



Stress Management Society  
from distress to de-stress



International  
**Wellbeing Insights**  
People, Culture & Wellbeing

# ADAPTING TO AN ABNORMAL WORLD

ENERGY CORRIDOR SECTION  
**ASSP MEETING**



## HOW MANY OF YOU...



HOW MANY OF YOU HAVE EXPERIENCED CHANGE OVER THE LAST YEAR?



HOW MANY OF YOU FEEL WELL EQUIPPED TO COPE WITH ADJUSTING TO THAT CHANGE?



HOW MANY OF YOU DO NOT FEEL WELL EQUIPPED TO ADJUST TO THAT CHANGE?



RAISE YOUR HAND OR ANSWER IN THE CHAT SECTION



# HOW TO USE THE WORKSHOP

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**THIS IS NOT A LECTURE; THIS IS AN INTERACTIVE WORKSHOP.**



**QUESTIONS WILL BE ASKED THROUGHOUT THE SESSION, PLEASE GET INVOLVED IN THE CHAT OR USE THE MICROPHONE.**



**THERE WILL BE OPPORTUNITIES TO PARTICIPATE – WE WANT TO HEAR FROM YOU! PLEASE FEEL FREE TO ASK QUESTIONS, SHARE EXPERIENCES, DISAGREE, SEEK CLARIFICATION, WHATEVER YOU NEED AT ANY TIME.**

## GROUND RULES: CREATING A TRUSTED SPACE

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**BE HERE NOW:**  
**NOT BE HERE SOMETIMES!**

**DISTRACTIONS:**  
**TECH OFF OR ON SILENT**

**PARTICIPATION:**  
**WHAT YOU PUT IN IS WHAT YOU GET OUT**

**HONESTY & RESPECT**  
**KEEP AN OPEN MIND**

**CONFIDENTIALITY**  
**USING 'I...' STATEMENTS**  
**SAFEGUARDING**



PLEASE FEEL FREE TO ADD MORE IN THE CHAT SECTION



# OUR HISTORY



**INTERNATIONAL WELLBEING INSIGHTS** HAS BEEN DEDICATED TO LEADING EFFECTIVE UNIVERSAL CHANGE WITH OUR PASSIONATE APPROACH TO RECOGNISING AND REDUCING STRESS AND PROMOTING WELLBEING SINCE 2003.

WE ARE THE RESEARCH AND CONSULTANCY ARM OF **THE STRESS MANAGEMENT SOCIETY**

OUR VISION IS TO CREATE A **HAPPIER, HEALTHIER** AND **MORE RESILIENT** WORLD.





# CHANGE CAN BE A CHALLENGING AND ANXIOUS TIME FOR MANY REASONS

**WE NEED TO BECOME FULLY EQUIPPED TO BEST DEAL WITH  
CHANGE AND ADAPT...**



# WHAT DO WE NEED IN ORDER TO THRIVE IN TODAY'S CHANGING WORLD?



TALK TO ME OR ANSWER IN THE CHAT SECTION



# RECAP OF OUR APPROACH TO WELLBEING



## THE BRIDGE ANALOGY

IF WE CONTINUE TO ADD MORE AND MORE LOAD TO THE BRIDGE - EVENTUALLY, WHAT WILL HAPPEN?

IT WILL COLLAPSE...TO PREVENT THE COLLAPSE YOU HAVE TWO CHOICES:

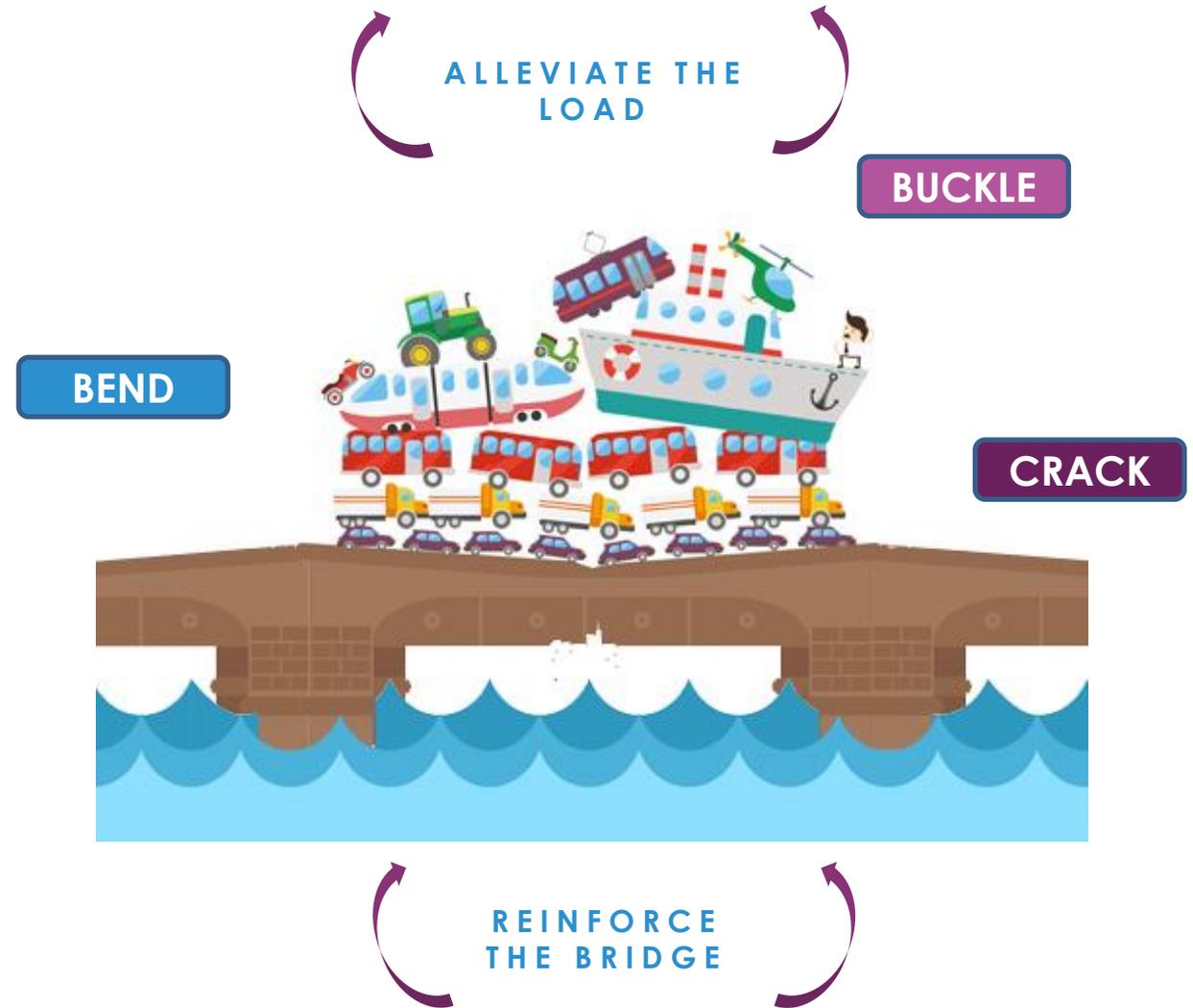
ALLEVIATE THE LOAD OR REINFORCE THE BRIDGE

BUT BEFORE IT COLLAPSES IT WILL GIVE YOU SOME WARNING SIGNS

IT WILL BEND, CREAK, BUCKLE AND SHOW SIGNS OF BEING UNDER STRESS

STRESS IS WHEN THE **DEMAND** MADE ON AN INDIVIDUAL **EXCEEDS** THEIR CAPACITY OR THE **RESOURCES** THEY HAVE TO COPE WITH THE DEMAND

WHAT CAN BE DONE?





**WHAT IS THE MOST COMMONLY ASKED  
QUESTION ON THE PLANET?**

**WHAT IS THE MOST COMMON ANSWER?**



TALK TO ME OR ANSWER IN THE CHAT SECTION





## WHY ARE PEOPLE RESISTANT TO CHANGE?

## WHAT DOES CHANGE ACTUALLY MEAN?



TALK TO ME OR ANSWER IN THE CHAT SECTION



## ADAPTING TO CHANGE



### CHANGE IS...

1. NECESSARY
2. INEVITABLE

**SUFFERING IS OPTIONAL**



## ADAPTING TO CHANGE



SUFFERING IS OPTIONAL...

# BECOMING COMFORTABLE WITH BEING UNCOMFORTABLE



# ADAPTING TO CHANGE



SUFFERING IS OPTIONAL...

**BEING PRESENT IN THE MOMENT**

**WITNESSING OBJECTIVELY**

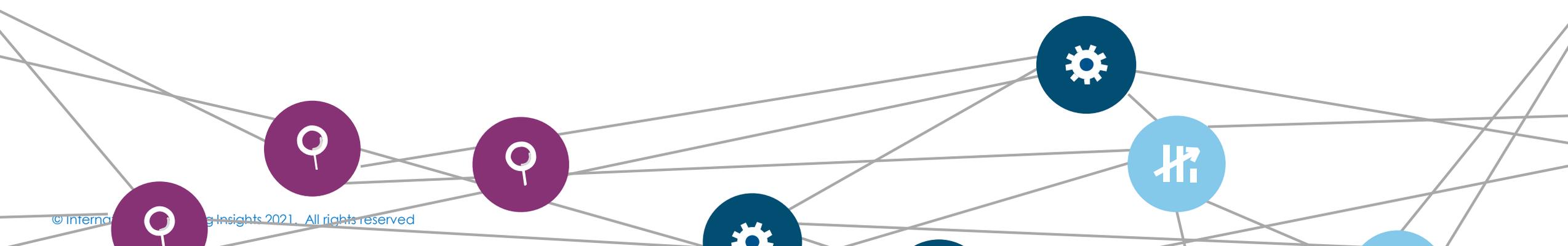
**SWITCHING FROM ACTOR TO DIRECTOR**





# POWER

WHAT DOES THIS WORD MEAN?





# POWER

THE ABILITY TO DO OR ACT



# FIVE BUILDING BLOCKS OF WELLNESS



**PHYSICAL  
WELLNESS**



**MENTAL  
WELLNESS**



**EMOTIONAL  
WELLNESS**



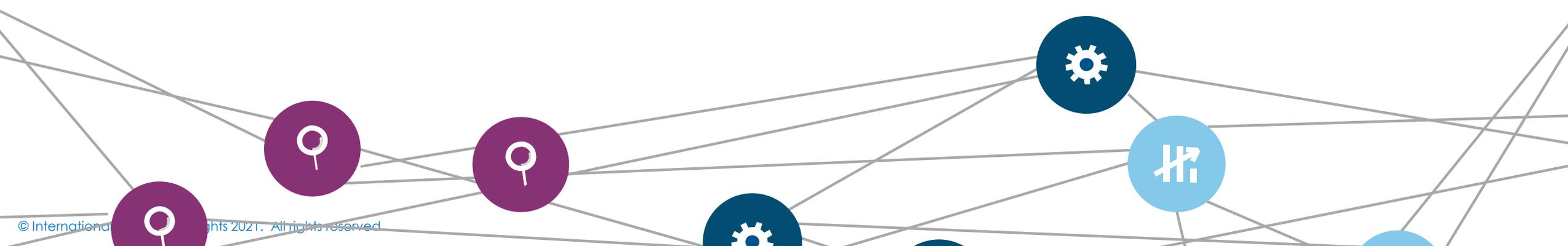
**SOCIAL  
WELLNESS**



**SPIRITUAL  
WELLNESS**



[www.stress.org.uk/lifestylebalance](http://www.stress.org.uk/lifestylebalance)



# ACTION PLAN



## KNOWLEDGE IS POWER...ONLY IF YOU APPLY IT OR TAKE ACTION

BUILDING OUR PERSONAL RESILIENCE: WHAT CAN YOU DO TO IMPROVE YOUR OWN ASPECTS OF WELLNESS?

1. PHYSICAL WELLNESS
2. MENTAL WELLNESS
3. EMOTIONAL WELLNESS
4. SOCIAL WELLNESS
5. SPIRITUALITY



## NEED TO TALK? SUPPORT RESOURCES

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### Check Point

- A global mental health resources, detailing local websites and emergency contact numbers for different countries: <https://checkpointorg.com/global/>

### World Health Organisation (WHO)

- WHO work to improve the mental health of individuals and society at large
- Find further information here regarding mental wellbeing and mental disorders: [https://www.who.int/mental\\_health/en/](https://www.who.int/mental_health/en/)

### C.A.L.M: Campaign Against Living Miserably

- They provide a list of international services for anyone who is feeling down or may have hit a wall for any reason: <https://www.thecalmzone.net/2019/10/international-mental-health-charities/>

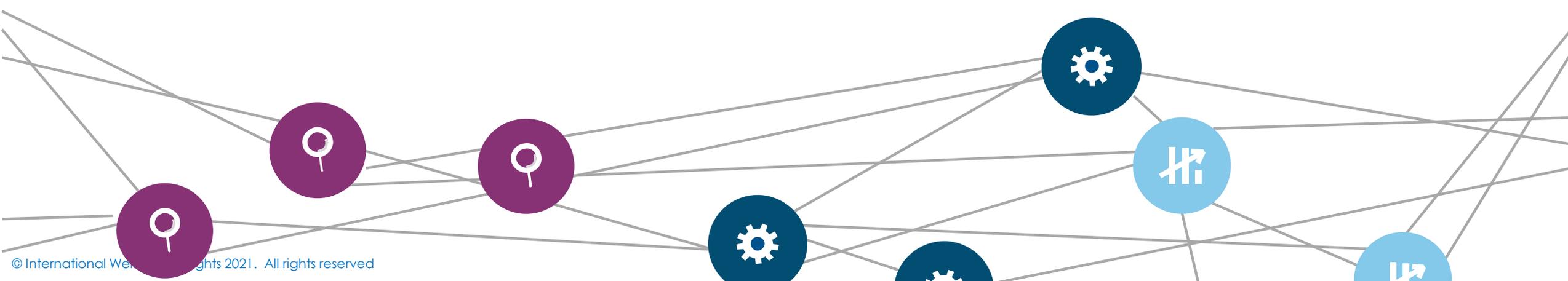


WHAT WILL **YOU** COMMIT TO FOR THE NEXT 30  
DAYS TO IMPROVE YOUR WELLBEING?

[www.wellbeing.work](http://www.wellbeing.work)  
[www.stress.org.uk](http://www.stress.org.uk)



## WHAT DO YOU NEED TO ASK BEFORE WE END TODAY'S SESSION?





We look forward to supporting your wellbeing journey



FIND US HERE:

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