



# **mental health - successful stress management**

**18.10.23**

**Helmholtz-Zentrum Dresden-Rossendorf e.V.**

**Henning Braun**

# TODAY'S AGENDA

1. "stress"
2. stress management
3. tips & tricks



Henning Braun



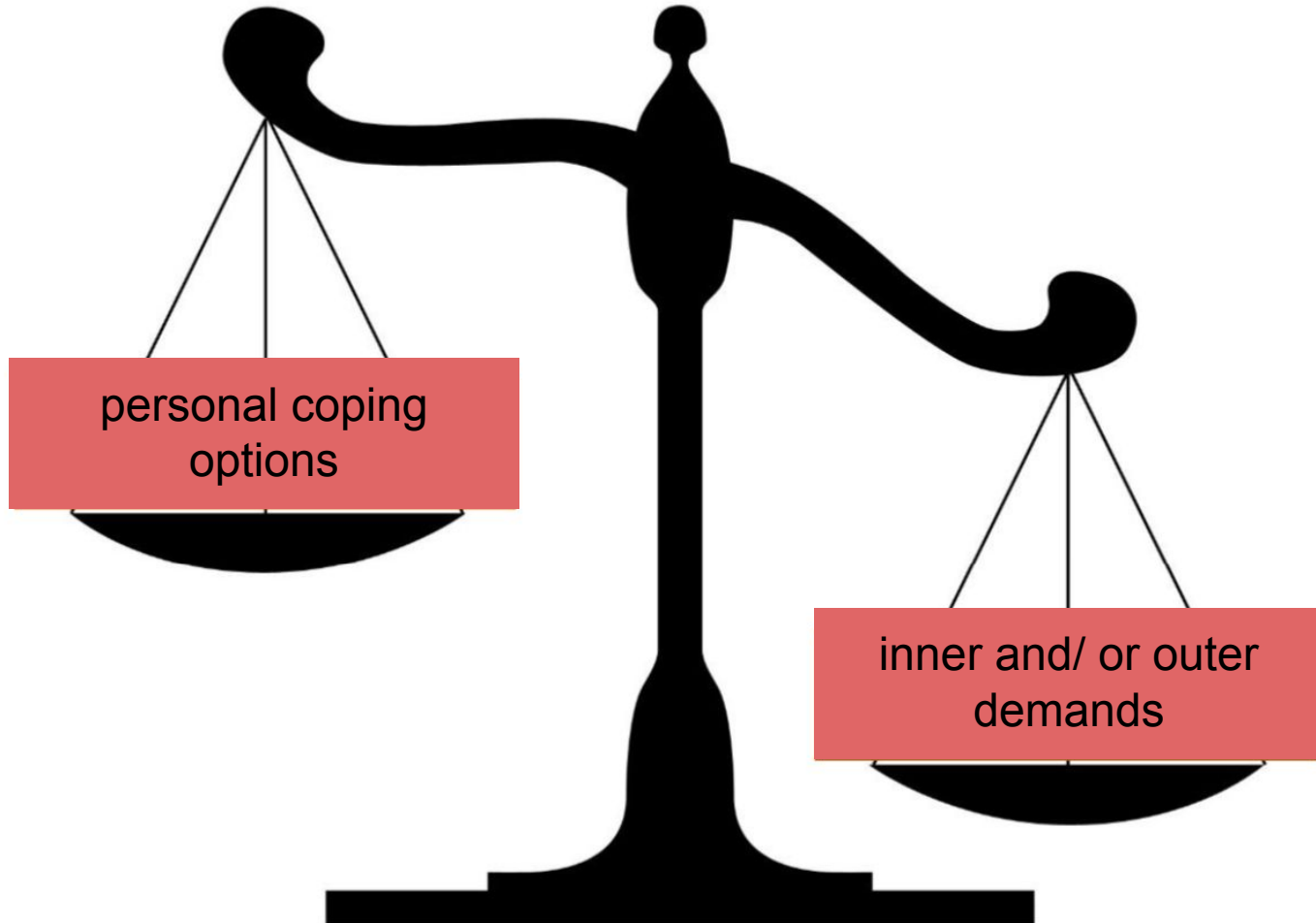


Richard S. Lazarus:

“when a situation is rated negativ, heavily  
challenging or threatening **and** the own  
coping options are insufficiently perceived.”



# 1. "stress"



1. “stress”

stressors

reason for stress = “stressors”

stressors are individually

there are stressors which increase the likelihood of being stressed



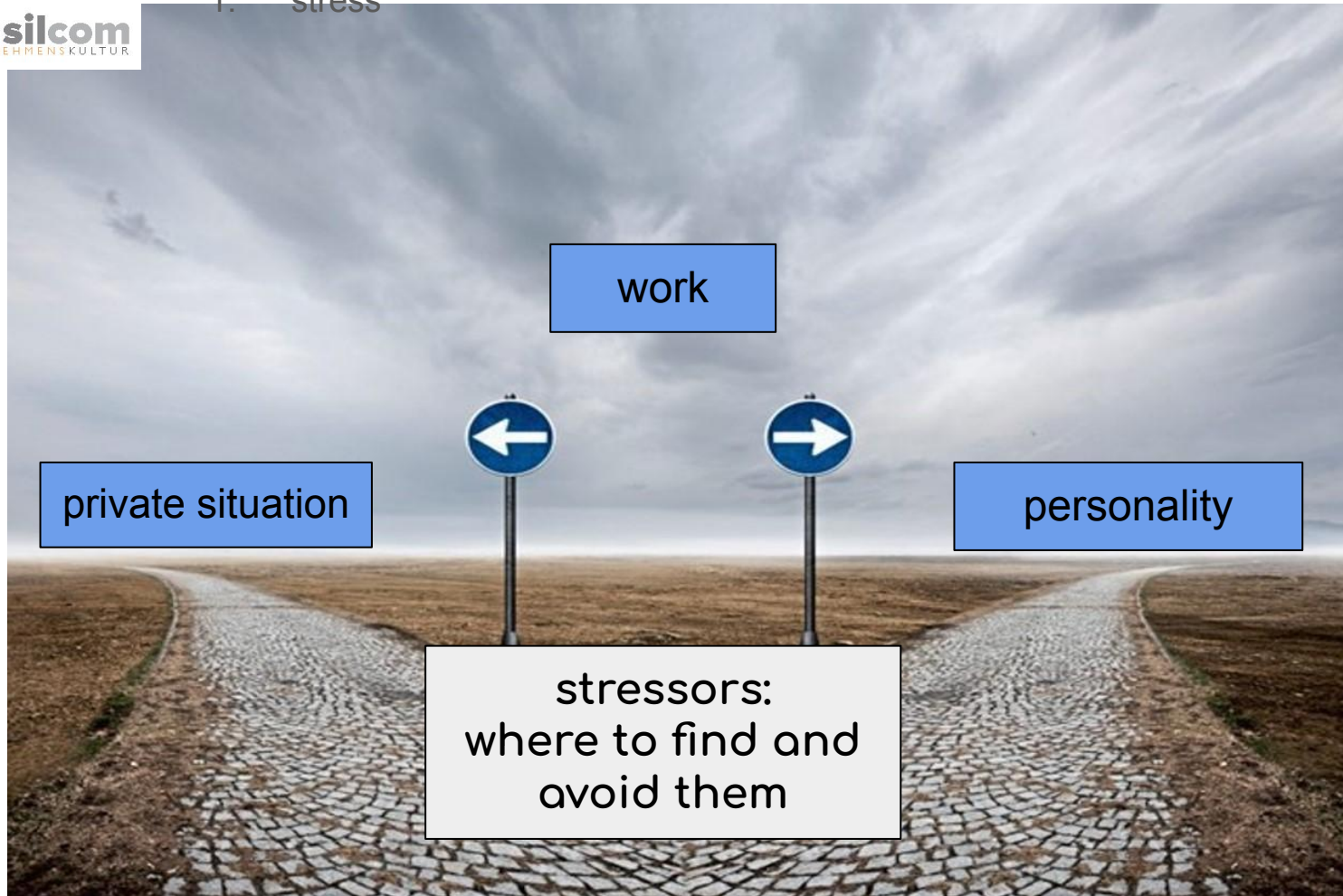
what stresses you?

**5 min exercise**

reflect on what stresses you in  
general and at the moment?

write them down

# 1. "stress"





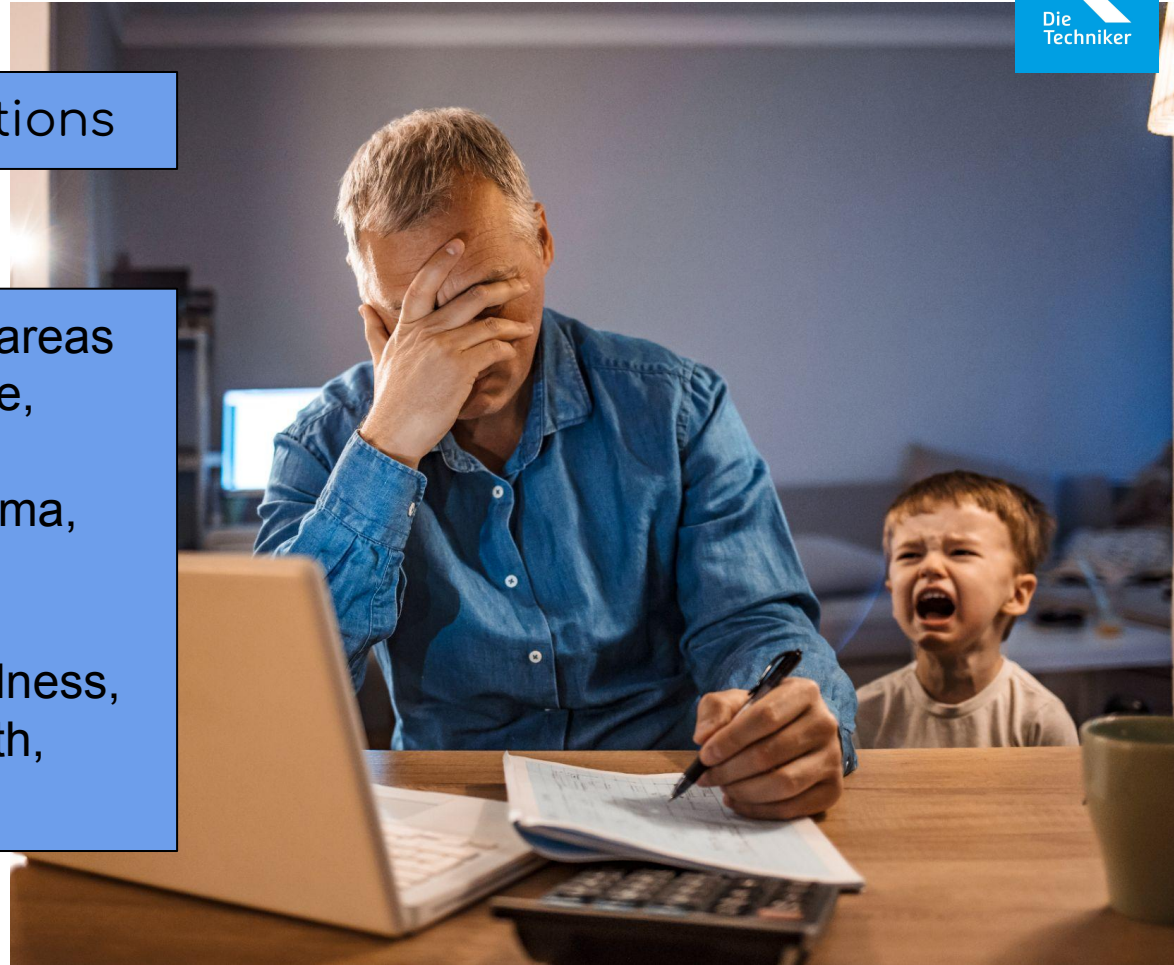


## stressors at work

- unfavorable working conditions (time pressure, extra hours, health- and security risks like noise, cold or heat...)
- unclear instructions by supervisor, perhaps even contradictory
- being underchallenged
- overload (too many tasks, too difficult tasks)
- salary, career opportunities (injustice)
- not making a difference (structure and/ or content)
- working at interfaces/ sitting between the chairs
- shift work, not having a routine

## stressors in private situations

- Overtaxing within different areas of life (e.g. work life balance, family, friends, me time...)
- critical life events (e.g. trauma, losing your home,...)
- negative/ positive events (marriage, divorce, major illness, termination, pregnancy, birth, financial struggle,...)



## stressors within your personality

- highly frequented and strong anger (e.g. being choleric, suppression of rage)
- competitive oriented
- constant heavy expenditure, always 110%
- increased irritability
- agree to psychophysical risks (e.g. lack of movement in exchange with too much movement)





## stress reaction

### short term

- e.g. fear or anger
- short time rise of blood pressure

### long term

- overtaxing
- e.g. insomnia
- followed by need to take sleeping pills



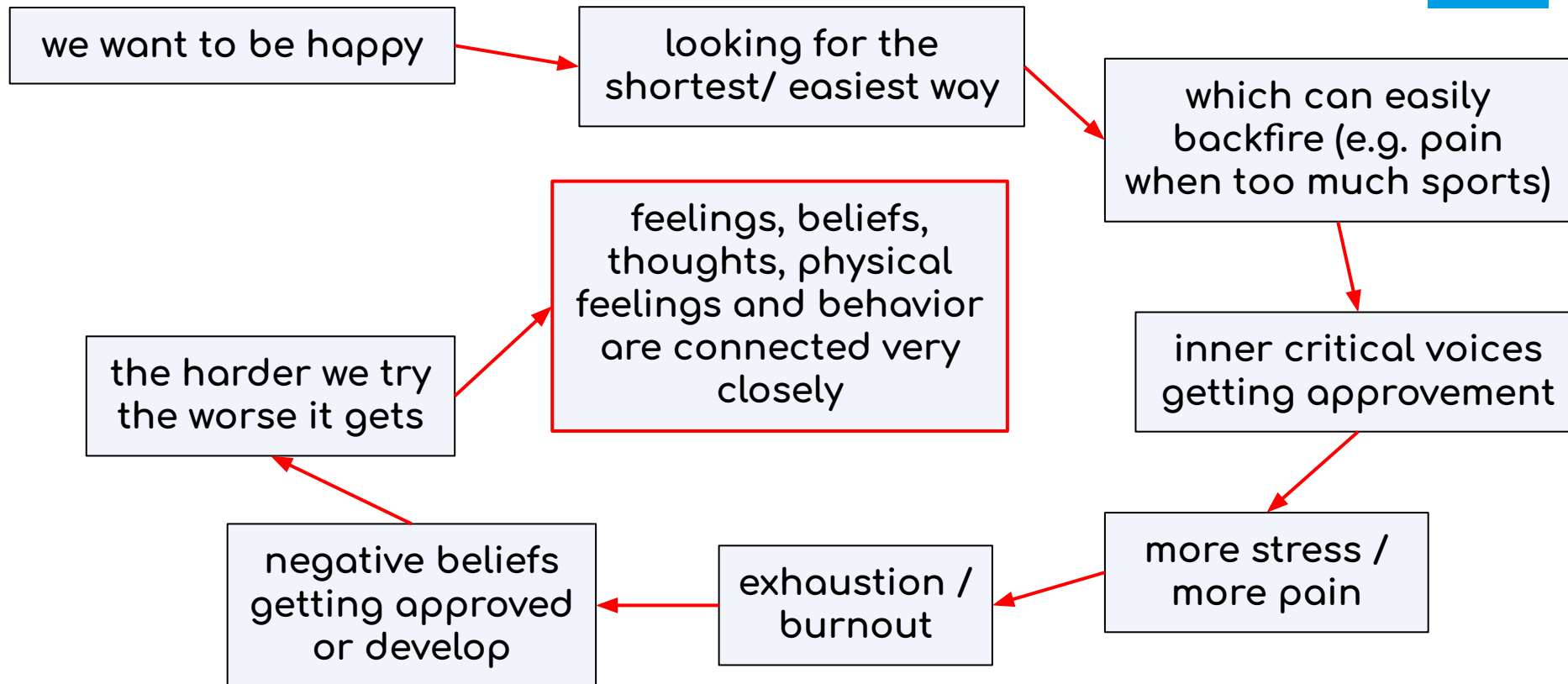
### personal stress intensifier

- individual amplifier
- attitude, motives, valuation, ...

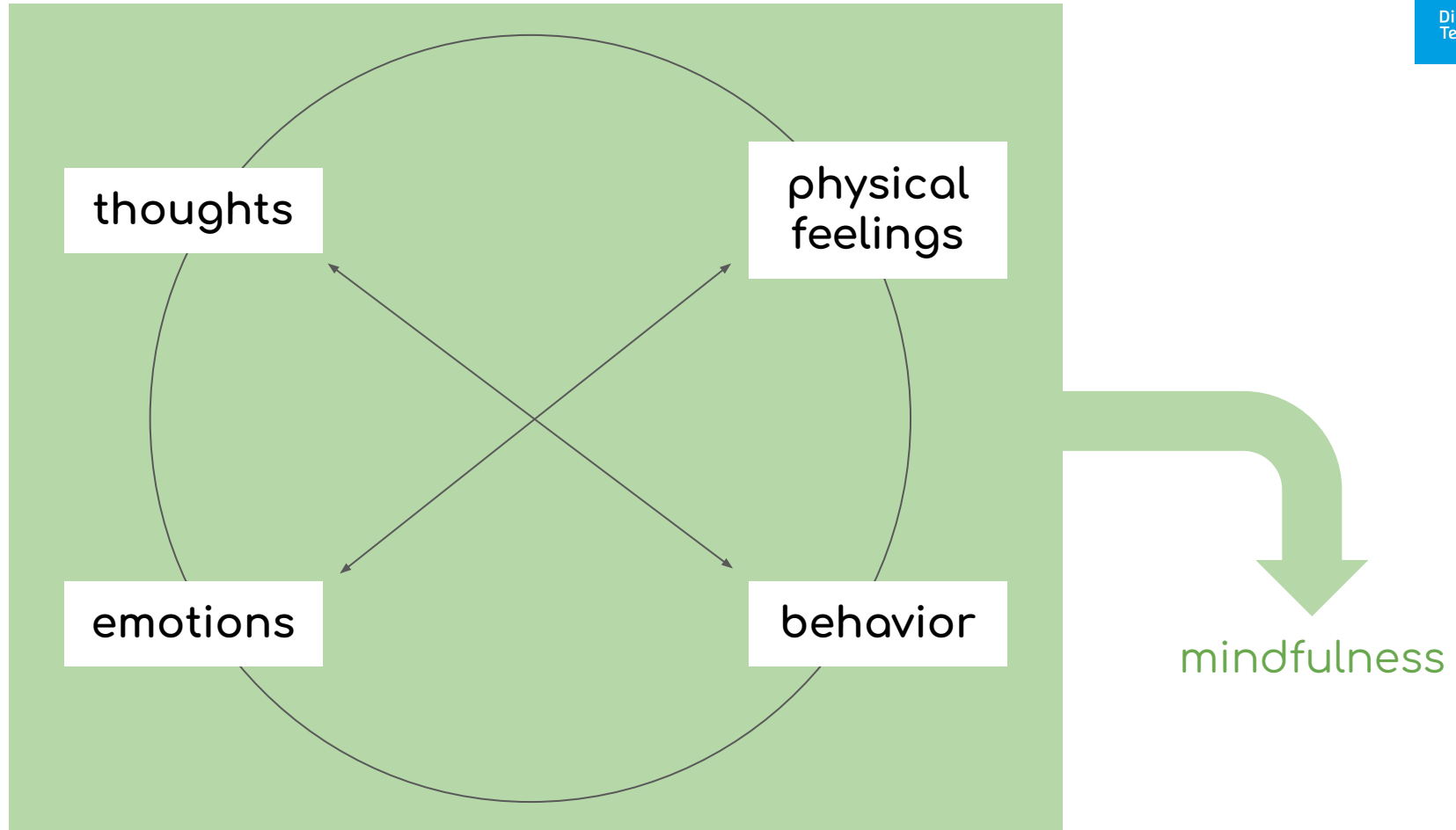
stress management



constant stress causes health issues  
e.g. with your cardiovascular system or increased consumption of alcohol / unhealthy food







## mindfulness

where is the stress coming from?

**external expectations**

too much workload

exams

what's the source of the stress?

**own expectations**

high demand to ourselves

bad time management

**overthink your personal level of expectations**

what are my expectations?

what would be the bare minimum?

which result would outdo my expectations?

what happens if I say "no" to my boss?

how much time can I really invest?

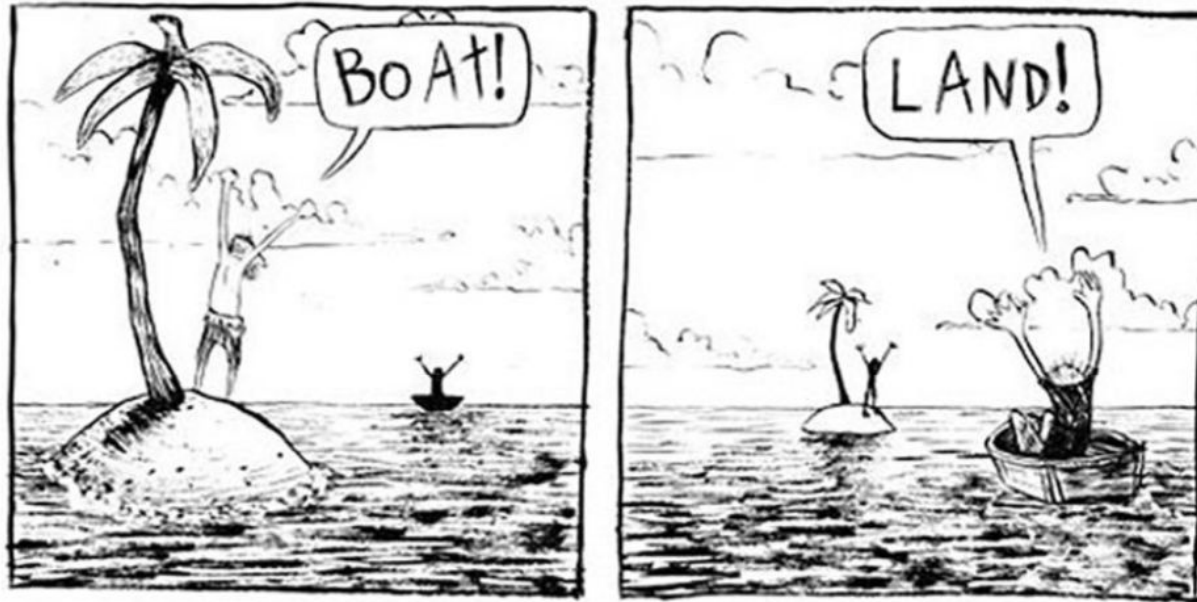
## SWOT method

<b>S</b>	-	Strength
<b>W</b>	-	Weakness
<b>O</b>	-	Opportunities
<b>T</b>	-	Threats

personality basis	stressful situation:	
	Strength	Weakness
	which personal strength can you use?	what do you lack of? which resource/ skill is missing?
aftereffects	Opportunities	Threats
	what's a possible positive outcome?	what could be a negative effect?



# Perspective...





**exercise**

inner driver

## speak to yourself positively - change the perspective

before the  
stressful situation

"I'm going to fail again"  
"How am I supposed to do this?"  
"It's going to be mad!"

"Give it a try first."  
"One step after another."  
"I can only learn from mistakes."

during the  
stressful situation

"I feel getting nervous again."  
"My heartbeat is out of control."  
"My face is getting red."

"Calm down - relax."  
"Breathe in slowly and deeply."  
"No one noticed your red face the last time."

after the  
stressful situation

"I failed."  
"I always fail."

"Actually, it went better than I thought"  
"Baby steps towards perfection"

## stress management checklist

own expectations				
very high	high	medium	low	very low

external expectations				
very high	high	medium	low	very low

time pressure				
very high	high	medium	low	very low



### immediate stress relief

distraction

do something nice

STOP your thoughts

Moment of Excellence

what worked the last time?

break the circle



**physically**

Sport

Relaxation

balanced nutrition

enough drinking  
(non alcoholic)

enough sleep



**mindset / attitude**

early communication

become aware of your  
strengths

reduce perfectionism

humour

take breaks and breath deeply



**other strategies**

creativity (paint, handcraft, ...)

tiny positive things

make music / listen to music

learn a new skill

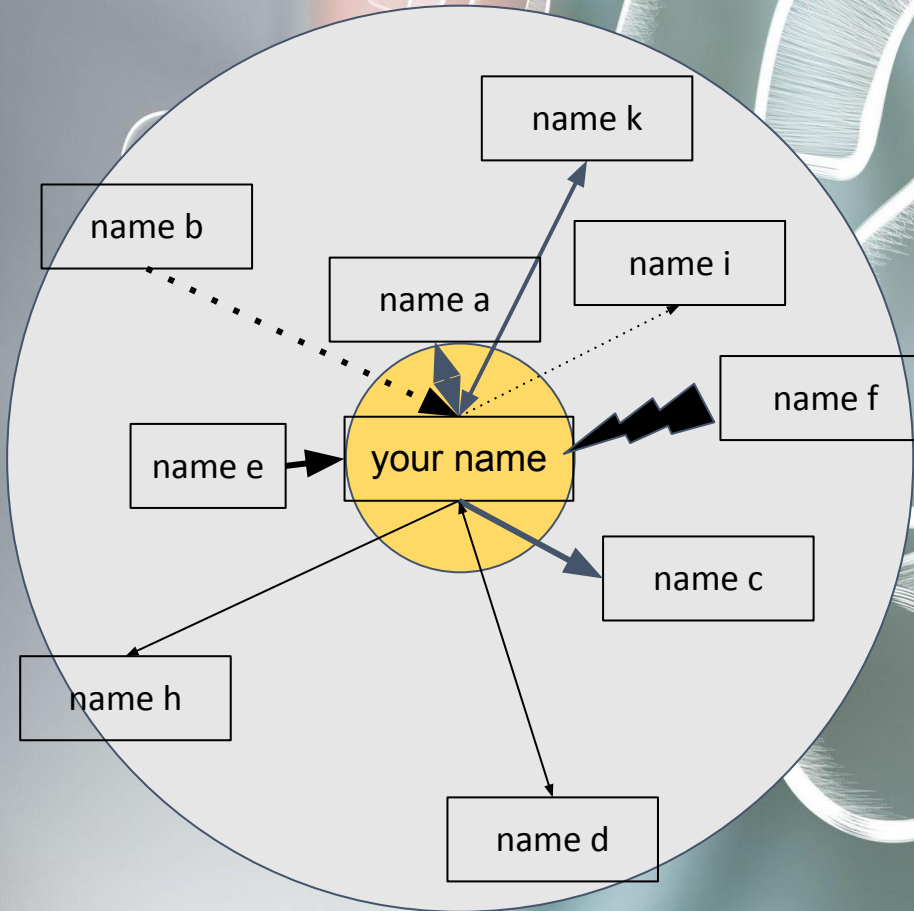
build and maintain social  
contacts



social  
network

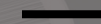
how does your social network help you with your stress?





## exercise

- draw a circle
- list all people you are in touch with
- the closer your connection with these people are the closer you sign their name next to yours
- less intense connections = further away



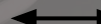
intense



less intense



interrupted



mutual

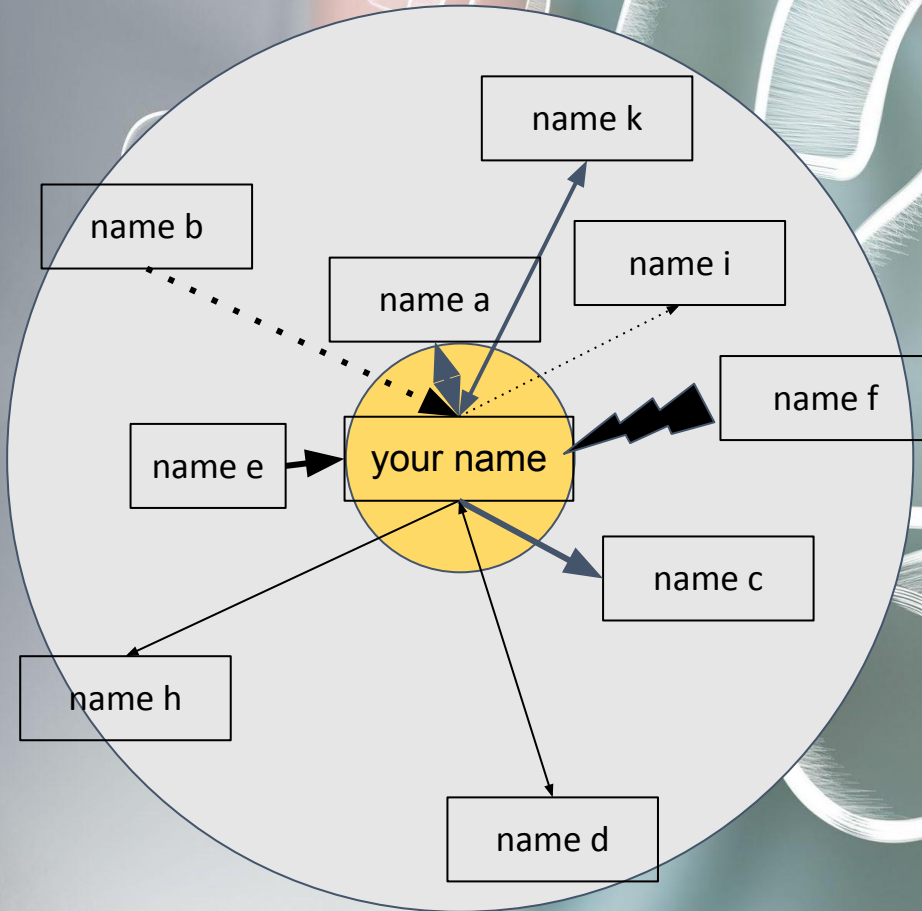


one way

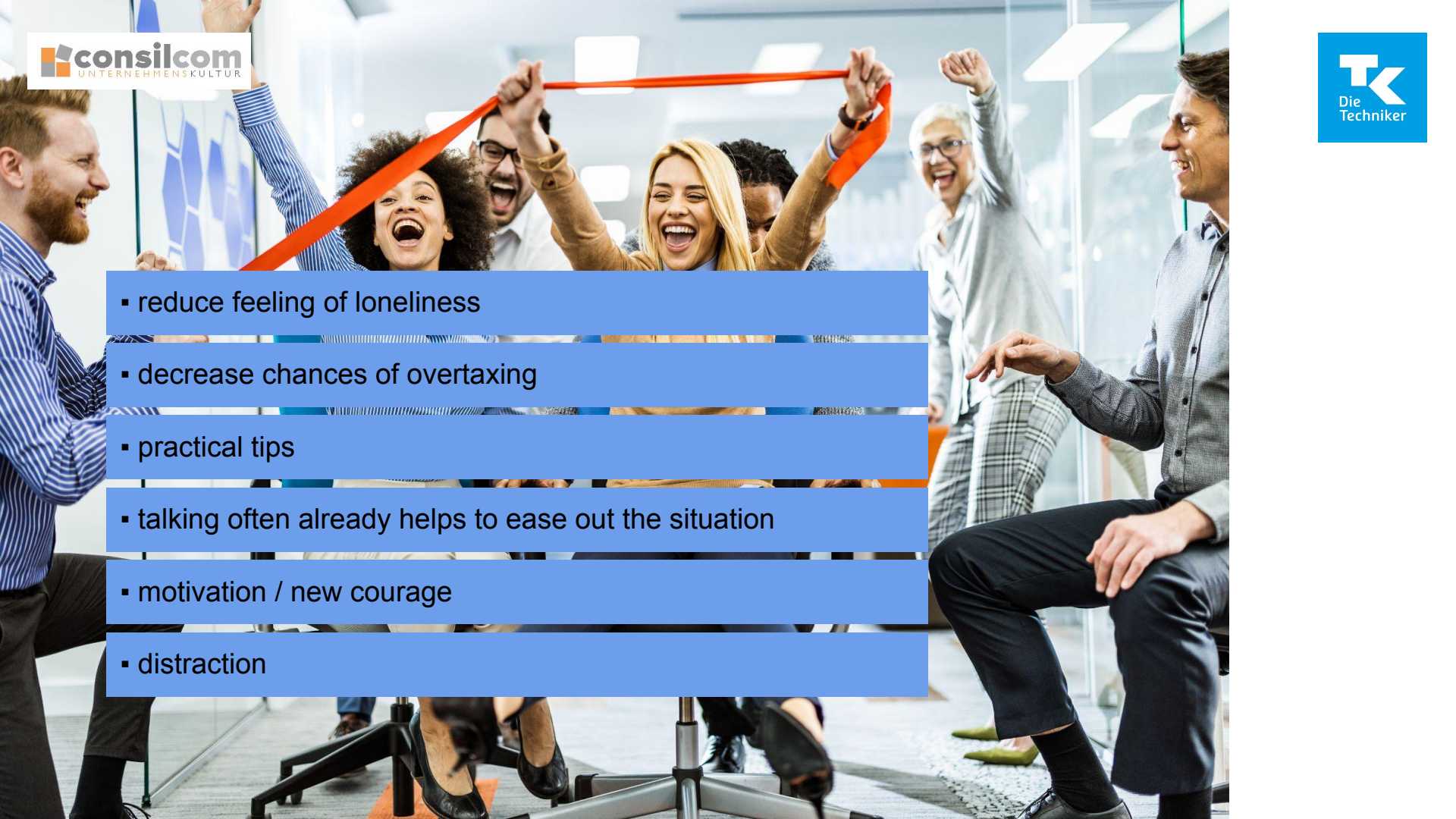


conflict





- what do you notice?
- from which relationship do you benefit?
- which one hinders you?
- did you forget anyone?
- is there a connections you want to cancel? why?
- which one do you neglect?
- what could you do?

- 
- reduce feeling of loneliness
  - decrease chances of overtaxing
  - practical tips
  - talking often already helps to ease out the situation
  - motivation / new courage
  - distraction

## what goes around comes around

- treat others like you want to be treated

- be a good example

- ask people how they are

- offer help, when people look imbalanced

- remember their birthday

- “thank you”

- listen to them

- pay attention

- at least one good deed a day

- leave tiny notes behind



## social networks at work

- humans = gregarious animals
- we need to connect to survive
- we want to be loved
- tasks are easier with help
- in the 90s: “teamwork” grew exponentially
- job ads: “teamwork” / “team spirit”
- swarm intelligence
- XING, linkedIn = networking as career ladder
- mentoring / coaching



1. pausing

*take your time to reflect how you live / work.*

2. writtenness

*out of your head onto a sheet of paper / calendar / note.*

3. set goals

*check your goals frequently.*

4. planning

*concrete actions to get to you your goals. Use intermediate goals*

5. priorities

*set priorities and be aware of their effects. Commit to them.*

6. differentiate between important and urgent

*urgent - time. minimize those.*

*important - tasks of value for your goals. maximize those.*



7. identify time wasters

*be aware of your time and reduce the time killers*

8. trust your resources

*know your strengths/ weaknesses. Learn to be flexible and to take what you need*

9. performance curve

*know your peaks and lows and adjust your schedule accordingly.*

10. "yes!" and "no!"

*"no!" to stress and "yes!" to your priorities.*

11. organize your workplace

*install a useful filing system. Keep it in order.*

12. fill the gaps meaningful

*use your low performance time for trash bin tasks.*



13. finish what you started  
*try to do one task at a time.*
14. Call or be called, that is the question  
*smartphone on or off or both?*
15. learning and reading correctly  
*SQ3R method - Survey, Question, Read, Recite, Review*
16. design your social surrounding  
*delegate, praise, criticize, active and transparent communication*
17. rest properly  
*sleep, rest, nap whenever you need it.*
18. habits and rituals  
*positive habits and rituals keep you healthy in the long run.*
19. treat yourself  
*once a day.*



questions?  
suggestions?  
wishes?

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