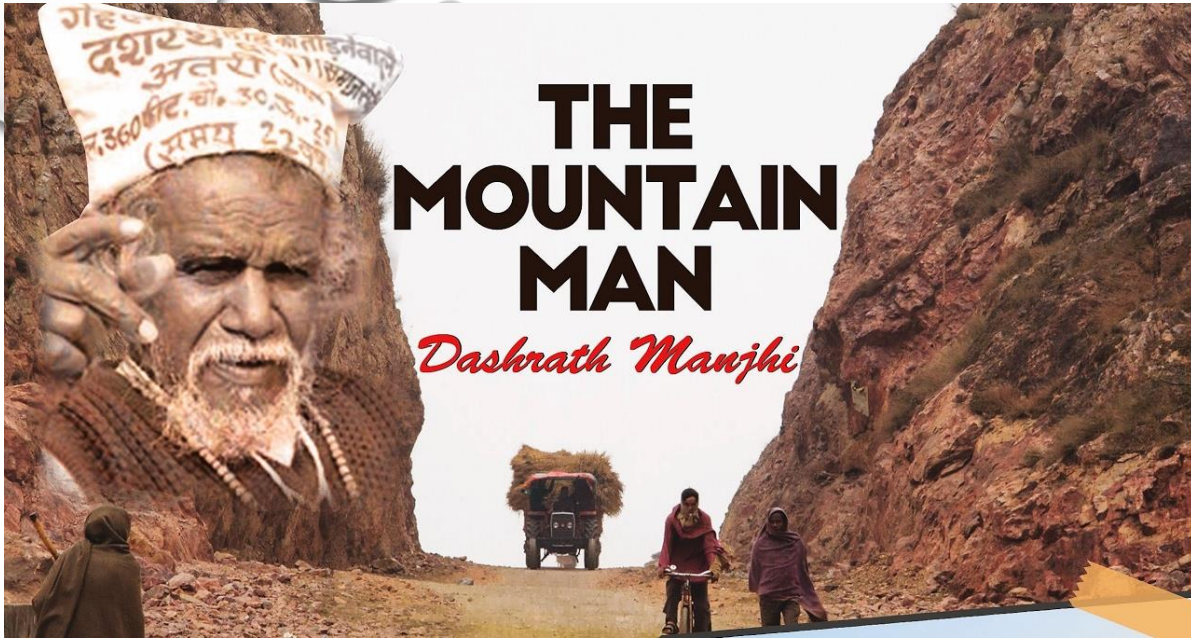
resilience

landing pad for stress,
launching pad for thriving



A person is silhouetted against a vibrant sunset sky, pushing a large, glowing sphere up a hill. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The sphere is the central focus, appearing to be a large ball of light or a planet. The person's silhouette is on the left, leaning against the sphere. The overall mood is one of perseverance and effort.

What is Personal Resilience?





Resilience!

The ability to

- 'bounce back'
- cope well with stress/change
- recover quickly

Five Pillars of Resilience



- Physical and emotional energy
- Sleep
- Hydration
- Nutritious meal

Energy



- Sense of purpose and direction
- Visualizing where you want to be

Future Focus



- Motivation, confidence and self belief
- Flow and positive mental energy

Inner Drive



- Different perspectives
- Open to other's ideas and approaches
- Solution mode

Flexible Thinking



- Strong relationships and support networks
- Maintain healthy, give and take relationships

Strong Relationships



Rate yourself!

Pillars	Red – Needs attention	Amber – Average	Green - Good
Energy			
Future Focus			
Inner Drive			
Flexible Thinking			
Strong Relationships			



Personal Wellness



Managing Energies!

Time is finite!
Energy can be
systematically
expanded and
renewed!



Managing Energies!

Draw on four separate but related sources of energy



Managing Energies!

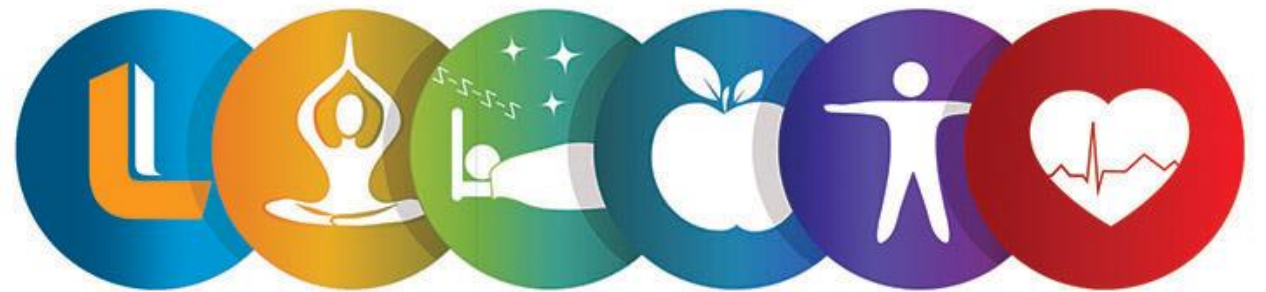
Build reserves as
you use up the
energy

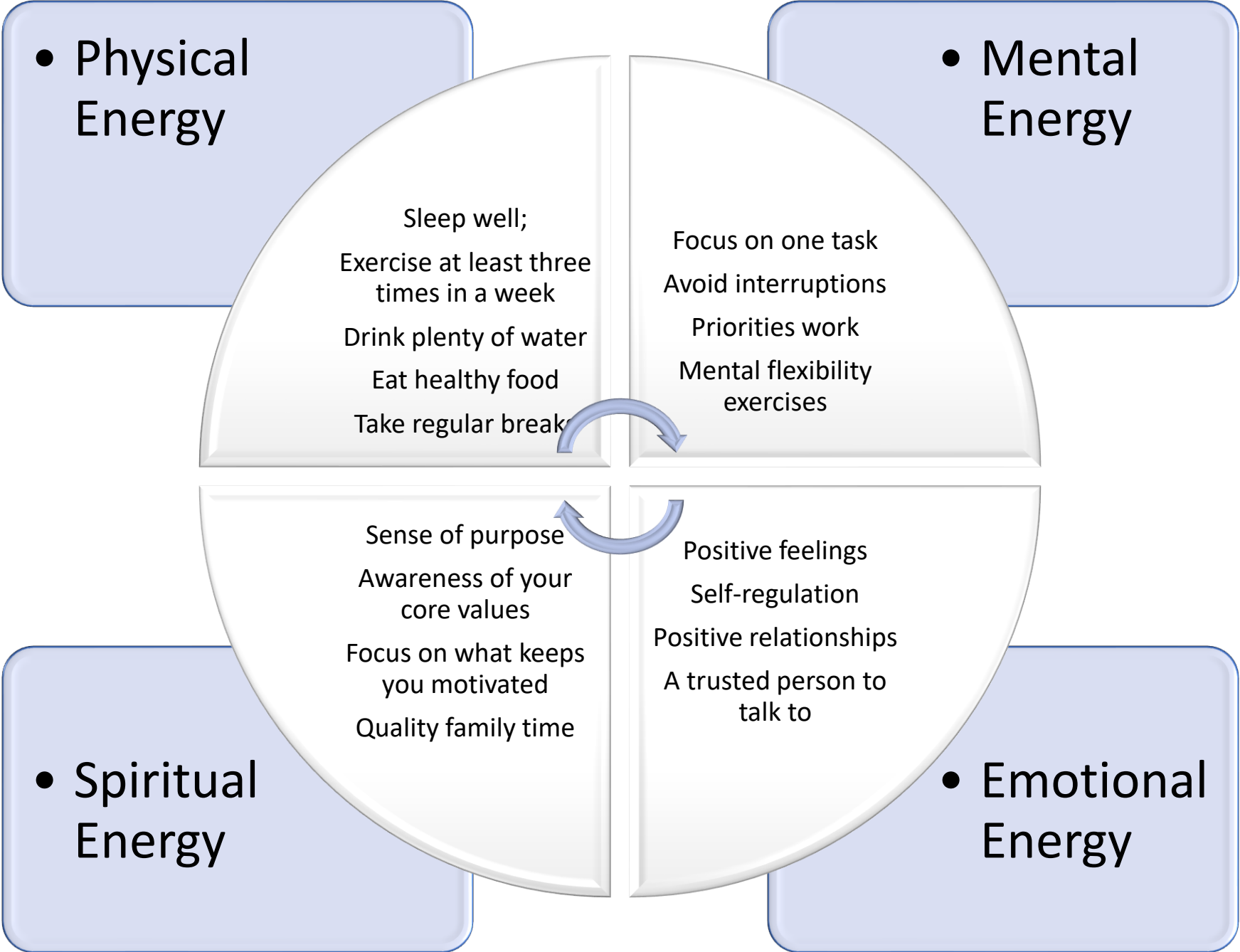
Usage and renewal
of energy is a
continuous process



Managing Energies!

Develop and
sustain highly
specific routines for
managing energy





• Physical Energy

• Mental Energy

Sleep well;
Exercise at least three times in a week
Drink plenty of water
Eat healthy food
Take regular breaks

Focus on one task
Avoid interruptions
Priorities work
Mental flexibility exercises

• Spiritual Energy

• Emotional Energy

Sense of purpose
Awareness of your core values
Focus on what keeps you motivated
Quality family time

Positive feelings
Self-regulation
Positive relationships
A trusted person to talk to



Make ONE commitment
to yourself that you will
follow for the next 30
days!



Identify ONE
person who will
be your
conscience
keeper!



Thank you!



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