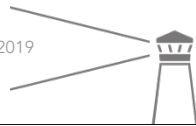


## Stress Management & Personal Development

Change Course, HT 2019



### Today's outline

- Main purpose:
  - Set course content
  - Start exploring simple/basic stress management
- 10 minutes with Björn
- Check-in round
- What do you want with this course
- Studying tips
- Balance is key in stress management (and more...)
- New home assignment in The Map of Values
- Break in the middle ;-)

### Check-in round

- How are you today?
- Something special we need to know?

### What do you want with this course?

- Course content so far:
  - Stress
  - Sleep
  - Diet & daily routines
  - Relaxation & meditation
  - Values as life direction
  - Physical activities

### Studying (and anti-stress) tips

- 45 – 15 – 45 – 15 – 45 ...
- Stop at the right time
- Focus!
- Different types of tiredness → different types of recovery

### Different types of tiredness

- Sleepiness
- Physical
- Mental
- Emotional
- Sickness

Assignment 1:

### Different types of recovery

- Sleepiness
  - Sleep :-)
- Physical
  - Lay down, sit
- Mental
  - Walk, shower
- Emotional
  - Social support, a hug

Assignment 2:

### Continue working with your Map

- Next step is action!
- Keep diary of your actual actions
- Write in your notebooks every night:
  - Some things/actions (tiny or big) you did today that was in line with your values
  - And some that wasn't...
  - Describe which value you were walking towards or away from

### Some examples...

- "Today I practiced 3-3-3 four times (I took care of myself)"
- "Today I skipped lunch because I thought I didn't have time (I didn't take care of myself)"
- "Today I attended all classes at Change Course (I'm preparing for saving the world)"
- "Today I ate cheese (I wasn't vegan)"

### Until next time...

- Continue working with the two areas in the map of values:
  - Write down daily actions towards and away from living your values
  - Continue adding if anything more comes up
- Try different types of recovery for different types of tiredness and write down your experiences
- Practice 3-3-3 at least 2 times a day
- See you Thursday!