THRIVE

Wellbeing and study success

Presented by:
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Session 10: Managing Stress & Anxiety

No Recordings

Todays session will NOT be recorded for your privacy.

▶ Stress vs Anxiety

What's the difference?

Stress – External causes
Occurs when demands exceed
perceived *ability to cope.*

Anxiety – Internal causes
Persistent feelings of fear or
apprehension for the ***future***

▶ Stress

- Deadlines
- Social conflict
- Finances

Stress *usually* subsides when the external stressor is removed

Anxiety

- Worry
- Self-imposed standards
- Fear of failure

Anxiety *usually* remains even in the absence of an external stressor

▶ Stress vs Anxiety

Share similar physiological responses

Hard to distinguish with self-evaluation

Strategies (like todays) usually only work on normative levels.
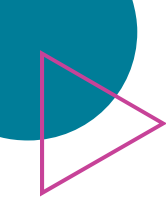
Physiological Responses

Typical Symptoms:
- Uneasiness
- Tension
- Headaches
- High blood pressure
- Insomnia
- Fidgeting
- Sweating
- Upset stomach

Severe Symptoms:
- Cold & flu like symptoms
- Rash or hives
- Memory inhibition
- Panic attacks

How can we cope with Stress & Anxiety?
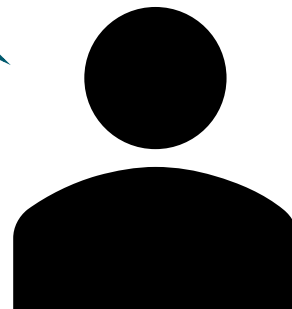
How do **YOU** cope with:

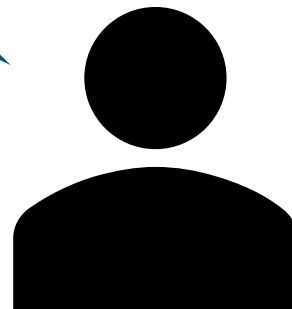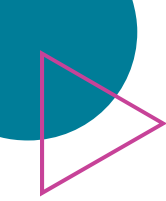Stress   Anxiety

Coping strategies

Emotion Focused
Aimed to reduce the severity of negative emotions

Problem Focused
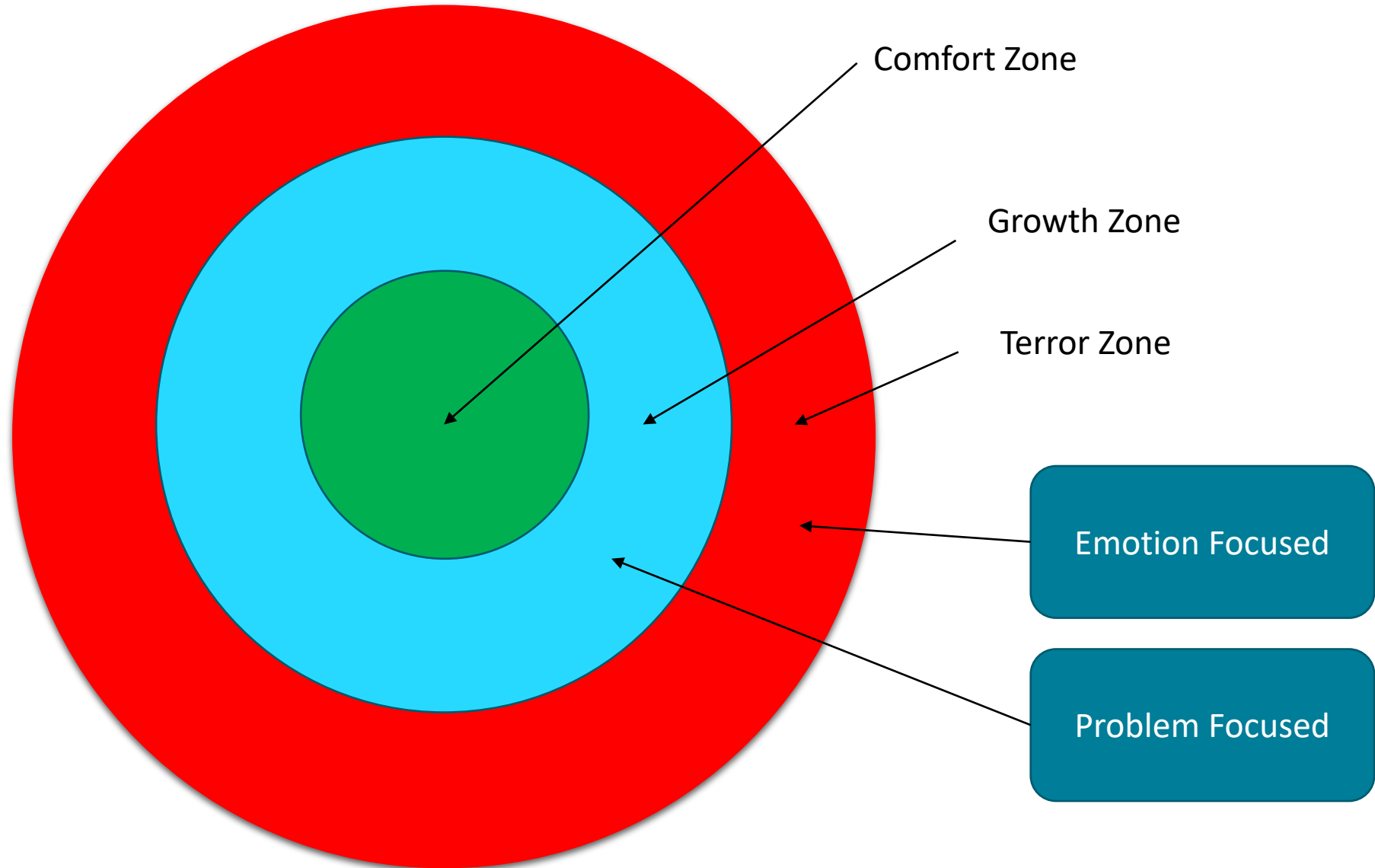Aimed at reducing the source of stress/anxiety

Which strategy is better?!

Comfort Zone

Growth Zone

Terror Zone

Emotion Focused

Problem Focused

▶ But… where are
the strategies???

The effectiveness of each strategy is
highly variable based on the individual

There is NO one best strategy

There is only the best strategy for YOU

▶ Managing Stress & Anxiety

Step 1 – Identify if it is **Stress** or *Anxiety*

Step 2 – Identify if you need an Emotion or
   Problem solving coping strategy

Step 3 – Try using an individualised strategy

Step 4 – Non-judgmental reflection
   - Did it work? Why?

   - Did it not work? Why?

Step 5 – Adjust based on reflection and try again

What will you take away from today?

The goal is *Progress* not *Perfection*