

Sprint:

Winning through resilience in mind and body

with
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01 Discover how good stress and bad stress impacts the human being

- **What IS stress?** It is the body's response to strain/pressure.

Stress is a feeling of physical or emotional tension. It can come from any situation or thought that makes you feel frustrated, angry or nervous.

Stress is the reaction of your body to a challenge or request. Small episodes of stress can be positive, such as when it helps you avoid danger or meet a deadline. But when stress continues for a long time, it can damage your health.

It is characterised by stress response elements that could have both positive/beneficial impact (**eustress**) or a negative/detrimental impact (**distress**) on the body and mind.

- **What is stress NOT?**

It is not a nervous tension.

It is not a reaction to a specific thing.

It is not perceived by our mental faculties alone.

We ought to consider STRESS as:

A reaction that helps an organism cope with different situations. Therefore, stress cannot and should not be avoided.

EUSTRESS	DISTRESS
Feels: Positive, motivational, manageable, exciting, worthwhile, momentum, pleasurable, focused.	Feels: Negative, de-motivational, unmanageable, anxious, time-wasting, paralysing, unpleasant, unfocused.
Short-term or Acute	Long-term - Chronic
In the human body: Triggers a response via the SAM pathway = energy.	In the human body: Triggers a response via the HPA Axis = system breakdown.
In the soul: Generative: Creativity, fruitfulness, performance, drive, GROWTH.	In the soul: Degenerative: Difficulty with inspiration, results appear too far away, inability to perform, undriven, HOPELESSNESS.
In the spirit: Fortifies your journey toward teleological fulfillment (i.e. your end goal, your final purpose, your life mission)	In the spirit: Hinders your journey toward teleological fulfillment (i.e. your end goal, your final purpose, your life mission)

Name or describe 2 examples of WHY good stress is useful to us?

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- **The Journey of the Stress Reaction:**

Stressor/Stimulus/Trigger - Impact - Effect - Manage OR Remedy

- **Work deadline:**

The outcomes of the Eustress or Distress (or both) is most evident in the effects it has on ourselves and our daily lives.

Every human being is different and stress impacts each of us in different ways. That is why there is no one-fit solution to stress management!

02 Allostasis. The key to resilience in mind and body

- **A Definition of Allostasis:**

Allostasis is the ability to **maintain stability**, or **homeostasis**, through change.

Homeostasis is physiological balance, or equilibrium (normal functional state).

- **What is Allostasis?**

Pressure & Time added to Stressor	
Adaptative Allostatic Response	Maladaptive Allostatic Response
<ul style="list-style-type: none">• Efficient response to demand• Forecasting physiological and mental need ahead of time• SUCCESSFUL ADAPTATION	<ul style="list-style-type: none">• Inefficient response to demand• Relies on feedback and error signaling to drive homeostatic correction• UNSUCCESSFUL ADAPTATION

- **A Definition of Resilience:**

The ability to **bounce back** from **negative** emotional experiences and by **flexible adaptation** to the changing demands of stressful experiences.

03 Stress management techniques to help you through pressure

- **Resilience techniques - Self Knowledge**

- Emotion Wheel
- Stress Assessments:
 - Annual Analysis
 - Character Strengths
 - Health M.O.T to rule out sinister health conditions
 - Know your FEARS, OBSTACLES & WEAKNESSES

- **Resilience tools - Anticipatory Work**

Goal Setting (short, medium & long term)	Pre-event Routine (an hourly countdown)
<ul style="list-style-type: none">● Outcome goals (e.g. your key objectives)● Process goals (e.g. intentional actions done in your uniqueness)● Performance goals (e.g. decision-making, time management, focus/distraction)	<ul style="list-style-type: none">● Build up CONFIDENCE● Reminds you to do everything that is required● Ensures there are no last-minute panics● Helps you feel in control
SMART goals	Good thorough planning

- **Mental Visualisation:**

Also known as '**Imagery**' is a popular technique that involves the use of one or more of the senses to create, imitate or recreate a particular skill, experience or situation visually in the mind.

Imagery enhances motivation, regulates stimulation and increases self-confidence.

Use it at any time, in any place, before, during and/or after preparation or the event itself.

- **Self Talk:**

Use it at any time, in any place, before, during and/or after preparation or the event itself.

Self-talk is defined as the expression of a syntactically recognizable internal position in which the sender of the message is also the intended receiver.

After each event, note down all the things you found positive during that experience.

Additional resources

<https://youtu.be/N8TBavtJu0o>