

| What we have learned in this chapter | Your reflections |
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| <ul style="list-style-type: none"> • We have already begun to put some tools in place to help us work with stress. • Most people try to manage several different layers of stress of different intensity at the same time, the most challenging being the immediate stress of each day. • Psychological factors affecting stress: <ul style="list-style-type: none"> * Predictability: understanding stress is part of life * Control: we have control over how we react in any given situation * Learned helplessness: a result of too much stress • Unlike animals, humans can feel stress about events that happened long ago, events that may never happen or events that just exist in their imagination. • Unhelpful strategies: <ul style="list-style-type: none"> * Distracting ourselves from the pain of stress * Shutting ourselves off from support * Becoming rigid about being in control * Putting up limits and boundaries • It is important to recognise where we are vulnerable to stress and the way in which we try and cope with it. • It is very helpful to become familiar with what our own habits are when faced with stress, so we can spot them when they become active and try and change them into something more helpful. Typical habits are: | |

- * Not paying attention
- * Getting caught up in hope and fear
- * Emotional habits
- * Becoming addicted to stress
- * Evolutionary habits
- We cannot avoid stress in our lives, but we do have a choice in how we react to it. Cutting down the negative stories we tell ourselves about the situations we are working with will help us to be more effective in managing our stress.
- When we are not paying attention, we can spread our stress around in an unhelpful way, as well as picking up the fallout from other people's.