



Session room sponsor



*The future of our region is in school*

**Bringing out the *Brilliance* in you...**

**MAKING STRESS OUR FRIEND**

**#SBM15**

# Being Brilliant and Making Stress Your Friend

Paul Crittenden  
MPNLP FIHD

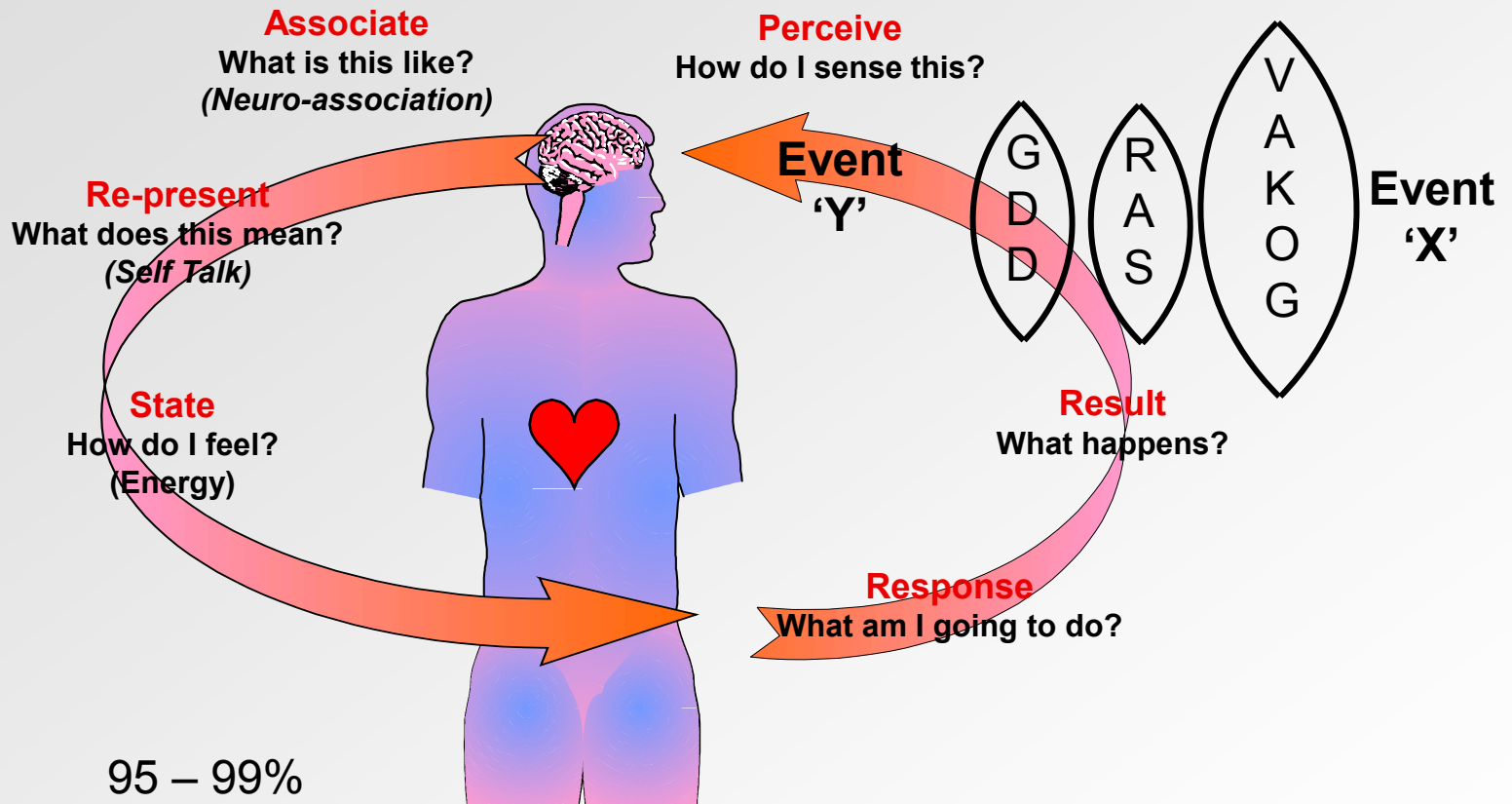


# Side 'A'

What is your current challenge  
– the thing you worry about a  
lot, maybe keeps you awake  
at night?

# Current stress management approaches

<b>Resilience</b>	<b>Response</b>	<b>Relief</b>	<b>Recovery</b>
Pro-active Activities	Activities when you notice you're starting to feel stress	Activities you do to relieve pressure/stress	When stress becomes a major problem & you need to recover



95 – 99%  
is unconscious

“Knowing what’s right

BUT

Doing what’s wrong”

# Breathe

Your breathing can relieve stress

Fast shallow – Anxious  
Slow deep - Relaxation

# Journaling

Writing about how you have experienced events (positively as well as negatively) helps you to develop insights that you can use for personal growth.



# Mindfulness

Making activities that encourage the development of mindfulness into your daily routine, for example:

- Meditation
- Walks in nature
- Running

# Side 'B'

If you knew what you had to do to move this issue or situation on, what would that be?

What stops you doing this?

Life has never really worked in a  
'Get – Do – Be' kind of way...

It has always worked best when thought of as...



**Thank you! 😊**

**Have a great day!**

**Paul Crittenden  
07885 581747  
leadwell@uk-sas.co.uk**

