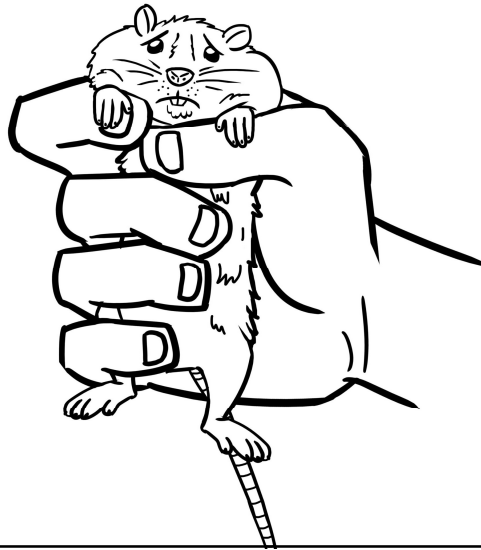




1



2



3

“Stress is the body’s response
to any demand placed on it”

Hans Selye, 1936



4



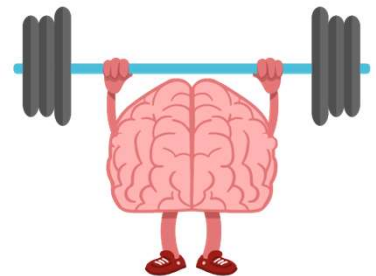
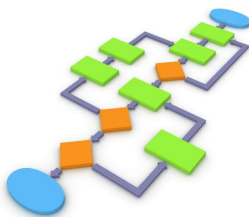
Stress, anxiety and depression have become one of the leading causes of sickness in the UK workforce

(UK HSE, 2021)

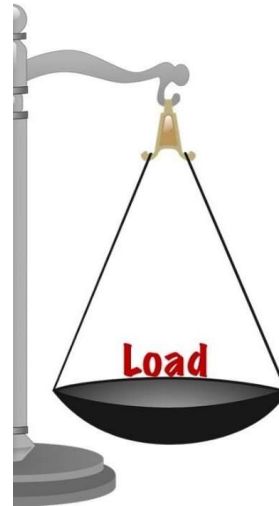


Managing

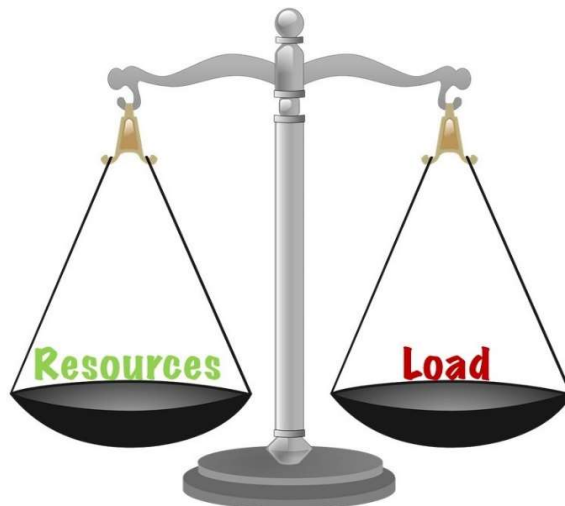
7



8



9



10



Annie's
Day...

11



12



13

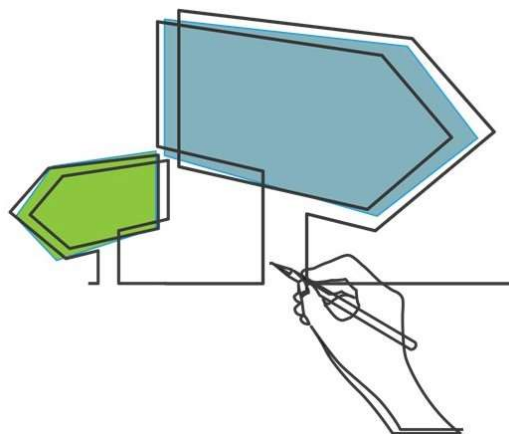


14



15

The Performance Impacts



Quality of
Decisions

16

Imagine You're a Parole Judge..



17

The Performance Impacts

Mistakes



18



Conflict



**1.8h per
week**

**Problem-
Solving**



**Change
Resistance**

**Which effect
do you most
recognise?**



23



24



RE-SET



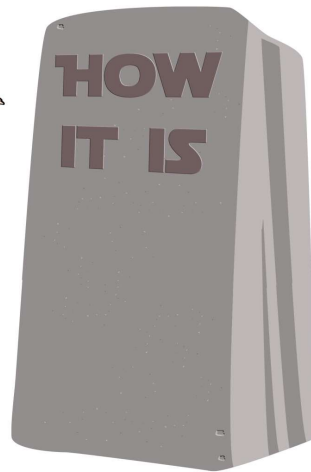
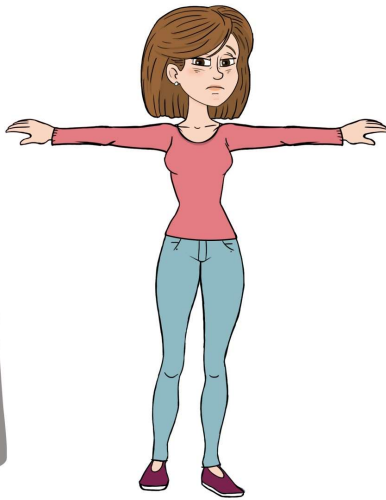
Taking Micro-Breaks

<https://www.fast-pathways.com/content-reset.html>

So What is Stress?



The most
common
stresses?



Problem
stress



33

Not Every Gap is a Problem...



34



Neutral stress

35



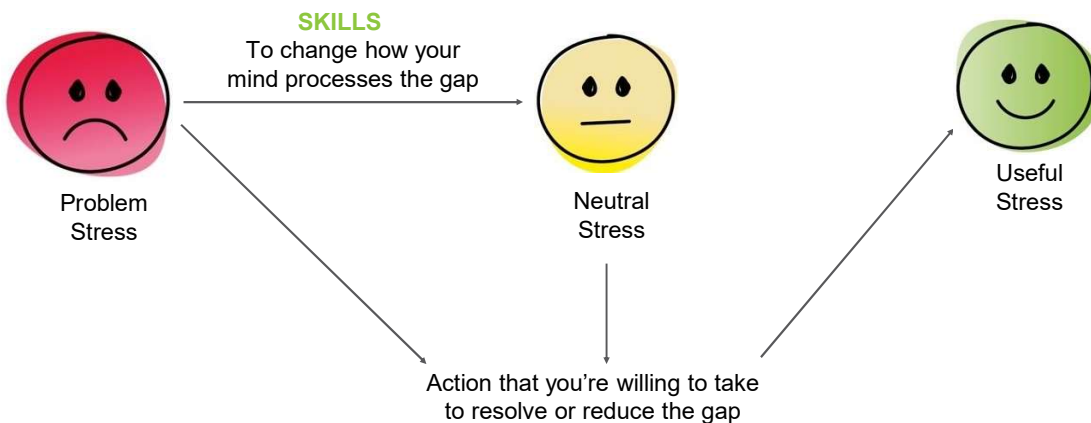
Useful stress

36

Problem stresses	Neutral stresses	Useful stresses



37



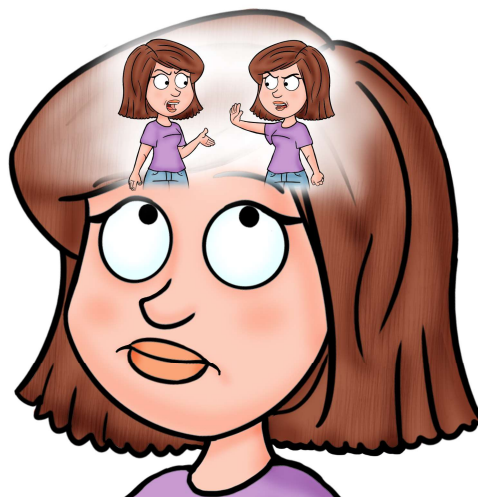
Able + Willing = Empowered

38

Able + Willing= Empowered

AWEsome

Aaaaaaaaaw....

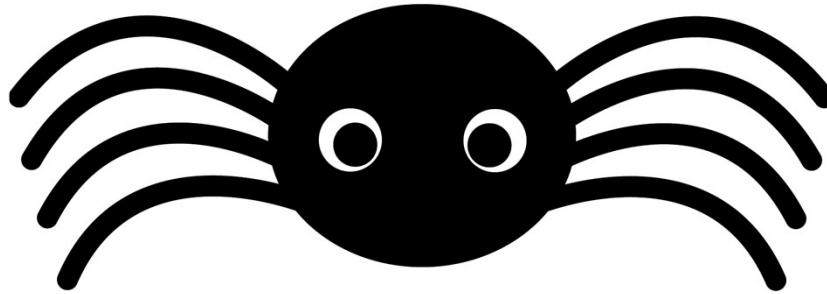




41



42



It's all from your own
experience



It'll take a lot
of work



45

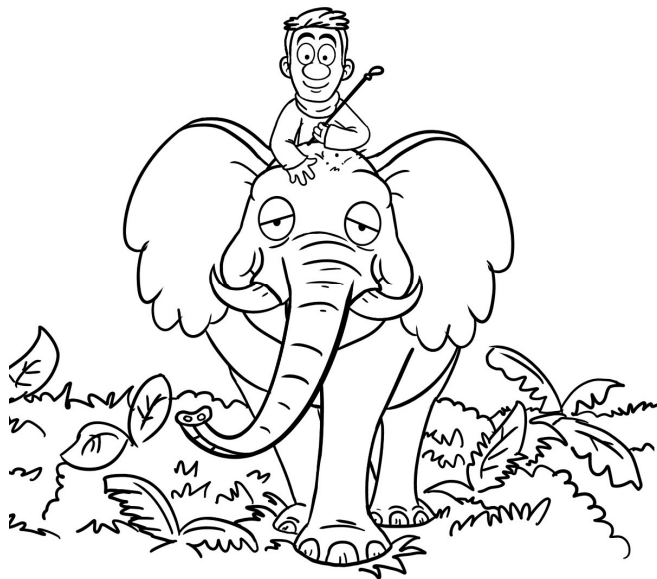


You have to manage the
unhelpful thinking

46



You have to
understand it to fix it

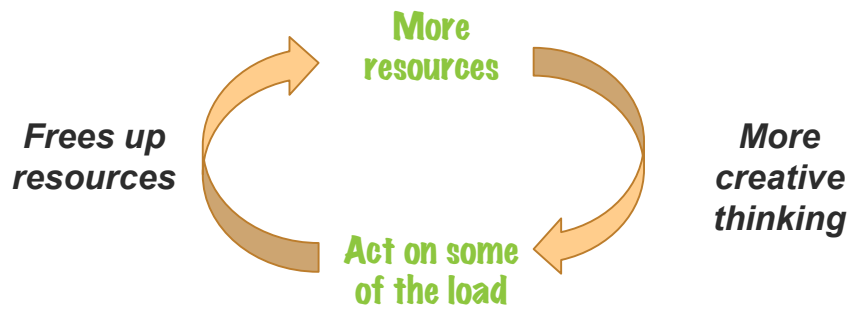




The average discomfort level halves



[www.resolve-stress.com](http://www.resolve-stress.com/stress-govpd)
[/stress-govpd](http://www.resolve-stress.com/stress-govpd)



?

Worrying	30 minutes
Picking Over	10 minutes
Mistakes	10 minutes
Sleep	15 minutes



**More than 1h
every day**

I'll do today's Resets
at [Time] in [Place]





**We don't do what's
good for us**

55

**How many
things can you
think at once?**

56



Research findings of University of Oregon psychology professors Edward Awh and Edward Vogel.

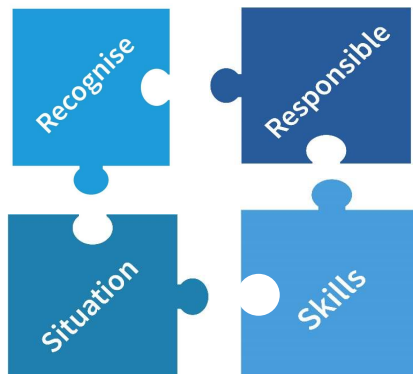




59



60



Whirl

Slapstick

Cinerama



Bat → Tab

Melon → Lemon

Cinerama → American



Link in the chat....

65

Accessing the Resources



[www.resolve-stress.com
/stress-govpd](http://www.resolve-stress.com/stress-govpd)

66

Able + Willing = Empowered

AWEsome

Aaaaaaaaaw....