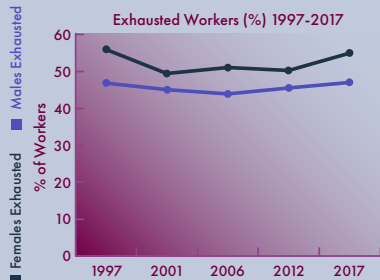


1. THE STRESS LANDSCAPE

Stress, the "health epidemic of the 21st century" World Health Organization. But is it?

42% of women believe they are too stressed, compared to 36% of men



High & steady trends of exhaustion for workers

85%

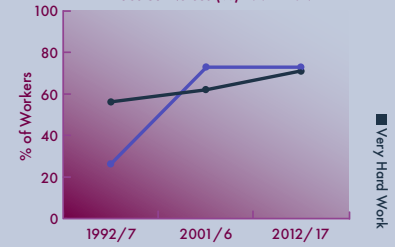
of UK adults are experiencing stress regularly

Resilience Engine Experience

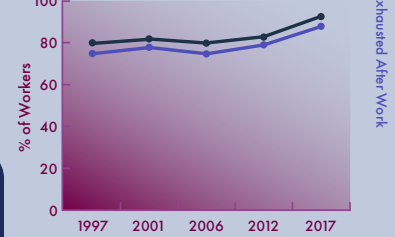
We see a shift downwards to just coping which has consequences for both performance and wellbeing

- Sources:
- Work Intensity in Britain: First Findings from the Skills and Employment Survey 2017
 - Forthwithlife

Exhausted Nurses (%) 1992-2017



Exhausted Teachers (%) 1997-2017



Worrying high trends are only getting higher

Use this postcard for yourself and your teams. It will stimulate good thinking!

Do you notice a change in stress levels in the last few years?



Main Causes by Age

- 18-24 Money
- 25-34 Work
- 35-44 Money & Work
- 45-54 Work
- 55+ Health

Source: Forthwithlife

Resilience Engine Experience

Most common reason:

Overload

The overestimation of capacity is one of the top barriers to Resilience



Use this postcard for yourself and your teams. It will stimulate good thinking!

Stressors

What are your main causes of stress?

3. STRESSORS

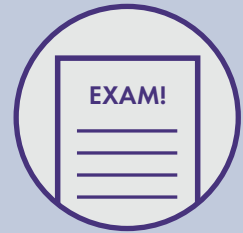
Absolute Stressors



- Stress-inducing for everyone. Examples: earthquakes, terrorist attacks etc.



Relative Stressors



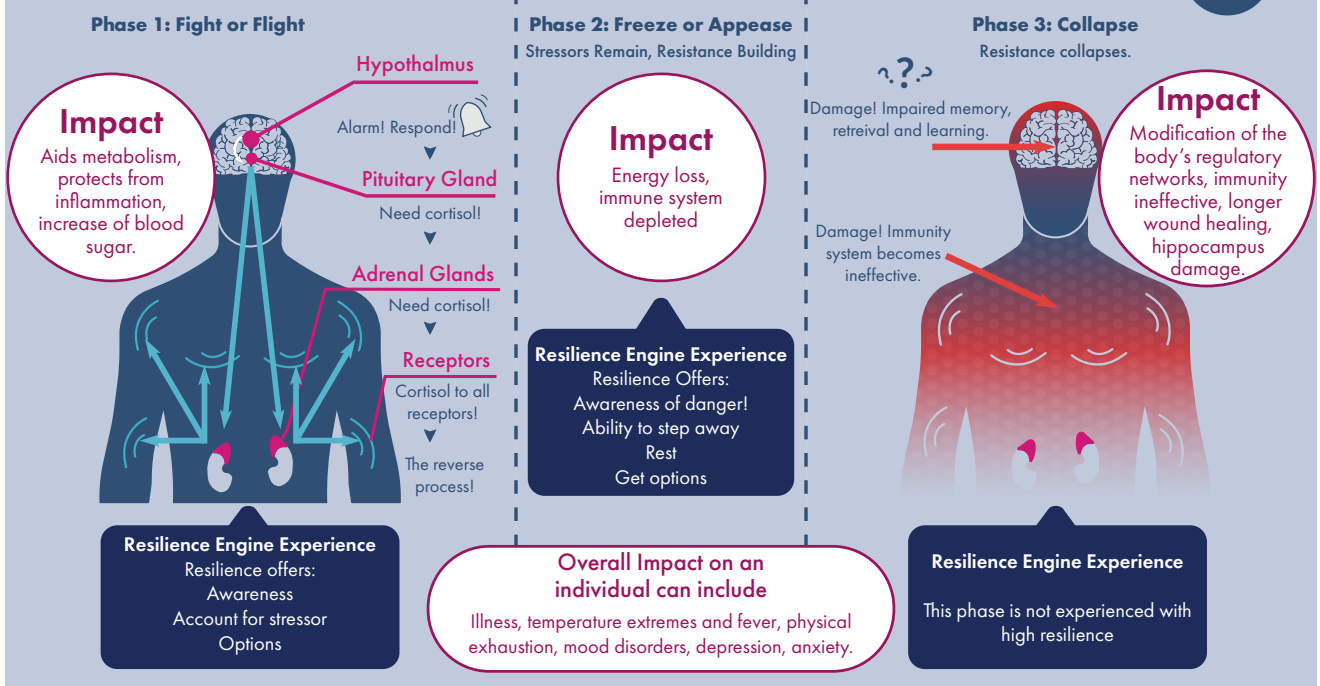
- Subjective, different reactions in different people. Examples: pressures at work, sitting an exam etc.

Resilience Engine Experience

The variance in response is because of resilience; issues hijack you without investment in resilience

Use this postcard for yourself and your teams. It will stimulate good thinking!

Which stressors can you handle with ease
and which hijack you?



Use this postcard for yourself and your teams. It will stimulate good thinking!

Do you know the tipping point for yourself between good stress and bad stress?

5.

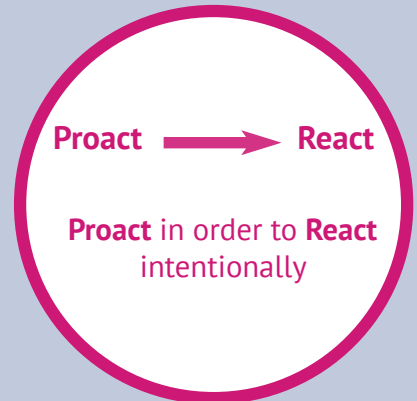
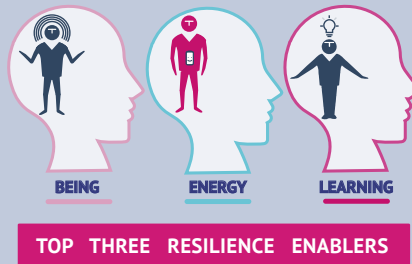
RESILIENCE IS A BUFFER TO STRESS



Taking care of your stress reactions

There are two parts to developing your resilience as a buffer to stress, concentrate on:

The more resilience in your system, the more you can choose your reaction to stressors. You become more proactive. And that means you can *proact to react* well:



Use this postcard for yourself and your teams. It will stimulate good thinking!

What are the conditions for you to feel stress-free?

