

# This is an ISMA<sup>UK</sup> Recognised Course Programme

The International Stress Management Association (ISMA<sup>UK</sup>) is a registered charity and the lead professional body for workplace and personal stress management, promoting good mental health, wellbeing and performance.



# Wellbeing and Resilience at Work

Welcome to Your Programme  
For Individuals and Small Groups



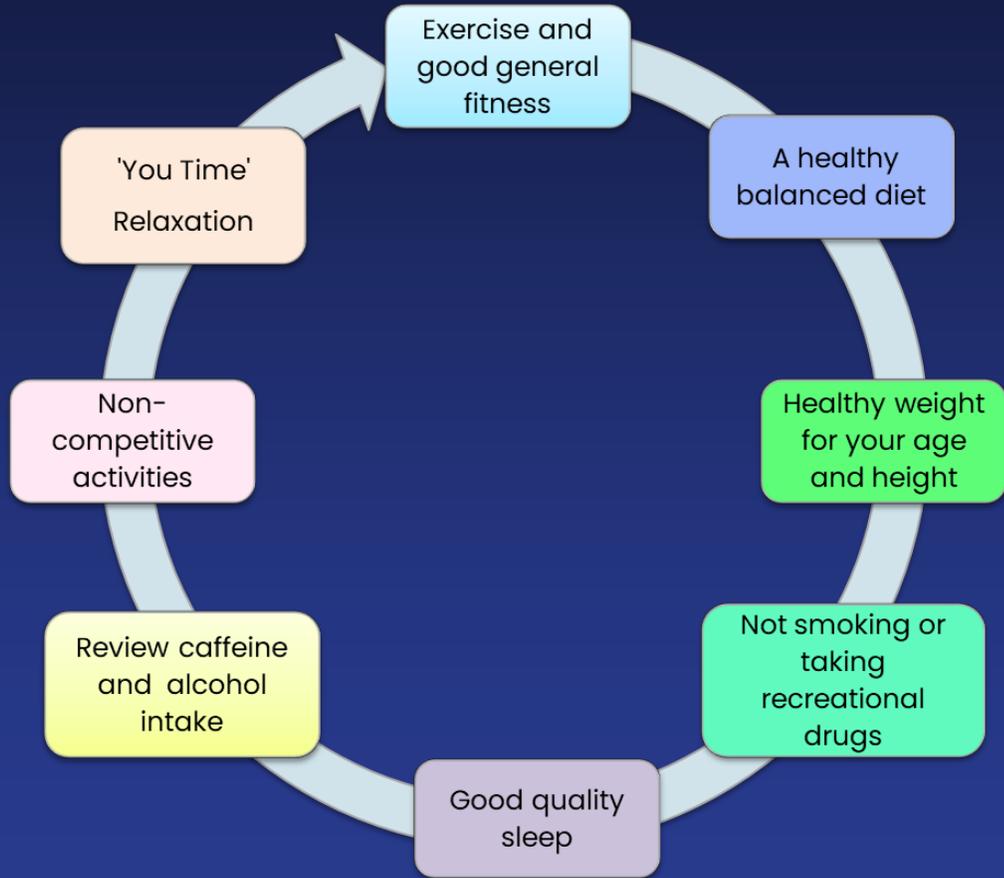
# Wellbeing and Resilience at Work

Welcome to Your Programme  
For a Half Day Workshop

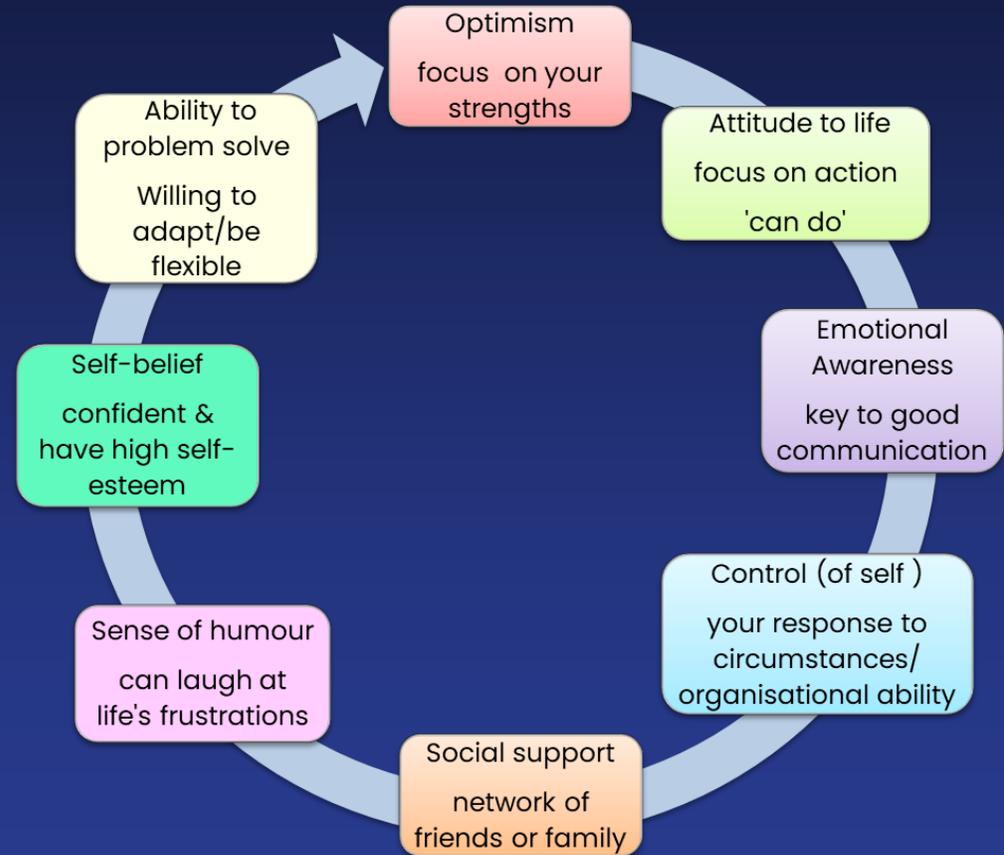


# The Core Material

## PART 1: WELLBEING



## PART 2: RESILIENCE



# STRESS

vs.

# PRESSURE

Headaches/migraine

High blood pressure

Stomach upsets

Muscle tension

Loss of confidence

Poor sleep/insomnia

Irritability/mood swings

Anxiety/depression

Motivating

Exciting

Zest for life

Optimistic and energised

Increased performance

Impetus to achieve success

Boosts inner potential

Creatively helpful

# Identifying the Signs of Stress



## PSYCHOLOGICAL & EMOTIONAL SIGNS

- Poor concentration
- Feeling out of control
- Tearful / Irritable
- Anger / Guilt
- Mood swings
- Forgetful
- Worrying
- Low confidence
- Anxiety
- Depression
- Poor decisions



## PHYSICAL SIGNS

- Muscle tension
- Frequent colds
- Skin problems
- Tiredness
- Headaches
- Indigestion / IBS
- Heartburn
- Weight loss or gain
- High blood pressure
- Heart problems



## BEHAVIOURAL SIGNS

- No time for relaxation
- Accident prone
- Workaholic
- Poor time management
- Change in appearance
- Withdrawn
- Relationship problems
- Insomnia
- Increase in e.g. alcohol / smoking

# What Causes Stress?



## YOURSELF

Your personality style, thinking patterns, belief system, self-esteem and confidence.

How you look after yourself mentally, physically and emotionally.



## OTHERS

**Stress transmitters:** When under stress they let others know how they are feeling so everyone feels stressed

**Stress dumpers:** They find someone to pass the stress onto and then feel much better!

**Stress carriers:** They feel stress but deny or internalise it, often saying "I'm fine". The stress stops with them and may sometimes be released by a 'final straw' incident.



## EVENTS

Events that generally you have no control over that in some way affect you e.g.

Bereavement

Divorce

House move

Redundancy

Financial worries

Major health changes in yourself or someone close

Accidents, e.g. traffic