

Learning Support:
Successful Learning Series



CodeClan
Bridging the digital skills gap

Managing Your Wellbeing



www.codeclan.com

What is Wellbeing? _

- How would you define the word **wellbeing**?
- What is the **opposite** of wellbeing?

Dictionary definition:
“the state of being comfortable, healthy, or happy.”

New Economics Foundation
(2012) *Measuring Wellbeing: A guide for practitioners*:
“Wellbeing can be understood as how people feel and how they function, both on a personal and a social level...”

Managing Your Wellbeing_

Focus for today:

- Understand what is meant by wellbeing.
- Be able to recognise signs of stress and/or anxiety.
- Understand the benefits of being aware and managing your wellbeing.
- Know steps you can take to look after your wellbeing.

Recognising Stress

What signs can you think of that indicate stress/anxiety?

irritable, aggressive,
impatient or wound up
over-burdened
anxious, nervous or afraid
shallow breathing or
hyperventilating
muscle tension
blurred/sore eyes
problems getting to sleep
tired all the time
grinding your teeth

unable to enjoy yourself
depressed
lost your sense of humour
sense of dread
lonely
headaches
chest pains
high blood pressure
indigestion/ heartburn
feeling sick, dizzy or faint
indecisiveness

worrying
avoiding situations
snapping at people
biting your nails
unable to concentrate
eating too much/ too little
restlessness
being tearful or crying

Recognising Stress_

What causes stress?

- being under lots of pressure
- facing big changes
- worrying about something
- not having much or any control over the outcome of a situation
- having responsibilities that you're finding overwhelming
- not having enough work, activities or change in your life
- times of uncertainty.

Why do certain things cause stress?

- perception of the situation
- how experienced you are at dealing with that particular type of pressure
- emotional resilience
- the amount of other pressures at the time
- the amount of support you are receiving.

How can I deal with stress?_

1. Identify what triggers stress

2. Organise time

3. Address causes

4. Accept what can't change



Get the Basics Right_

- Make time to relax
- Get plenty of sleep
- Drink plenty of water
- Do some physical activity
- Have some social time
- Try a growth mindset
- Be honest with yourself
- Apply a positive mindset



Practical Positivity & Wellbeing_

Slowing Down

Do something that helps you slow down

Being Creative

Do something that allows you to be creative

Connecting with Others

Make use of your support network

Being Compassionate

Be compassionate with yourself and others

Imposter Syndrome & Confirmation Bias_

What is Imposter Syndrome?

“...the persistent inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills.”

What is Confirmation Bias?

“Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that confirms one's pre-existing beliefs...The effect is stronger for emotionally charged issues and for deeply entrenched beliefs.”

What Does Your Inner Voice Say to You? _

Negative

Imposter Syndrome?
Weighing you down?

Positive

Confident?
Keeping it real?



A Positive Approach_

Positivity helps us to build resilience, cope better with stress and be more productive

PROVEN

1. Fredrickson, BL. What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. J Pers Soc Psychol 2001; 84(2): 365-376.
2. Folkman, S. Positive psychological states and coping with severe stress. Soc Sci Med 1997; 45(8); 1207-1221.
3. Cameron, K et al. Effects of positive practices on organisational effectiveness. The Journal of Applied Behavioural Science 2011; 47(3): 266-308.





How do you see things?_

“We have to **work** to see the
upside”

- Dr Alison Ledgerwood

Create a Positive Mindset_

Say something positive (out loud)

Saying something out loud activates your brain.

Keep a journal/gratitude diary

What's better today than yesterday?
Keep a log of all the positives.

Step away in 1, 2, 3

Write down your problem, then 2 actions and 3 positive outcomes.

Worry jar

Physically put your worries away while you work.

HALT and be self-aware

Are you...
Hungry? Angry? Lonely? Tired?

Go to your happy place

Think of a place that relaxes you and visualise it.

Use Your Support Network_

Know who your cheerleaders are:

- Make a list now of who's in your support network.
- Tell them you've undertaken this project.
- Get their help.



Challenge Your Negative Inner Voice_

- Write down something that your negative inner voice says to you.
- Choose one person from your support network. Write down what they would say to challenge the claim.
- Using a growth mindset, write down 3 statements that objectively challenge the claim.



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Resources

Healthier Scotland Steps for Stress:

<http://www.healthscotland.com/documents/5828.aspx>

Breathing Space's Brighter Days:

<https://breathingspace.scot/news/2018/365-brighter-days/>

More about Dr Alison Legerwood and her work:

<https://psychology.ucdavis.edu/people/aml>

Learning Support: here to help_

Face to face

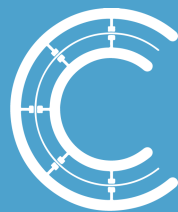
Monday Drop-in

Slack

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Thanks_