



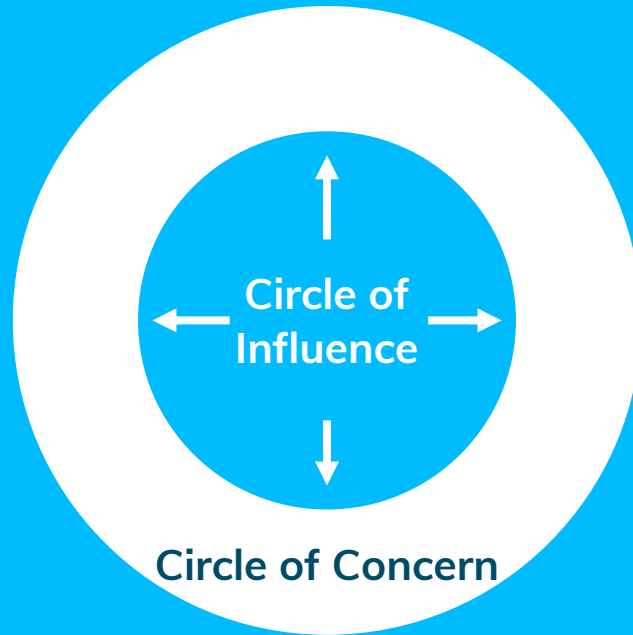
zantor GmbH
Atelierstr. 29 / Werk 1
81671 München

Office Hour: Stress patterns

Dr. Valentin Schellhaas
valentin@zantor.de
089 / 324 052 87

Circle of Concern and Circle of Influence

1. **Focus** on what you **can control**
(Circle of Influence)
2. **Accept** what you **cannot**

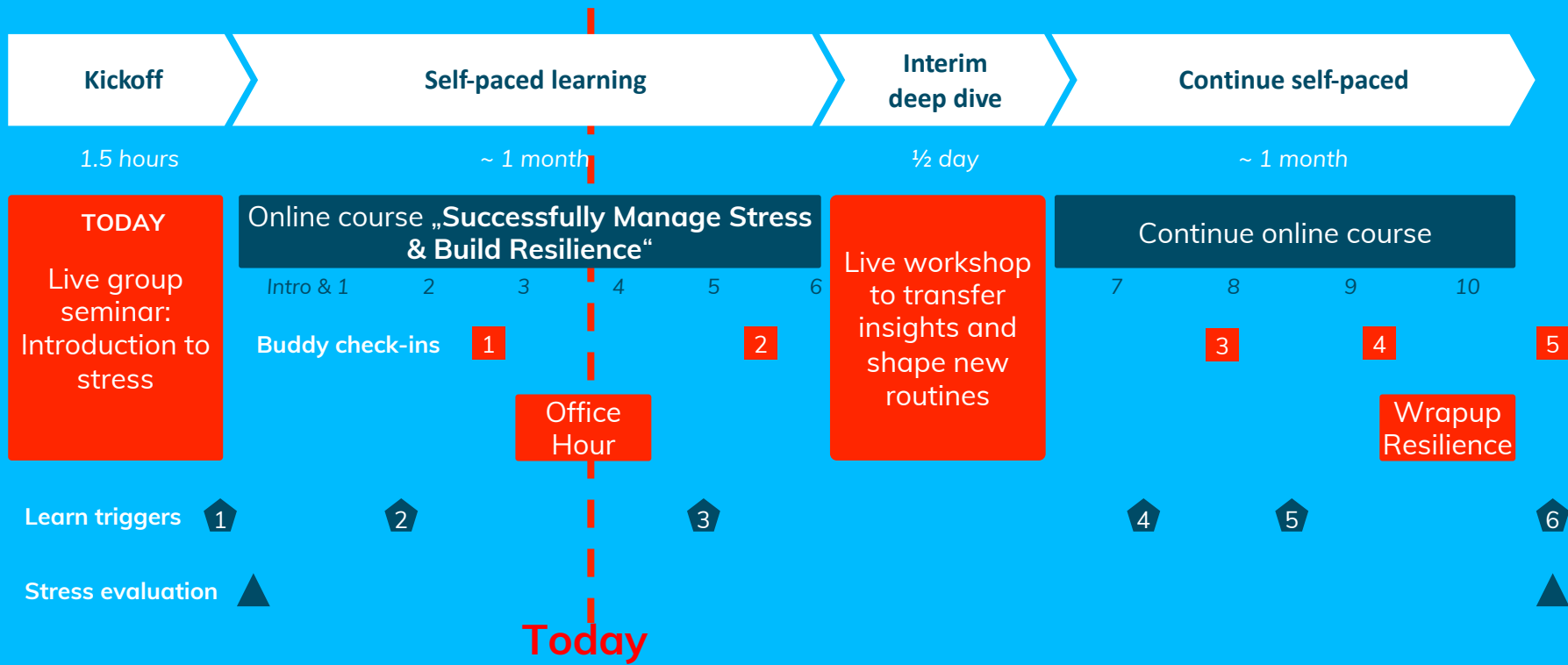


How did your buddy "check-in" go?

Buddy exercise: Patterns and countermeasures

Practical tips and next steps

Building resilience with a proven combination of synchronous and asynchronous content („blended learning“)



Your „buddy“ is a partner along your journey of learning how to better manage stress

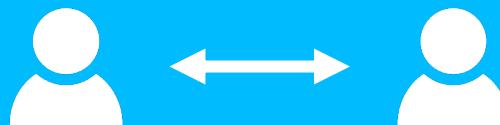
The “buddy” process

Think of it as your gym partner

- Change is hard, but get's **easier with a buddy**
- You'll receive emails with **specific buddy tasks**
- Meet with your buddy at least **every 2 weeks** to share thoughts

Buddy matching

We matched you based on very sophisticated criteria ...



How did your first buddy check-in go?

Whole group

10 MINS

Assess your stressors via a stress diary

Keep track of all your stressful situations and note down your corresponding feelings, thoughts, and reactions.

Date	Stressor	Stress level	What did I feel?	What did I think?	What did I do?

© 2021 Zentor GmbH

Collecting your stressors
over 1-2 weeks



Meeting with your buddy to
discuss and look for patterns

- 1 What was easy, what wasn't?
- 2 Did you find patterns or notice anything?
- 3 Did you learn something new?

How did your buddy "check-in" go?

Buddy exercise: Patterns and countermeasures

Practical tips and next steps

Deep-Dive into first response



Stimulus
or
'stressor'

1

Alarm

- Body gets triggered into alert mode
- Fight-or-flight
- HPA axis fires

2

Appraisal & coping

- Cognitive appraisal and (re-)evaluation
- Coping strategies
- Experiences, motives, and attitudes play a role

3

Recovery & resilience

- Body & mind calm down again
- Cortisol gets down-regulated
- Successful coping strategies are learned

Instructions for break-out: Stress patterns and counter measures

Buddy pairs

20 MINS

Goal

- Realize **when** and **why** you moved into an "alarm mode"
- Re-evaluate your **options to react (ex post)**

Approach

- Go through an individual stress situation in "slow motion"
- Accept what you cannot control
- Jointly look for new coping strategies

Task

- 1 When was the exact moment and why did an "alarm" trigger?
(Hint: What would increase and decrease your stress response?)
- 2 What can you really control in this situation?
(Hint: What part of the trigger / your response / your behavior can you control?)
- 3 What would you do differently now?
(Hint: Knowing what you know now, what would you focus on? Which alternatives exist?)

How did your buddy "check-in" go?

Buddy exercise: Patterns and countermeasures

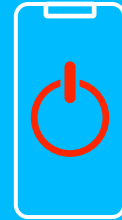
Practical tips and next steps



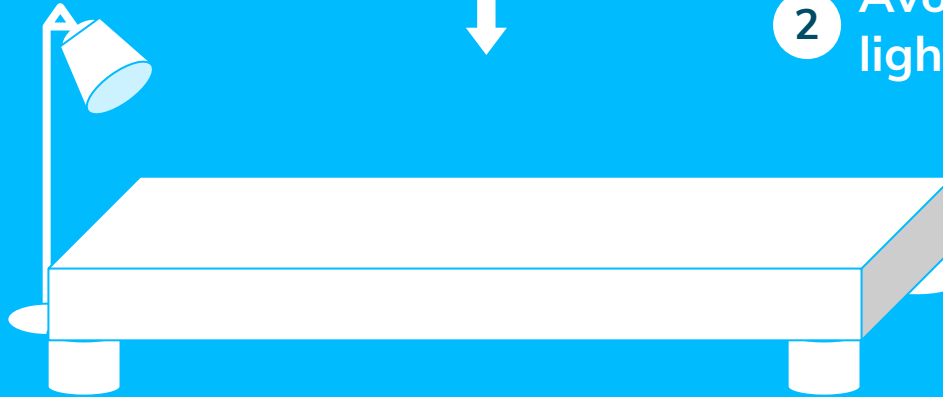
1 Sleep routine



2 Avoid bright and blue light screens at night



3 Pen & paper bedside



Trouble sleeping

#stresshacks

Which topics would you like to see in the next "transfer workshop"

Preliminary agenda

- Energy drainers & boosters
- Stress multipliers
- Dysfunctional beliefs and how to change them
- Excursus: Purpose and the pursuit of happiness
- TBD: Stress in remote work / at home (office)



Your topics or questions?

Summary of next steps

- Schedule a **buddy meeting** within 2 weeks
- Continue online course at least until chapter '**How we evaluate and manage stress**'
- Transfer workshop
- Continue your **stress diary**

Thank you!