**Survive and Thrive**

**Surviving and Thriving with Stress**

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| Surviving and Thriving with Stress |
| Training section to revisit: | Refer back to section 5 (stress) |
| How to use: | Use the three-step approach to change from surviving to thriving with stress  |
| Impacts | Confidence, Control, Resilience, Happiness,  |

If you manage your internal belief system, you can control your response to pressure.

**Step one – “see your stress”**

Rather than ignore stress – label it.

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| 1. See it – Label it
 | I am stressed that the Project delivery dates are next week |

**Step Two – own it**

When the stress seems like too much, own it.

Stress shows us that we care about something and should be embraced.

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| 1. Own it
 | I am stressed because the project matters, I want to progress to a new role |

**Step three – use it**

Our body and mind have evolved to respond to stress.

The issue then is not the stress itself but rather how we use it, or our response to it.

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| 1. Use it
 | Use the stress to energize and motivate yourself. Focus all attention on preparation and delivering rather than finding excuses not to get the work done. |

Reframing it, to be something beneficial can have a positive impact and act as a tool for overcoming existing and future obstacles.

**How to handle, and manage, stress**

Example:

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| **Thrive with stress** |
| See it – Label it | I am stressed that the Project delivery dates (Coursework deadline) are next week |
| Own it | I am stressed because the project (or exam) matters, I want to progress to a new role (or next year) of a course |
| Use it | Use the stress to energize and motivate yourself. Focus all attention on preparation and delivering rather than finding excuses not to get the work done. |

For completion:

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| **Thrive with stress** |
| See it – Label it |  |
| Own it |  |
| Use it |  |