

How To Make Stress Work For You - Supplementing document/script

Intro Question

Write a time when your stress response actually helped you show up or get something done?"

Why This:

- Stress is hugely valuable and critical to us as humans, its hard wired in us but the problem is that our response hasn't changed since we were cave people...we perceive threats and respond the same, weather its a lion or a deadline. But as we've said, there are times it rises us to a challenge and gets stuff done. Where it becomes tricky is when it tips into distress
- Everyone has a unique response to stress and how it makes us feel or think so we are going to identify your own personal clues to help identify when your tipping into a more unhelpful place
- What I'm going to run through today is an exercise to put you back in the driving seat, in control and able to channel the stress in a positive way

Stress VS Distress

- We've touched on when stress has been useful to you and I'm going to use an example you'll be familiar with in your strength training
- You're doing a workout, you're using a pretty easy weight, you're not really applying stress on the body so what happens...nothing. (graph in the red area, bored, no change.)
- On the flip side you come and grab a huge weight, try and lift it, its TOO much for you to hand so we burn out.
- Your aim in the workouts is to find the weight that puts you (in green) where you adapt and grow in a positive stress.
- We are the same - no stress, no growth no excitement. Too much, burnout, pain and strain.

Your Signs

My own person signs and why

Pull out some and go through slide with examples. Explain briefly why (like low appetite or gut changes)

One not on there is shaky - your body is full of adrenaline and cortisol, preparing to fight or run away and the shaking is excessive energy with nowhere to go, which can make us almost feel worse! The signs can make us feel more stressed sometimes!

Thinking about that tipping point, what sort of signs does the body give you that you're in this area going from positive stress to distress. Pop in the chat. Common themes maybe?

Balls In Bowl Demo

- So now you have your signs and your listening to your body, let's take a step back and bring you back into the green.
- DO THE BALLS IN BOWL VISUAL (bowl, small stressors building up, bigger ones, MASSIVE ones - if you're interested, there is actually a scale called the Holmes and Rahe that rates how stressful a situation is BUT I would say that it is relative to you. Everyone sees things differently.
- We have an overflowing bowl, someone in distress, having all the signs of stress we talked about. We are going to ask three things. What balls can we remove, can we shrink some balls we can't and my favourite how to make your bowl bigger.

Back To Slide

What can you remove from your bowl? You can delegate, save for another time, say no completely. Removing 'noise' like news apps or notifications on your phone, using a meal prep box for shopping, and a cleaner or dog walker. Note - nothing here is about sleep eating or exercise..more on that later. Be BRUTAL! If your bowl is overflowing, you're not going to thrive or do anything well so get rid of some stuff.

Write one commitment in the chat

What Can't be Removed? Either is because its a fact like illnesses, moving house, job (although you miggggghhhht consider that) or because you've chosen to keep it there. How do we change perspective? Important -

Good example- I left cleaning the kitchen in my bowl, that's a choice now. So how do I shrink it? Make it into an enjoyable choice, listening to a podcast, cleaning is therapeutic. If it's bigger, a great tool are the Thought Transformers to gain some perspective or alternative view.

Jot one down you've kept that is taking up the most space - talk with coach or try a TT

How to make bowl bigger -

My favourite - If we think back to those signs your body gives you that your stressed (poor sleep, irritability, low mood etc) Your bowl is shrinking, we power down almost into to protection mode and often the first thing to go is 'self care' - we could do a whole talk on this and our views of it but for today, I'm going to offer one simple perspective shift.

The things that we might view as 'self care' are completely imperative to keeping your bowl nice and big NOT balls in the bowl.

The following will come as no surprise to any of you, but I've not added them in to make my life easier as a coach, they are all fully back by data and science. Two good examples:

Strength Training - Exercise is the number one way to reduce stress, that's mainly down to the stress response being Fight Or Flight. Both physical, to cheat the body into thinking it's dealt with stress....we need to simulate that. Lifting weights does this incredibly well PLUS the mental resilience it creates (battling thoughts like oh I wont lift that, I can't be bothered) builds resilience.

Chewing - stimulates your vagus nerve which triggers your parasympathetic which is your rest and digest. Think of it like two systems one fight or flight, one rest and digests, cant happen at the same time. If you're someone who rushes lunch or eats at the desk, you might notice bloating, not feeling full, sluggish, acid reflux etc. Your body hasn't switched into the body to fully digest, absorb nutrients and thats why it can cause some responses like acid relfux. The science suggests 20mins to eat a meal....I'd love you to time and see!

I'd love you to write 2-3 of these that you will protect this week in the chat

So you have three commitments that are actionable and clear. One final sign off to really illustrate the importance of how we view stress...

There was a fascinating research study between 1998-2006 of 30k adults and they asked each of them these two questions.

How much stress have you experienced in the last year and Do you believe stress is harmful for your life?

Unsurprisingly, those who said they suffered from a lot of stress had a 43% increase in dying

BUT

That was only true for those who believed stress was harmful to your health. Those who answer 'a lot of stress' but didn't think it was harmful we at no more risk. In fact, they were lower risk of everyone.

So our attitude to stress really does matter. How we play in that green area of positive stress, rise to challenges and do things well. How we identify when we tip and how to go about bringing yourself back and most importantly, building your capacity to cope.

Pelvic Floor And Your Training ?

Mindful Eating Coaching Call - Dave

How did this come about? - like that - the why

Follow up ask the group a question - like

Checking the chat after slides - practice

Using less writing on the powerpoint so you can vamp on it?

Sugar - Dave

Like the slideshow - more a question, do you have notes alongside that you refer too or put it all on the slideshow?

Explanation of why it's relevant to those listening

Brief overview of the call

Really like what you said about willpower! Totally agree

Maybe to include a bit more image for some different type of learning

Asking what people already know maybe?

Nice to call forward to a future call to keep people coming back - using the whatsapp (tools in the programme)

December Success Strategies - Rob

- I liked the images, the talking around the pictures
- Quotes - find some for my call
- Drawing it back to the programme and how you use it and where the tools are
- Story and make it personal? Or client stories