

Wellness and Wellbeing





HELLO!

I am **Damian McCourt**

IT Infrastructure project manager

BA Psychology Maynooth 2019

You can find me at damian@dcmlearning.ie

Today!

- Understanding Stress
- Exercise, sleep and diet
- Cognitive reframing
- Stress reduction exercise

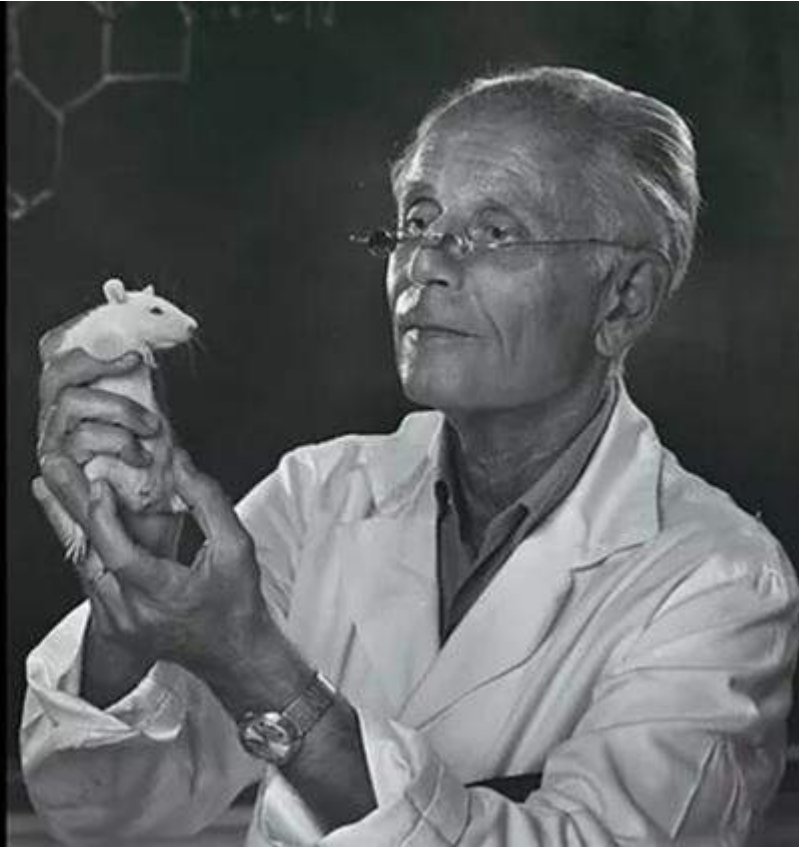


Wellness and Wellbeing

Understanding the Stress Response

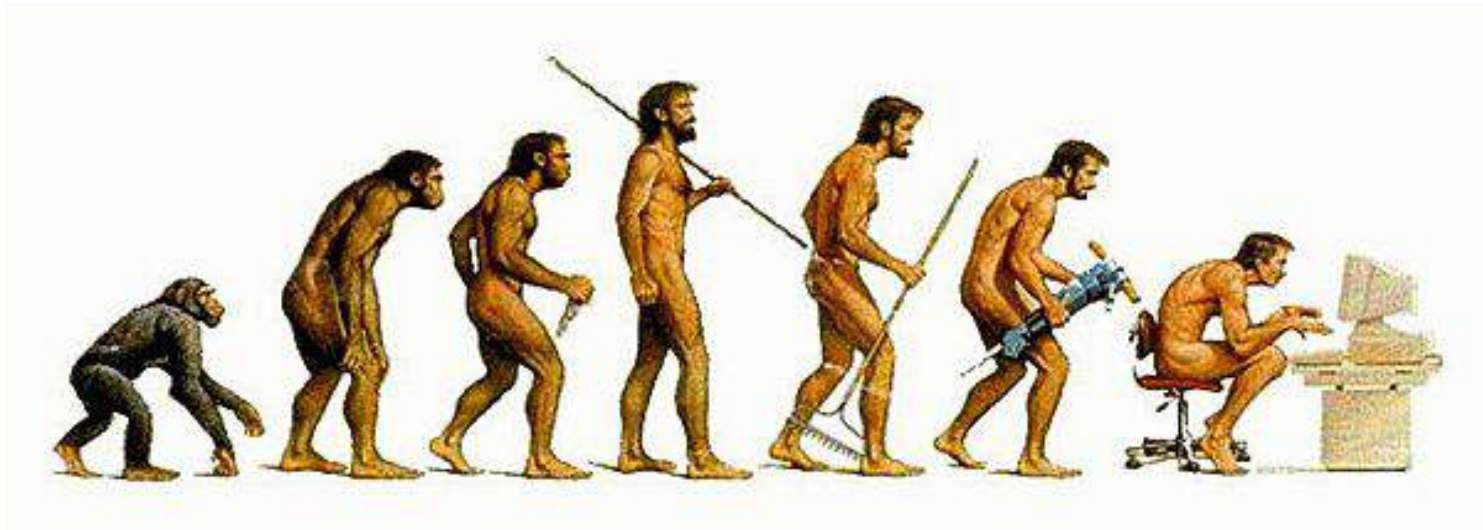
“It’s not
stress that
kills us;
it is our
reaction to it.”

- Hans Selye
Hungarian Endocrinologist
(1907 - 1982)



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PSYCHOLOGICAL RESPONSES



FIGHT



FLIGHT



FREEZE

Acute Stress

- Breathing rapid and shallow
- Heart rate increases
- Blood pressure rises
- Blood sugar spikes
- Muscles tense for action
- Digestion shuts down
- Immune system suppressed
- Sex-drive suppressed



- Homeostasis:
- Maintaining the body's internal environment in a constant state
- The body's balancing act

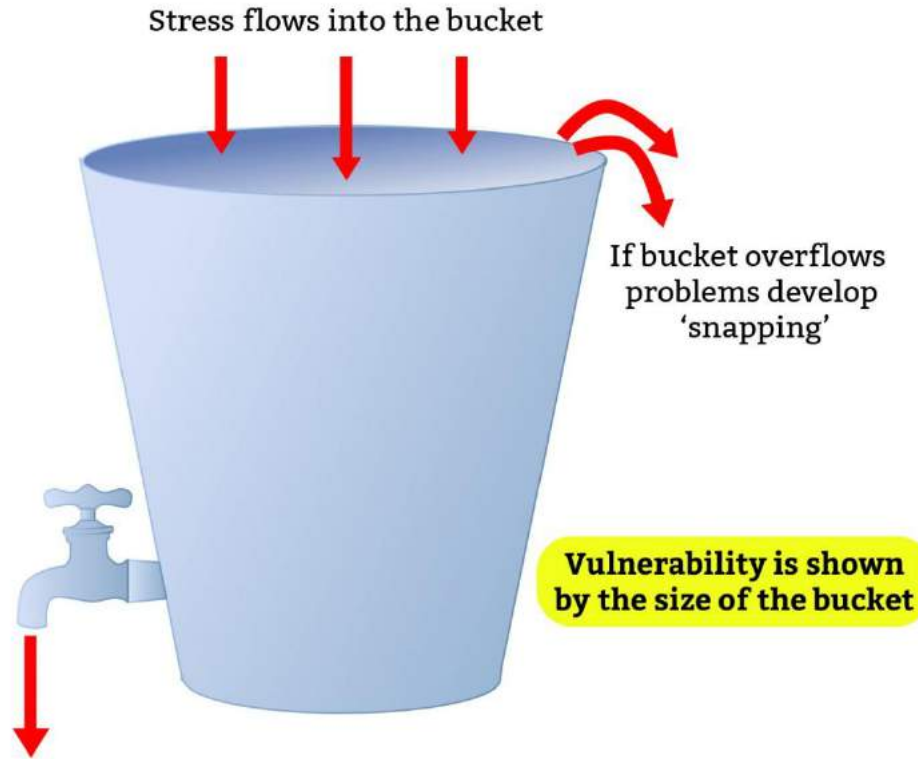


Chronic Stress

- High blood pressure
- Cardiovascular disease
- Diet changes
- Fatigue and headaches
- Back and neck pain
- Gastric problems
- Cancers

- Self-focused, uncommunicative
- Changes seen as threats
- Tired, unable to think straight, making mistakes
- Stressed by inability to fix the situation
- Stress spiral
- Burnout





Good coping = tap working let the stress out
Bad coping = tap not working so water fills the bucket



Wellness and Wellbeing

Physical wellbeing drives mental health

Exercise

- Counters physical effects of stress
- Sustained aerobic exercise
- Releases endorphins
- Stress discourages exercise

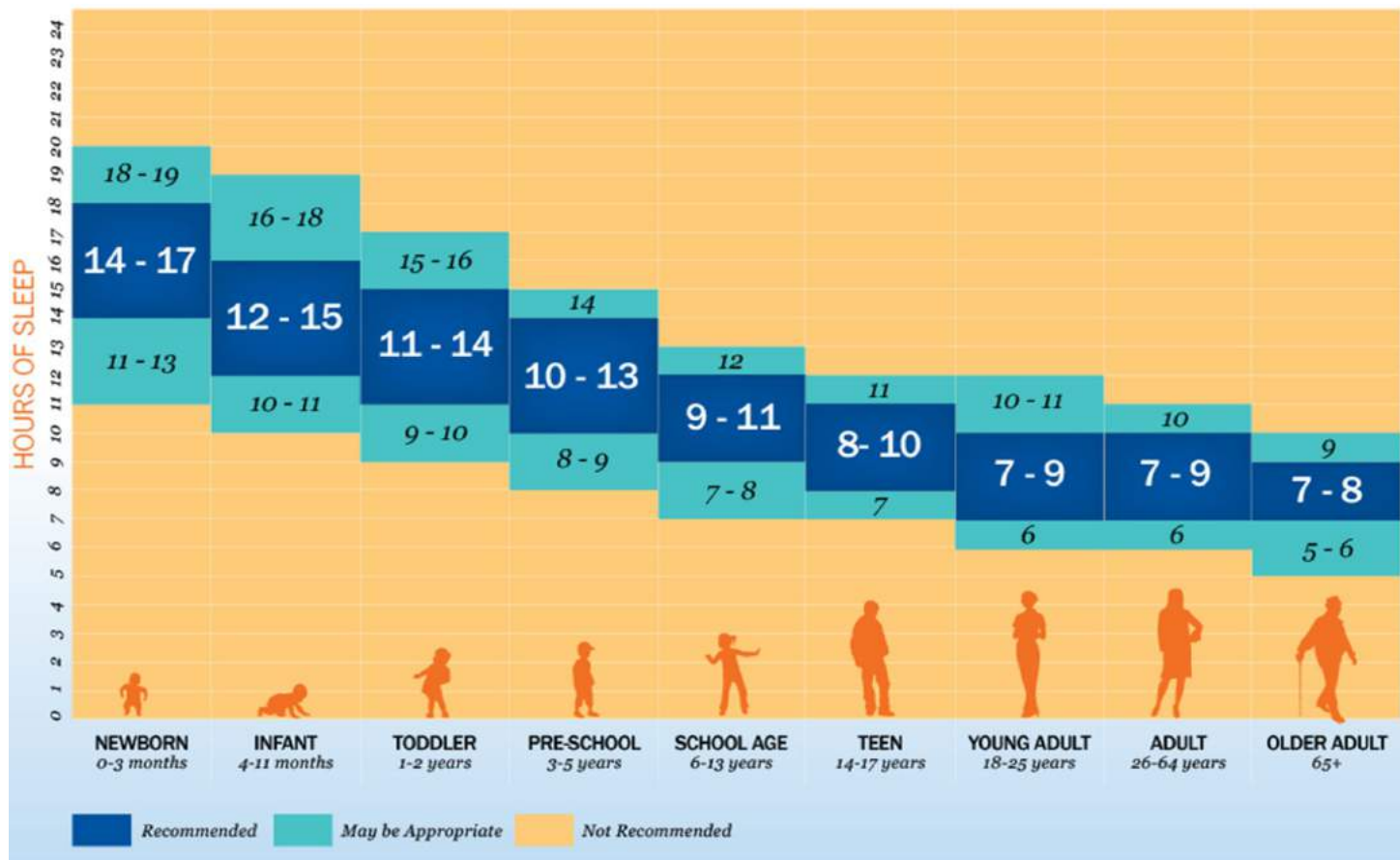


Exercise

- Too old, too unfit, too heavy, too busy, too...
- Slow, gradual build-up
- Rest days
- Goal should be a change in daily behaviour



SLEEP DURATION RECOMMENDATIONS



Sleep

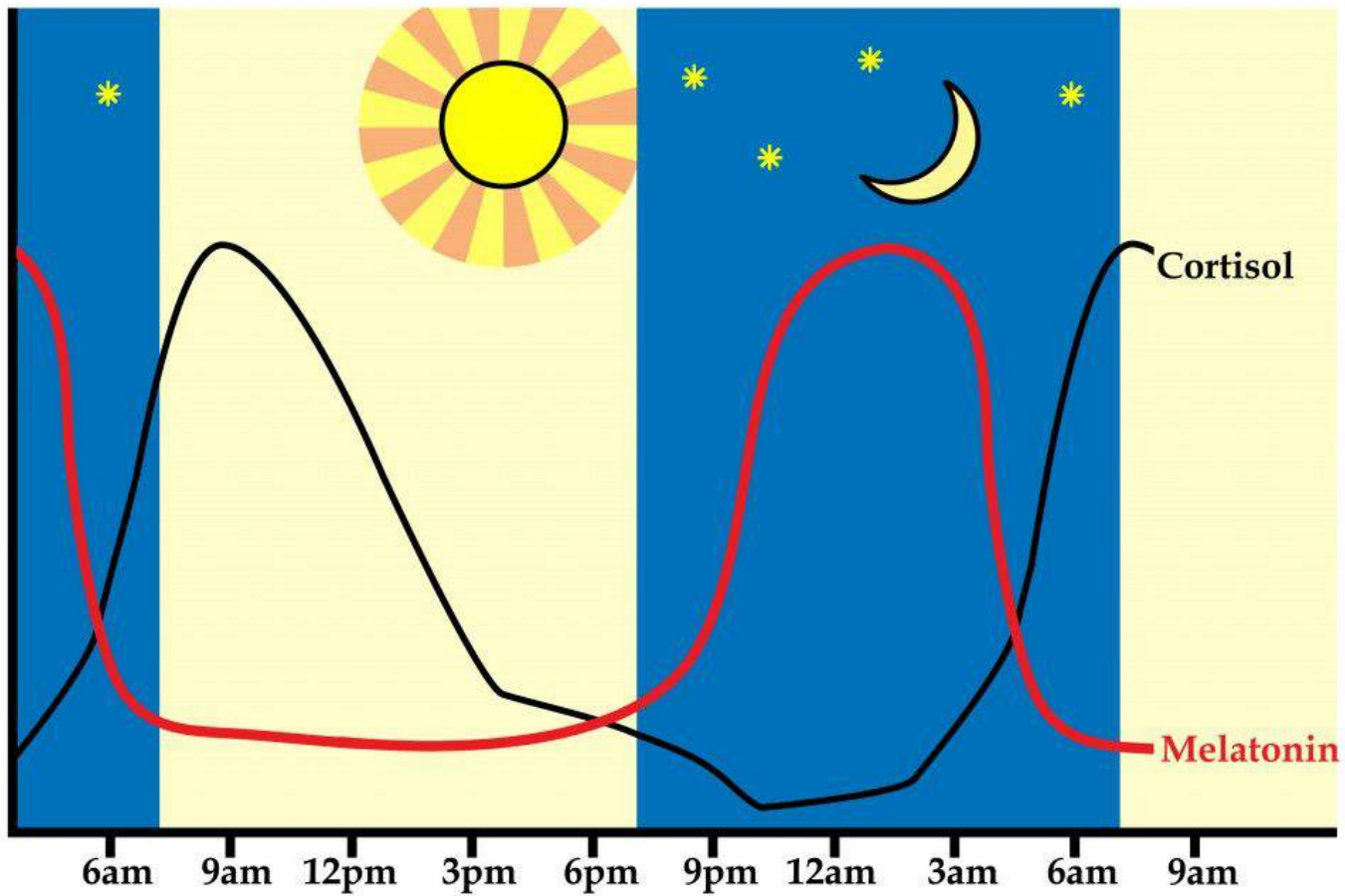
- Significantly affects performance, mood and judgement
- Judgement of efficiency also deteriorates
- Central to long-term memory formation
- “Energy for change”



Sleep

- Our brains and our bodies like routines
- Same time to bed, same time to rise
- Bed time routine
- Children – routine is extremely important





Environment

- Quiet, cool, well-ventilated
- Dark - melatonin
- Cold feet!
- Pets and children

Technology

- Blue light inhibits melatonin production
- Social responding / isolation
- Threat-seeking: anxiety and stress



Food and Drink

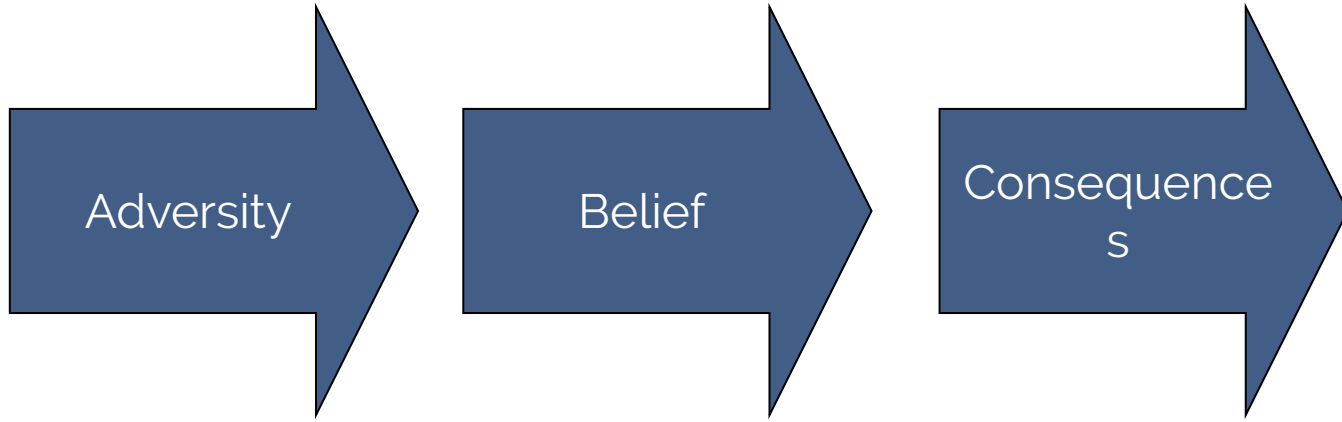
- Caffeine, tannins in tea
- Nicotine – adrenaline and dopamine
- Sugary food and drink
- Sleep after exercise





Wellness and Wellbeing

How you think matters



Thinking traps

- Jumping to conclusions
- Tunnel Vision
- Personalising
- Externalising - next
- Over-generalising
- Mind reading



Externalising?

- Looking for someone/something else to blame
- Allows you to stay angry and frustrated
- You perceive the issue as outside your control
- You don't try to change it, or...
- You change the context only (new job, same problems)
- Long-term, damaging stress



Acceptance

- Time and energy wasted wishing things were different...
- ...actually prevents change
- Regardless of how I feel about the current situation...
- ...this is what I have to work with
- In control, proactive, less stressed

**KICK THE
SHIT OUT OF
OPTION B**

Identifying Thinking Traps



Manage your wellbeing!

- Stress bucket – daily de-stressors
- Regular cardio – make it a habit before you make it hard
- Prioritise your sleep
- Start to recognise your thinking traps
- Blame locks you in place
- Acceptance allows you to move forward

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