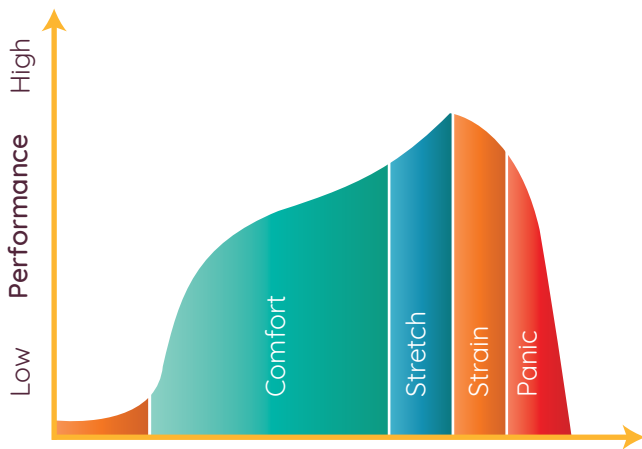




Getting started

Pressures in life are inevitable, but we react to pressure in two ways – they lead to personal growth if we believe we can manage them effectively, or they cause stress if we feel we cannot cope with them. Stress arises from how you perceive a situation. If you see yourself as being unable to cope with the demands of a situation that situation becomes stressful. The diagram below demonstrates the relationship between pressure and performance, it reminds us that we need a certain amount of pressure in order to achieve and be effective, but too much pressure causes strain and stress.



A person, who is more resilient, copes better with pressure. They:

- Demonstrate confidence, adaptability and flexibility, even in a fast-paced, pressured and culturally diverse environment –mental well-being.
- Display energy and stamina in meeting challenging goals –physical well-being.

They can implement their coping techniques well because they also understand their signs and symptoms of stress.

Before starting this training plan read the fact sheet 'What is stress, pressure & resilience?'; then read the fact sheet 'Signs & symptoms of stress' – what are the signals of stress that you recognise in yourself from these lists?

Before starting this training plan read the emotional health section of the website and watch the video on stress.

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.

This 4-week plan is incredibly simple to follow. All you need to do is to build mental and physical coping strategies into your daily life.

Create your own statements for each week of the plan – pick three mental and three physical ideas that you can adopt daily e.g. take time to relax, complete a to do list, go for a walk.

You don't have to do them all at once. At the start of each week plan what you are going to do on each day. Then week- by-week gradually build up the amount of statements you want to use. Follow this plan and not only will you feel more confident and focused, you will also have improved concentration levels, feel more energised and have a renewed zest for life.

Track your progress using your personal training plan

(shown on the next page) – print it off and place it on your fridge, or in a visible place. Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time – in other words 5 days out of 7.



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
I feel better able to cope this week Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.