

# INTRODUCTION TO STRESS

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## TOP TIPS



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UNDER THE TREE

The programme has been  
developed in partnership with:





Stress is a natural part of life.

Without it, humans wouldn't have evolved much, or perhaps survived at all.

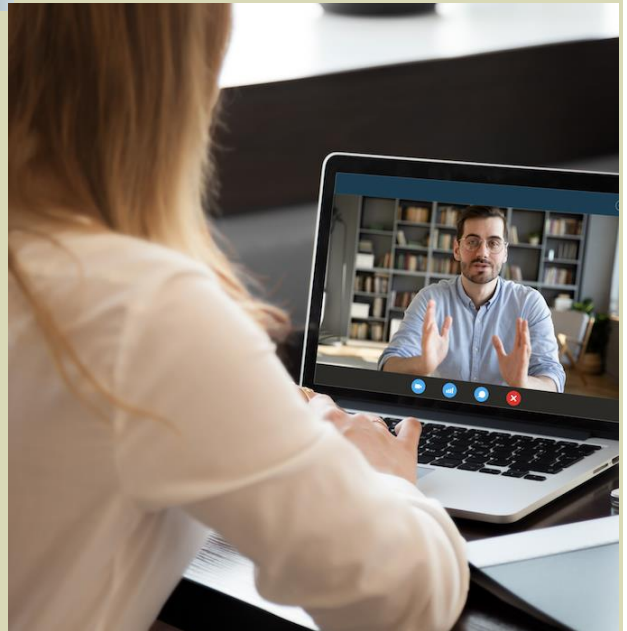
Combining 21<sup>st</sup> century home- and work-life pressures, intense and persistent stress levels are often normalised.

The prevalence of poor physical and mental health, due to unmanaged stress is real and can't be ignored.

By understanding your biology and prioritising how you address your stressors regularly and consistently, you can adapt your stress response, building greater resilience and achieving better balance.

At the same time, teams and organisations must address the root cause of workplace stress, and nurture a wellbeing culture, so that their communities can fully flourish.

Managing stress is an ongoing process but it's completely possible!



1.

“Life is 10% what happens to you, and 90% how you respond”.  
(Charles Swindall)

2.

When a stressor is overwhelming, our brains react with a fight-flight response, which may not be rational or proportionate.

3.

Developing and practicing new coping skills and habits help rewire your thoughts, emotions and response.

## KEY OUTTAKE SOLUTIONS:

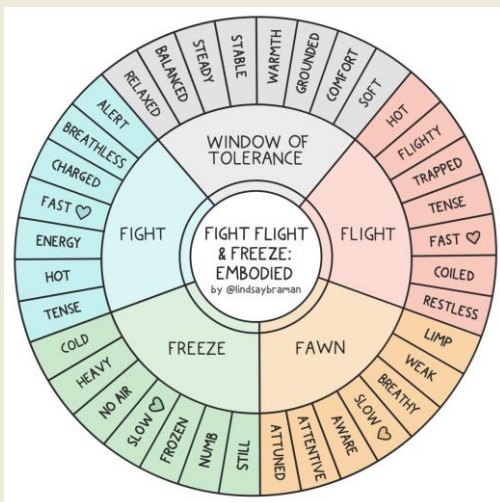
### Know your biology

Stress is part of life. If you **perceive a situation that outweighs your ability to cope**, your emotional brain will react in fight-flight mode, which isn't always helpful. Yet if you think you will cope, your brain enacts **healthier stress responses**. Strengthening your coping skills is key to your mental and physical wellbeing.

### Identify your stressors

Make time for **regular reflection** and you will understand your stress responses better. Adapt your skills and habits, and watch your **ability to cope** with un/planned challenges grow. It takes commitment and self-compassion. Tools such as 'The **Stress Container**' will guide you (as will coaching, and other forms of professional support).

### Understand your stress responses\*



### Form new, healthier habits

- Visualise where you will be.
- What does it look like?
- How will you know you're there?
- What will you hear around you?
- What will your inner voice say?
- How will it feel?
- How will you follow-through?
- How will you stay accountable?

Cue > Craving > Response > Reward

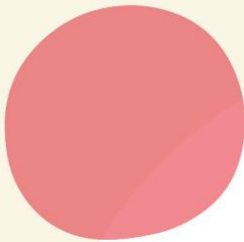
### Useful links:

- Mayo Clinic: [Chronic stress puts your health at risk - Mayo Clinic](#)
- The upside of stress: <https://shorturl.at/Raak5>
- Amygdala hijacks: <https://www.youtube.com/watch?v=PglalnxZfUc>
- Growing your tolerance: <https://lindsaybraman.com/fight-flight-freeze-wheel/>
- The Stress Container digital tool: <https://shorturl.at/uCttM>
- MHFA 'Address Your Stress' resource collection: <https://shorturl.at/Beqyy>
- Change your mind habits (NLP): <https://shorturl.at/RutQh>

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At Seijaku, we increase business **PRODUCTIVITY**,  
**PROFITABILITY** and **WELLBEING** by **IMPROVING**  
the **RELATIONSHIP** every individual, team and  
organisation has with stress.

We resolve the impact of unchecked stress on  
businesses through targeted solutions powered by  
data and insights from your people.



## Our name - Seijaku

Pronounced:

**Sei - ja - ku**

(SAY - JAH - KOO)

The Japanese describe Seijaku as  
**a state of energised calm,**  
**free from the stress of everyday life,**  
**but focused and capable of action.**

In a world of constant change,  
where the potential for chaos abounds,  
we help workplaces operate from  
a state of Seijaku.

If you'd like additional support please contact:

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**SEIJAKU**  
GROW STRESSWISE