

Minding Me- Managing Stress Better

Shane Martin C.Psychol.Ps.S.I.

MOODWATCHERS

Web: www.moodwatchers.com

Resources section



'Like' Moodwatchers (short written pieces about well being etc)



@moodwatchers



Shane Martin

NEED MORE HELP?

The Reality of Stress

- Unavoidable
- A degree of stress is helpful
- We all bark and bite!!
- Stressful events often trigger stress symptoms
- Prolonged stress is bad for us
- Irrational, illogical, unhelpful thinking & approaches
- Unhealthy stress eats away at our health and happiness

MOODWATCHERS

Environmental stress within workplace

- Heavy workload
- Under resourced/funded
- Tight deadlines
- Frequent interruptions
- Inspections
- Poor leadership
- Workplace conflict
- Long working hours

Environmental stress within home situation

- Small home
- Depleted resources
- Sick relative
- Child with special needs
- Work overload / Spillover
- Problems at school
- Family relations
- Neighbours

Environmental stress within workplace

- One-to -one counselling
- Changing our approach to the job
- Helicopter view
- What's your level of commitment?
- Planning for change - kicking a door open
- Examination of lifestyle
- Examination of stresses outside of workplace

Environmental stress within home situation

- One-to -one counselling
- Short term solutions
- Scheduling relief periods
- Seeking supports
- Initiating a compassionate perspective
- Meditation

Avoiding unnecessary stress

- We are thinking beings
- Our emotional state contaminates our thinking
- Our thinking is linked to how we feel
- Our feelings can drive our behaviour

moodwatching

- We do a lot of thinking
- A lot of our thinking is automatic (learned)
- We do not stop and reflect on how we think

moodwatching

- Our thinking affects our physiology
- We are not aware of the link between our thinking and our mood.
- How we think affects how we feel and in turn influences our behaviour.

- But remember sometimes anxious or stressful thinking is fully understandable and justified
- Indeed, symptoms of stress can be to be expected during stressful times
- Avoiding becoming stressed *per se*
- Avoiding carrying symptoms beyond the stressful event

INTERNAL DIALOGUE AUTOMATIC SELF-TALK

Our private world of thoughts, our interpretation of past and present, our predictions for the future are very powerful influences on mood and consequently our behaviour

THE WAY WE THINK
INFLUENCES OUR BEHAVIOUR

MOODWATCHERS

THOUGHTS
↓
FEELINGS
↓
BEHAVIOUR

TABLE FOR TWO



Mary waiting in a restaurant waiting for her 'date' to arrive

Thoughts

I hope he's all right. How come he's late? He's never late. Hope he's okay. The roads were very wet. He is an awful man for speeding

Feelings

Anxiety/ Worry/ Panic

Behaviour

Texting him. Then she phones his mother



Mary waiting in a restaurant waiting for her 'date' to arrive

Thoughts

I've had enough of this. I warned him not to be late. He's never late for a football match. My nana is right about him.

Feelings

Anger / Vengefulness / Regret

Behaviour

She gets up and leaves



Mary waiting in a restaurant waiting for her 'date' to arrive

Thoughts

He's a character. He has no sense of time. He probably will ask me what time was he meant to arrive? Annoying but I love him to bits

Feelings

Relaxed. Smiling.

Behaviour

She has another gin and tonic

**THE WAY WE THINK
INFLUENCES OUR BEHAVIOUR**

MOODWATCHERS

THOUGHTS
↓
FEELINGS
↓
BEHAVIOUR

THE KEY MORAL

All three Marys behaved
without knowing
the circumstances of the lateness

THE SENSE WE MAKE OF OUR WORLD IS CRUCIAL

HOW WE SEE OURSELVES, OTHERS AND THE WORLD WHEN CHALLENGED

Types of Faulty Thinking Mechanisms

MOODWATCHERS

What types of Unhelpful Thinking are you vulnerable to?

Black or white Thinking

1. Seeing things in extremes
2. No middle ground
3. Good/Bad, Perfect/Useless, success/failure, right/wrong
4. i.e. all or nothing thinking

MOODWATCHERS

What types of Unhelpful Thinking are you vulnerable to?

Filtering

1. Seeing all that is wrong with oneself or one's circumstances
2. Ignoring the positives

What types of Unhelpful Thinking are you vulnerable to?

Arbitrary Inferences – (Automatic conclusions without evidence)

- Joining the dots wrongly
- Instamatic decision-making

What types of Unhelpful Thinking are you vulnerable to?

Over-generalisation

Building up one thing about oneself or one's circumstances and concluding that it represents the whole situation.

E.g. Everything is going wrong!
 “Because of this mistake, everyone will think that I am stupid.”
 Something happening once or twice is *happening* all the time.

What types of Unhelpful Thinking are you vulnerable to?

Mind-Reading

Making guesses about what other people are thinking/ their motives

E.g “ She is trying to undermine me in front of the staff.”
 “I know what he really means.”

What types of Unhelpful Thinking are you vulnerable to?

Fortune-telling

Treating beliefs about the future as though actual realities

Predictions, anticipating crisis, planning for the crisis that hasn't happened

THE WAY WE THINK INFLUENCES OUR BEHAVIOUR

Exploring the thought:

- Is it helpful?
- Is it fair?
- Is it absolutely true?

It is not events *per se* which determine our feelings but the meaning that we attach to these events.

“The mind is a powerful place...it, of itself, can make heaven out of hell or hell out of heaven.”
John Milton

The possibilities

- We can change the way we think
- And consequently change the way we feel
- We can test our theories out
- We can uproot unhelpful belief system
- We can consult and follow sound advice
- We can switch the channel

MOODWATCHERS

• GOOD QUESTIONS

- Is there another way of making sense of this?
- Am I right to be as annoyed as I am?
- Would this annoy you as much as it's annoying me?
- Does it really matter?
- How annoyed do you want to be?
- How long do you want to be annoyed for?
- Have I got good advice or am I making conclusions on my own?
- Am I my own best or worst coach?

MOODWATCHERS

• HOW CAN I HELP MYSELF?

- Consultation / Advice / Watch out for Know-all-ism
- Letting others help you - Seeking support
- Short term coping strategies (things we can control) / Long term planning
- Daily Exercise
- Meditation
- Recharging properly (sleep)
- Social connection - especially switching networks
- The Therapeutic Benefits of Distraction - planning for leisure
- Prayer/Spirituality
- WWW/3GTS

Announcement

WAKE UP! YOU'RE HERE!

An evening with Shane Martin



**5TH SEPTEMBER 8PM
IONTAS THEATRE CASTLEBLAYNEY**

An unforgettable evening of psychology, laughter, powerful storytelling and poetry. Tickets €25 + booking fees.

WAKE UP! YOU'RE HERE!

An evening with Shane Martin



**10TH SEPTEMBER 8PM
HAWK'S WELL THEATRE SLIGO**

An unforgettable evening of psychology, laughter, powerful storytelling and poetry. Ticket link in bio