



STRESS MANAGEMENT STRATEGIES

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A new skill

Like developing any new skill, it takes.

- Time
- Commitment
- Self-exploration
- Experimentation

A central part of stress management is finding ways to build new habits for yourself, so that you have practical tools readily available as stressful situations arise.

Activity

- Think about a time when you were stressed and you found a way to manage your reaction and feelings.
- Turn to your neighbor and finish this sentence:
 - “One of the best things I do for myself when I am feeling stressed is.....”
 - “One of the worst things I do for myself when I am feeling stressed is.....”

Be prepared to share with the large group

Plenary

Good practices

Bad practices

How can we get worst?

What can you do/not do, say/not say, think/not think to guarantee that you are managing your stress in the worst possible way?

"How to get worst" to do list

Strategic problem solving model

- Based on the Strategic Problem Solving Model developed by Nardone:
 - “Start getting better not by acquiring new tools and strategies, but by stopping doing worse”
- We first focus on how to get worst to then improve and understand how and where we can improve by creating the how to get worst list that we shall use for at least 21 days

Unhealthy coping ways

- Sometimes, people who are going through hard times or dealing with too much stress are not capable to properly evaluate the actions they make and the ways they cope with stress.
- Because of this, they sometimes cope with stress in an unhealthy manner.
- Let's see the most common

Unhealthy coping ways

- Procrastinating
- Sleeping way more than normal
- Overthinking your daily life problems / not planning
- Harming yourself
- Eating too much
- Impulse buying and over spending
- Smoking / drinking a lot of alcoholic beverages
- Drug-usage

Stress management strategies

- What is a stress management strategy?
 - Process of managing stressful situations
 - Deliberate and planned approach
 - Goal: reduce, tolerate, or minimize stress
 - Individualized
- Create a stress management strategy toolbox
 - A real or imaginary “box” collecting coping strategies that are successful for you

Stress management strategies

- Recognize signs of stress
- Stress reduction exercises
- Mental techniques
- Being assertive
- Time management
- Conflict management
- Self care and healthy living
- Personal development and self-confidence

Recognize signs of stress

- Self-awareness is the foundation of stress management
- Become aware of stress by observing your muscles, insides and your breath
- Using a Stress Log

Stress reduction exercises

- Stress reduction exercises such as deep breathing, progressive muscle relaxation and guided visualization can greatly help in reducing the level of stress

Being assertive

- Being assertive includes standing up for your point of view and beliefs and being able to express your opinions freely, respectfully, politely and confidently.
- Being assertive boosts self-confidence and earn other people's trust, confidence, and respect.
- It helps manage your stress because you will be able to ask for help when needed.

Conflict management

- Poorly managed conflicts are a great source of stress whether they are a work, family or internal level
- Preventing stress pass through improving our capacity to better manage conflicts and learn how to give feedback to our colleagues, students and their parents

Time management

- Time Management can be a huge cause for stress in many peoples' lives.
- You may get more done with less stress if you make a schedule and if you prioritize your activities, tasks and objectives

Personal development

- The final tool to manage stress is investing in our personal development, self-awareness and self-confidence
- It's crucial to develop and support our sense of coherence and to which extent the events are perceived as making logical and one feels that life makes sense