# **THRIVE**

Wellbeing and study success

Presented by: Atticus D. Gray – School of Psychology

Session 6: Managing Stress & Anxiety





What is this program all about?







# No Recordings

Todays 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** 

# **DEAKIN** UNIVERSITY

## ▶ 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

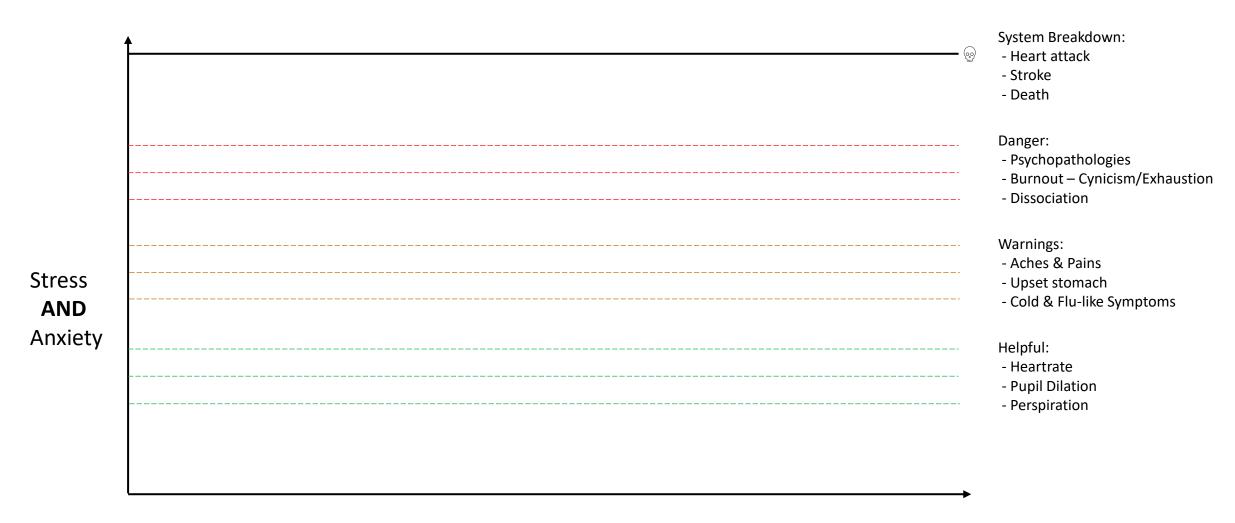
Hard to distinguish with selfevaluation

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



#### **Diathesis Stress Model**





Time





How do **YOU** cope with:

<u>Stress</u> <u>Anxiety</u>





## 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

## <u>Long Term</u>

#### <u>aka – How do prevent ending up here again</u>

- 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* 

