



## #ThirdThurs Useful Information

**Web:** [www.thirdthurs.co.uk](http://www.thirdthurs.co.uk)

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# STRESS

Presentation by

*Steph*  
Knowles

Discover Hypnotherapy

# Things to think about

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What is  
stress?



**STRESS**

Why should I  
care?

What can I do  
about it?

# Stress is a Natural Response

- The fight/flight/freeze stress response is a healthy, evolutionary response from your body
- Alerts us to immediate danger in our environment by producing a physiological response
- Your body does not differentiate between an actual physical threat or an emotional threat to your ego – Very relevant in modern society
- Learn to alter your perspective and manage emotions in a positive way

# What is Stress?

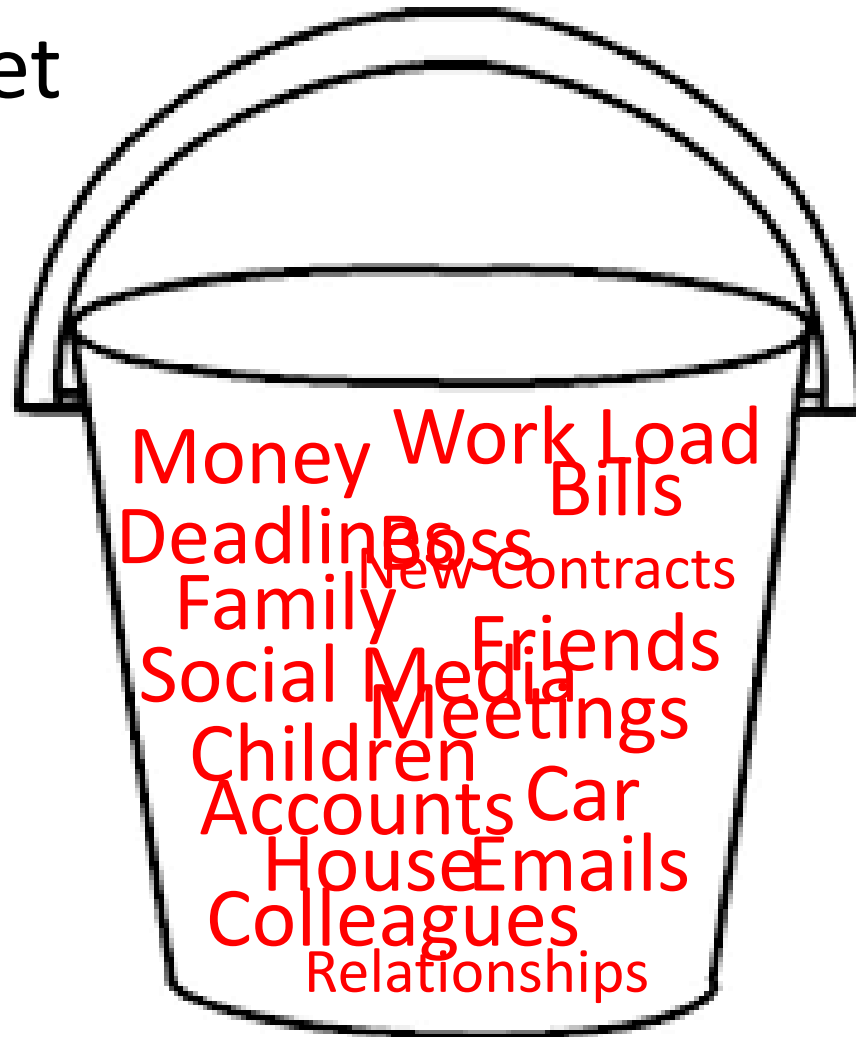
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‘A state of mental or emotional strain or tension resulting from adverse or demanding circumstances: *he’s obviously **under** a lot of **stress***’

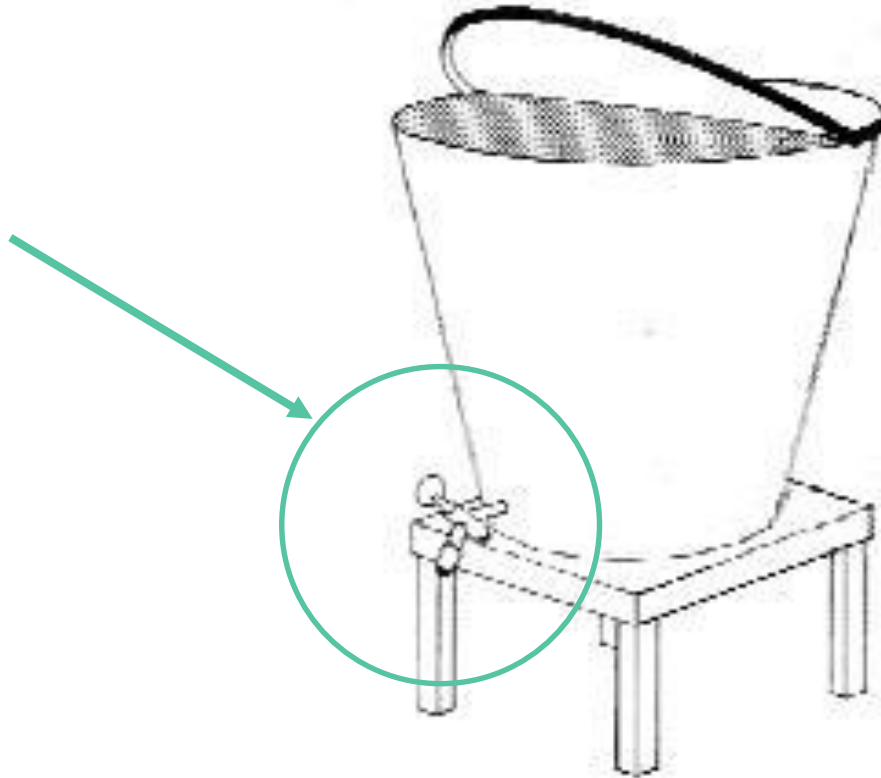
<http://www.oxforddictionaries.com>

# The Stress Vulnerability Model

Your Bucket



# The Bucket



# Solutions

Sleep

Exercise

Technology  
Blackouts

Breathing  
Exercises

**Business  
Owner**

Balanced  
Diet

Positive  
Thinking

Act As If

Visualisations

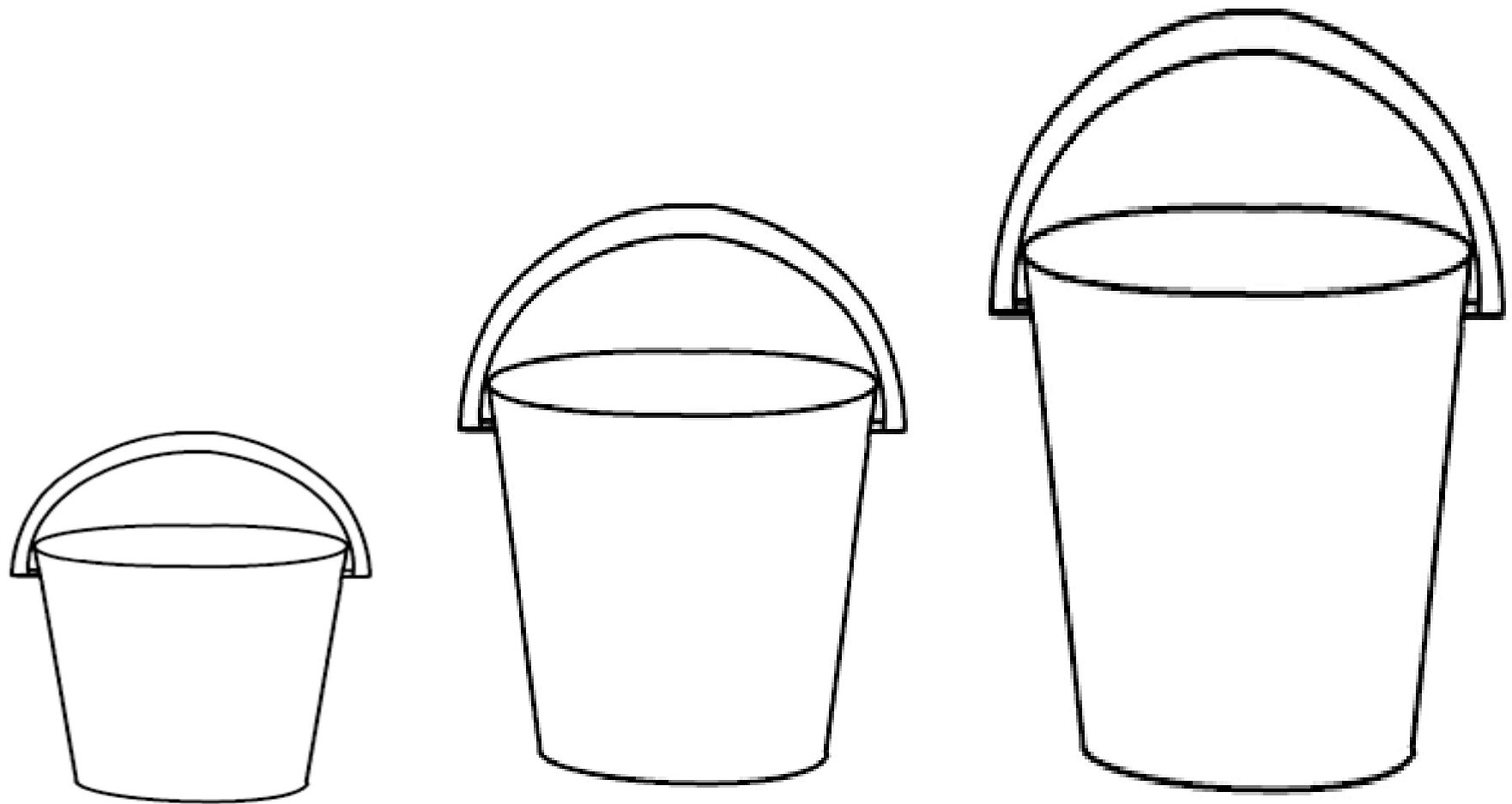
Mindfulness

Magic  
Number 3

Write it  
Down



# Your Bucket



# So Remember....

- Be Kind to Yourself
- Small Changes = Big Results

## Further Resources

- Paul McKenna – Control Stress
- Kelly McGonigal TED Talk - How to Make Stress Your Friend
- [www.discoverhypnotherapy.co.uk](http://www.discoverhypnotherapy.co.uk)

