

Dealing with pressures, parents,
friends and school

Dr Julie Leoni



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6 Steps

1. LEARN – What Stress Is
2. MANAGE – Your Stressors
3. STOP – Being A Stress-Head
4. ALLOW – All Your Feelings
5. NOTICE – You Are Not Your Stress
6. PREVENT – Future Stress



1 - LEARN - What is stress?

- Stress signs and symptoms



Behavioural

- Eating, sleeping
- Self-harm
- Failing to do all the things you would usually do
- Clumsy and accident prone
- Engaging in risky activities
- Compulsive behaviours



Your Thoughts

- Can't think straight.
- Lots of negative thoughts
- Can't make decisions
- Confused
- Distracted
- Can't focus
- Forgetful



Emotions

- Tearful
- Angry
- Sad
- Scared
- Confused
- Anxious
- Frustrated
- Irritable



Body

- Headache
 - Tummy ache
 - Diarrhoea
 - Back ache
 - Hot sweats
 - Feel sick
 - Tired
- heart pounding
muscles tight
fast, shallow breathing
clenched teeth
dry mouth
Hyper



Relationships

- Blaming and shaming yourself and others
- Withdrawn
- Argumentative
- Critical
- Distant
- Unkind or uncaring
- Shouting



At School

- Missing deadlines
- Under-performing
- Time off or lateness
- Poor communication
- Falling out
- Getting into trouble
- Low self-esteem

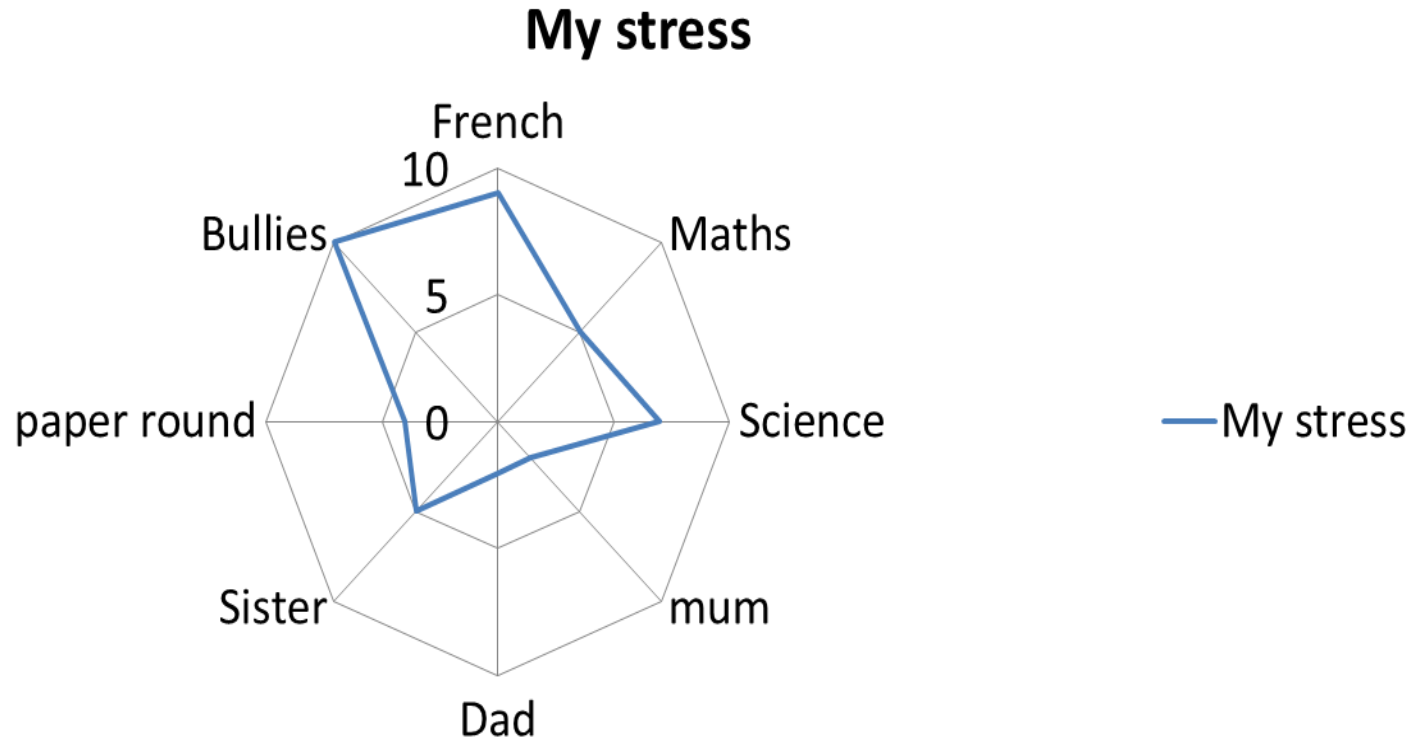


Coping

HELPFUL AND HEALTHY	UNHELPFUL AND UNHEALTHY	HAS NO GREAT AFFECT
Running A hot bath Talking to friends Listening to music Meditation Eating well	Chocolate Bitching and complaining Shopping Work avoidance Over spending	Watching East Enders Ignoring the problem



2 – MANAGE - Your Stressors



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Control your Controllables

Lots of control	Some control	No control

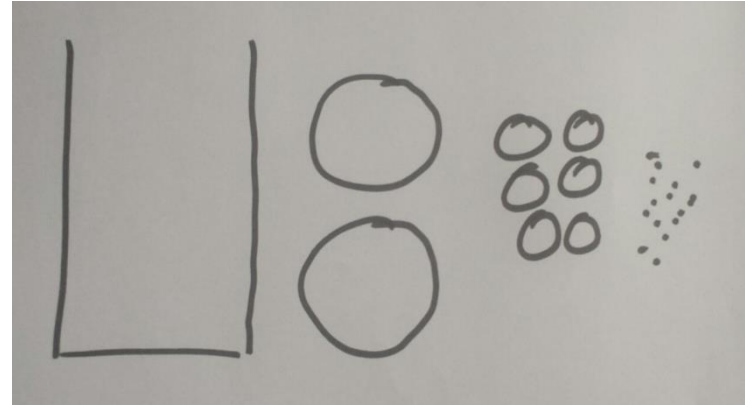
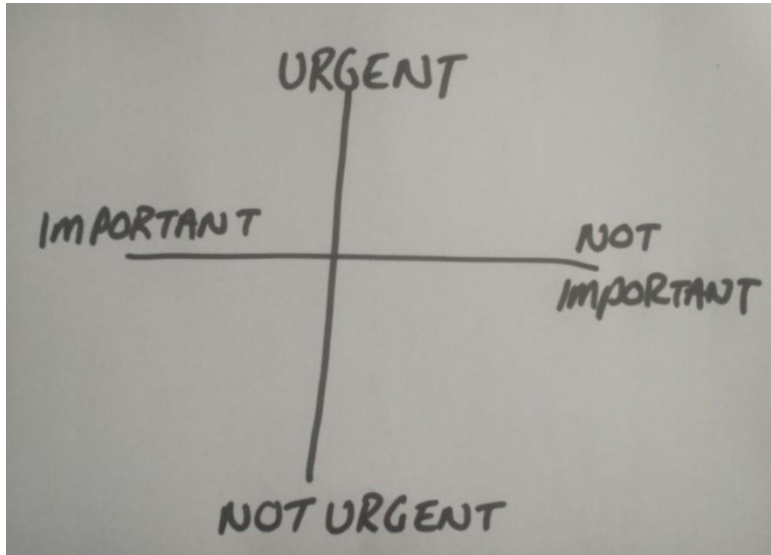


Decide

CHANGE	ADAPT	DELEGATE	AVOID



Time Management



HAVE TO	WANT TO	COULD

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3 – STOP – Being a Stress-Head

- ABCs



Psychological Understanding

Driver Behaviours:

- **Try hard**
- **Please others**
- **Be strong**
- **Hurry up**
- **Be perfect**



Maslow

- Physiological eg food, shelter, sleep
- Safety
- Belonging
- Self-esteem
- Self-actualisation - Flow
- Meaning and purpose — which come from being stretched in what we do and think.



Julie's

Julie's self-care:

- Physical – Exercise, Diet and drinks, Sleep
- Social – time with friends and people who really get you and make you feel good
- Intellect- stimulation, excitement, inspiration
- Spiritual – whale music, nature, church
- Emotional – emotional support, acceptance of emotional needs



5 – NOTICE – You Are Not Your Stress

Mindfulness Approaches

- Meditations – 7/11 breathing
- Mindful walking



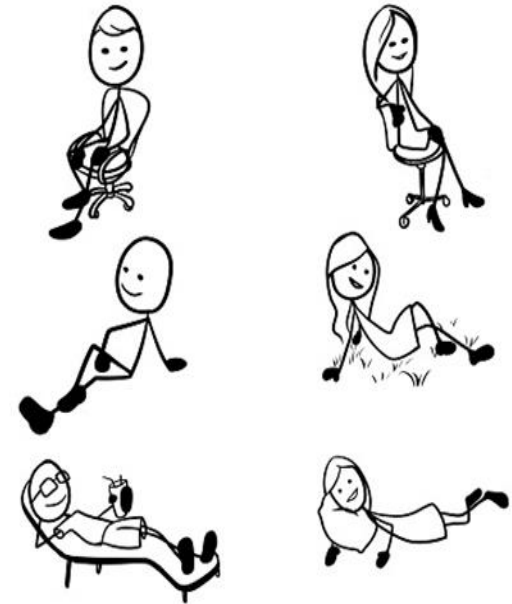
6 – PREVENT – Future Stress

- What Went Well
- What are you going to do differently?



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- Coaching
- Training
- One to one and groups
- Face to face and on-line



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