

| Wellbeing & Stress Management

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Managing stress levels in your team / promoting mental wellbeing

Looking after your own stress levels & wellbeing



What is stress?

'the adverse reaction people have to excessive pressures or other types of demands placed on them"

Stress Bucket

Stress flows into the container



Vulnerability is shown by the size of the container



If the container overflows, problems develop - 'emotional snapping'

Activity - When are you are at this point?

- Physical Thoughts
 - Emotions Behaviour



BODY

MIND

Headaches Frequent infections Muscular tension

Fatigue Skin irritations Breathlessness Worrying Muddled thinking Inability to concentrate

> Nightmares Indecisions Negativity Hasty decisions

Loss of confidence
More fussy

Irritability
Depression
Anger
Anxiousness
Apprehension

Accident prone
Over- / under-eating
Loss of sex drive
Drinking more
Sleeplessness
Restlessness
Smoking more

EMOTIONS

BEHAVIOUR

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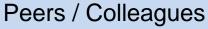


Stress flows into the container





Personal Life Past Experiences





Age / Gender / Background

















Stress & Mental Health

Stress flows into the container



Vulnerability is shown by the size of the container

If the container overflows, problems develop - 'emotional snapping'



Activity - What are your coping strategies?

Helpful coping strategies = tap working, lets the stress out
Unhelpful coping strategies = tap blocked, so water fills container and overflows

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Activity: What can you do to support the wellbeing of others?





Remember the Stress Bucket





Build own knowledge

Wellness Action Plans (WAP)

Create time to talk about wellbeing

e.g. 5 ways to wellbeing



Wellbeing site - Manager Support

Become familiar with support

What can we support the wellbeing of others?

Keep perspective

Who can you talk to?



Show empathy

Self-care







Further Resources

Staff Wellbeing Site:

https://portal.shu.ac.uk/departments/wellbeing/Pages/Wellbeing.aspx

Mental Health Hub:

https://portal.shu.ac.uk/departments/WellBeing/Pages/Mental-Health-.aspx