

First Aid Support Exam Stress



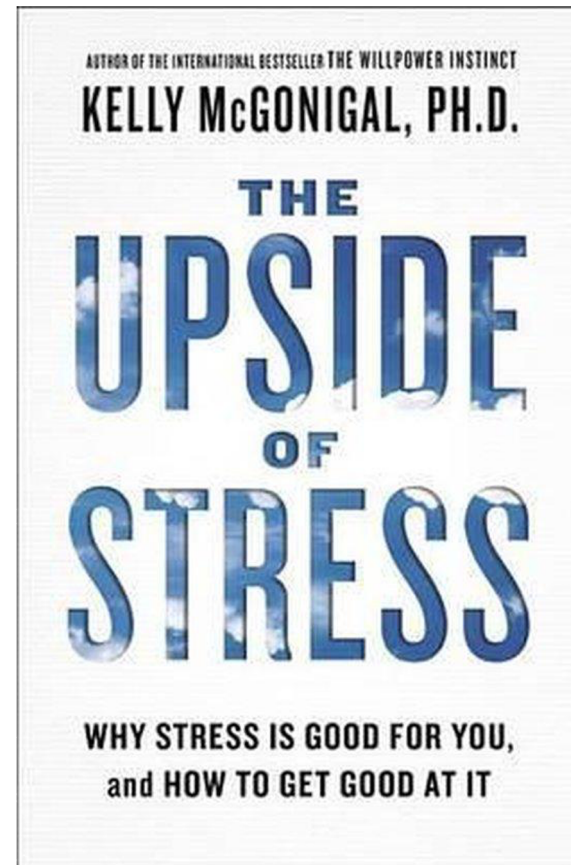
A man in a dark suit, white shirt, and blue tie is looking down with a serious expression. The background is blurred, suggesting an office or professional setting. Large yellow text is overlaid on the left side of the image, and a white bracket on the right side points to a smaller white text block.

**Believing that
stress is useful
rather than
harmful is
healthy.**

Wild but true.

The best part of a study of 30,000 people showed that "Even if they experienced a lot of stress, believing that stress was useful rather than harmful meant their body's response to stress actually became more healthy."

“The latest science reveals that stress can make you smarter, stronger, and more successful. It helps you learn and grow. It can even inspire courage and compassion.”



How to move from mindset “stress is bad for you” to a mindset “stress can be my healthy friend?”

Step one: acknowledge stress when you experience it.

Step two: Allow yourself to notice the stress, including how it affects your body.

Step three: Welcome the stress by recognising that it is a response to something you care about.

Step four: Can you connect the position motivation behind the stress? What is at stake here and why does it matter to you?

Step five: Make use of the energy that stress gives you, instead of wasting that energy trying to manage your stress.



Window of Tolerance

Window of Tolerance

<p>Flight/Fight</p> <p>During extreme stress you move out of your window of tolerance and into fight or flight mode.</p> <p>Anxiety Panic Fear Anger Aggression</p>	Overloaded
<p>Window of Tolerance</p> <p>Where you can handle and process your feelings in a healthy way while being able to function and thrive.</p> <p>You increase your tolerance with coping skills.</p> <p>Safe Capable Grounded Self-Aware Mindful Engaged Self-Soothing Connected</p>	Comfortable
<p>Freeze</p> <p>During extreme stress you just completely shut down and withdrawal physically/emotionally.</p> <p>Depression Fatigue Numb Disconnected Disassociated Checked Out Unfocused</p>	Shut Down

Stress versus Relaxation



Summary

Daily routine of:

- Regular healthy snacks and meals
- Regular breaks
- Regular exercise
- Good night's rest
- Time to vent
- Offer perspective
- Time spent with peers and family

And last but not least:



Take good care of yourself to find
your own balance.