



THRIVE

Wellbeing and study success

Presented by:
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Session 6: Managing Stress & Anxiety

What is this program all about?



No Recordings

Today's session will **NOT** be recorded for your privacy.

These sessions are:

- Safe
- Respectful
- Inclusive
- Non-judgemental



► 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

Stress is commonly understood to be Central Nervous System (CNS) arousal.

This happens when **Demands** exceed our perceived ability to **Cope**

When we don't think we have the resources to cope, our CNS activates to provide more.



► Anxiety

Anxiety is similar to stress, in that it is still Central Nervous System (CNS) arousal.

This happens when an *anticipated Demand* exceeds our perceived ability to **Cope**

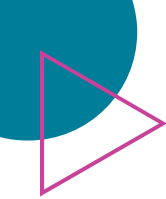


▶ Stress vs Anxiety

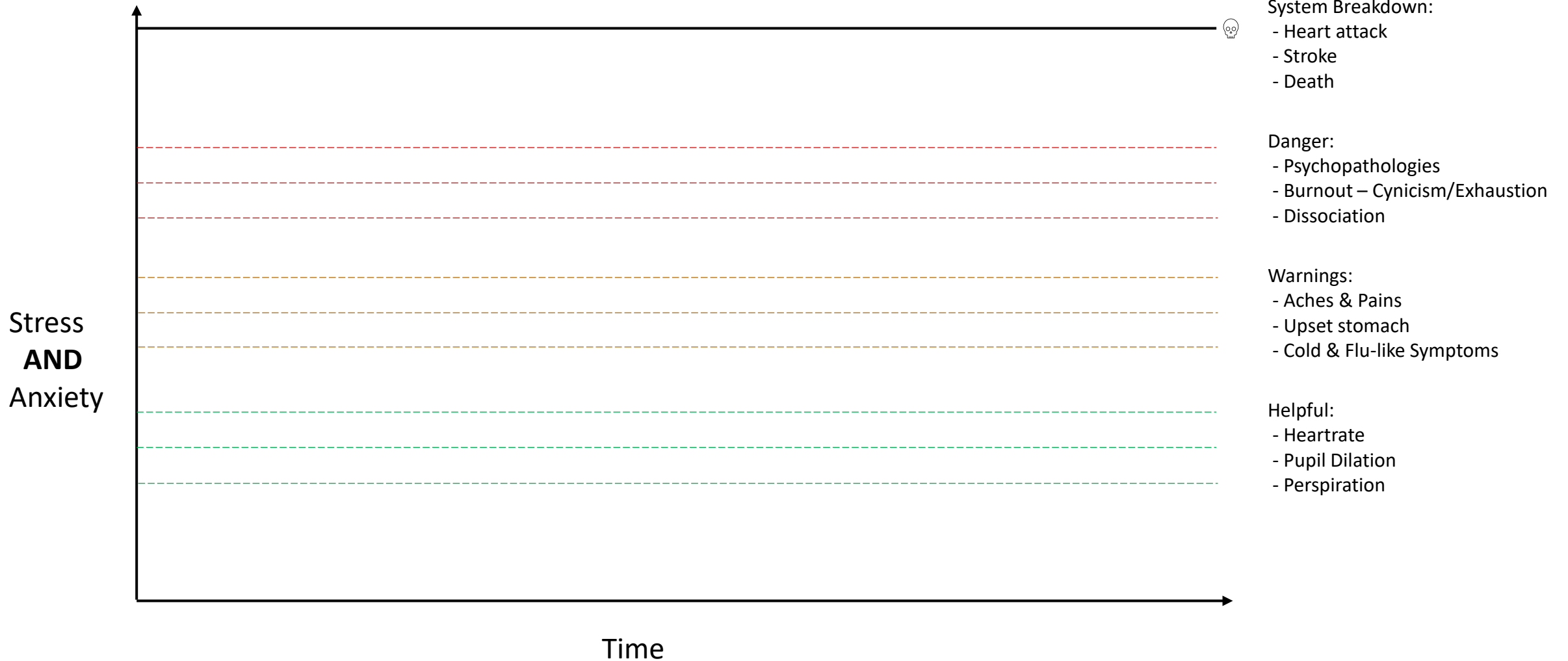
Share similar physiological responses

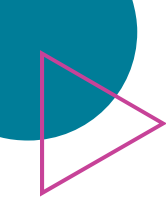
Hard to distinguish with self-evaluation

Strategies (like today's) usually only work on normative levels.



Diathesis Stress Model





Coping strategies



How do **YOU** cope with:

Stress

Anxiety

There can be two approaches

Short Term

aka – How do I survived -now

- Mammalian Dive Reflex
- Cold Exposure
- Nature Exposure
- Food/Drink
- Mindfulness
- Breath work
- Exercise
- Music
- Engaging in comfort task
- Social engagement

Long Term

aka – How do prevent ending up here again

- Environment
 - Reduce demands
 - Increase resources
- Domains of control/Action
 - Control
 - Influence
 - Concern
- Professional Help
 - Reduced future focus
 - Appraisal adjustments
- Improve Wellbeing

What will you take
away from today?

The goal is *Progress*
not *Perfection*

