

# Turn your stress into success



## Top contributors to stress in australia



Personal finances



Family issues



Personal health



Pressure to maintain a healthy lifestyle



Issues with the health of others close to us



Keeping up with social media

## Check in regularly to prevent stress build up

Stress is a common response to challenging situations and can evoke both mental and physical reactions. When we are stressed, our bodies release hormones such as adrenaline and cortisol that are designed to help us respond to the stressful situation or danger often referred to as the 'fight or flight' response. Understanding your stress triggers and how you respond to these challenge situations can help you better manage stressful periods.

### Where are you on the mental health spectrum?



**Notice** – Scan your body. Notice any physical sensations, such as tension or tightness. Bring your awareness to your thoughts. Listen to your mind.

**Name** – Give the bodily sensations and associated thoughts a fitting feeling, such as annoyed, frustrated or exhausted.

**Nurture** – Be kind to yourself and practice self-care for your mind and your body. Ask yourself what would help me cope, release, process this experience. This could include things like getting out for a walk, listening to a breathing exercise, reaching out to your support system.



## Top tips for moving up the spectrum

- 01 Set the tone for the day** – Wake up with time to get ready comfortably and without the rush; set aside 10-15 minutes for morning wellbeing time.
- 02 Commit to being your friend** – Guide your inner voice toward kind, compassionate and supportive words. Try not to give oxygen to your inner critic.
- 03 Make wellbeing a simple purpose in your life** – If you take the time to consider what is going to work best for you and to prepare to put your plan into action, you are significantly more likely to be intrinsically motivated to action and sustain it. We can get lost in self-help books, social media blogs and advertisements that drive unrealistic expectations of all the things we apparently ‘should’ be doing. Instead, simplify your wellbeing purpose and make it work for you and your family.

## The Four C’s of mental toughness

### Control

Clear out the mental clutter by **focusing your mental energy** on factors that are within your scope of influence. Try not to give oxygen to things we have little or no control over.

Practice effective stress management:

- **Physical exercise** – 30 minutes, 3 times per week at minimum
- **Deep breathing** – box breathing
- **Mindfulness** – Smiling Mind
- **Other relaxation techniques** – such as yoga



### Commitment

When we **know and commit to our core values**, it gives us the motivation to overcome challenges, to persevere and to stay the course. You can start by making a list of your **top three values** in each of the following domains:

- Family
- Intimate partner relationship
- Work
- Health and wellbeing



### Challenge

Purposefully **reframe your thinking**, to find the opportunities challenges and changes present, rather than focusing on the threats.

Try saying to yourself:

- *‘I’ve considered the downsides of this challenge.’*
- *‘What are some of the potential opportunities for me here?’*
- *‘What are the opportunities for personal growth?’*

### Connection

Strong, healthy relationships don’t just happen. When we **invest in our relationships** it leads to improved wellbeing and happiness, both for us and for others.

What’s one step you could take to feel better connected with someone important to you in your life?

