
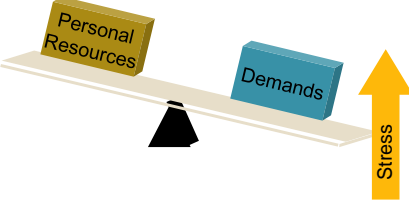



Workshop Samples 

## What is Stress?

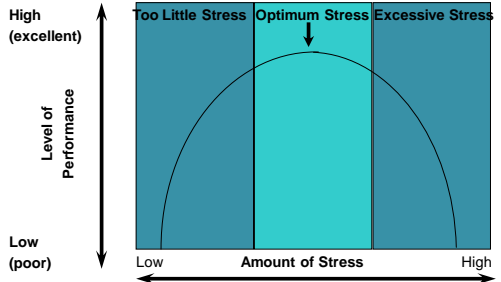
A condition or feeling experienced when a person perceives that demands exceed the personal resources the individual is able to mobilize

Stress is an internal alarm system that prepares your body for action in response to any real or perceived threat or fear. In moderation, stress is natural, normal and necessary.



Workshop Samples 

## Not all stress is bad



Workshop Samples 

## Workplace stressors

### Factors unique to the job


- Workload
- Information anxiety
- Work pace
- Autonomy
- Shift work
- Physical environment, (Noise, Bright Lights, Heat, Confined Spaces)
- Isolation
- Monitoring

Workshop Samples 

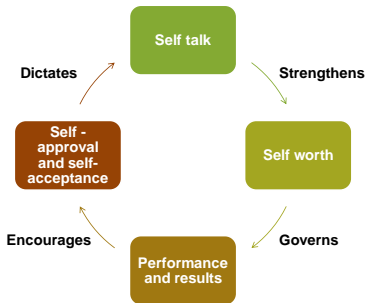
## Workplace stressors

### Role in the organisation

- Role conflict
- Role ambiguity
- Multiple roles
- Level of responsibility
- Decision making

Workshop Samples 

## Self talk/ performance cycle



Workshop Samples 

## Positive Self Talk

Negative self talk	Positive self talk
I always get this wrong	How can I make sure I get this right next time?
I've made a stupid mistake	What can I learn from what I did to make sure it doesn't happen again?
I'll never be able to do that	If I persist I'll learn a new skill
You're not measuring up to this job	You've got the potential to do this job with a little more time
I've never done it before	It's an opportunity for me to learn something new