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STRESS

BY MICHAEL QUIGLEY

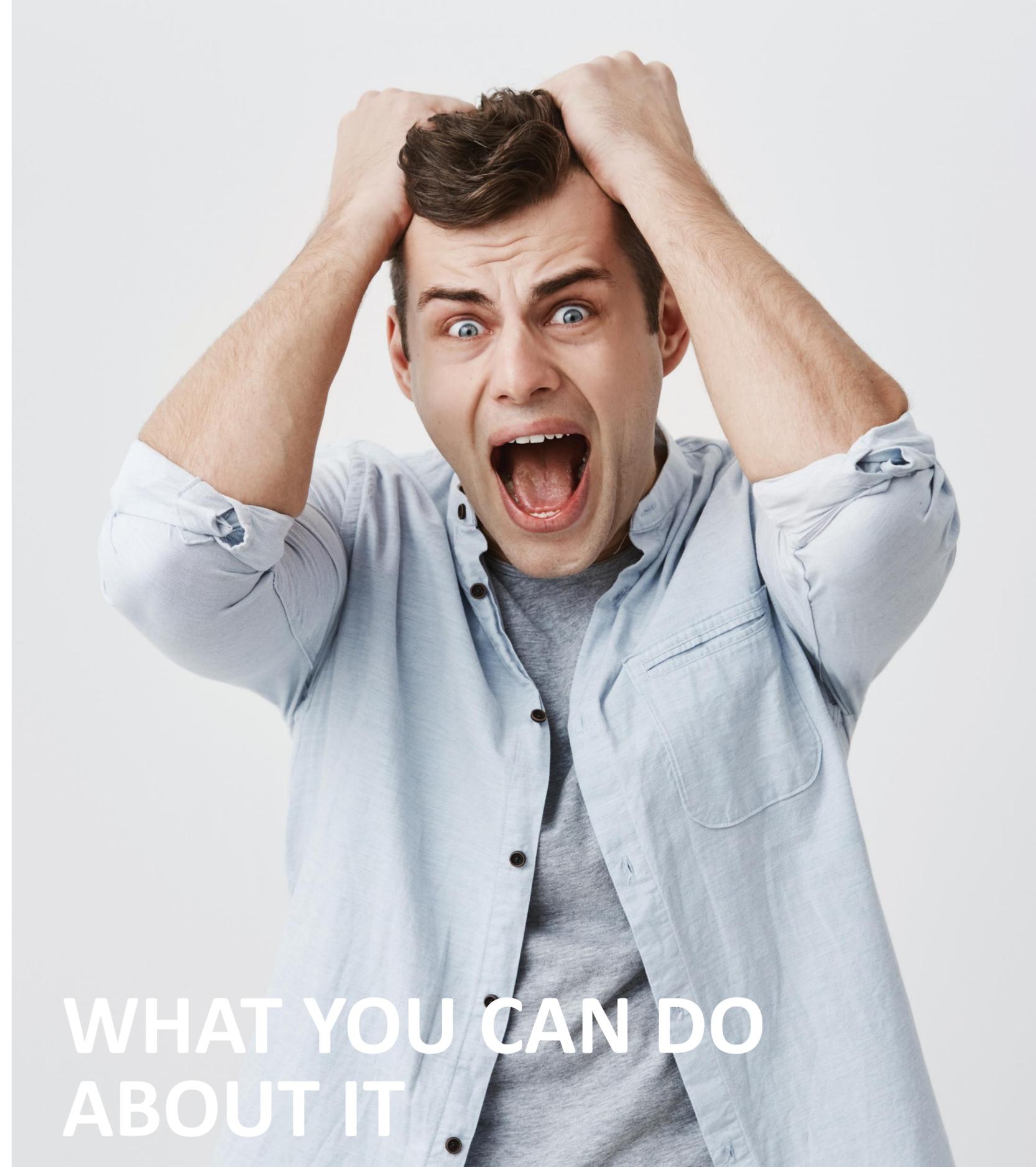




WHAT IS STRESS



HOW STRESS MANIFESTS



WHAT YOU CAN DO ABOUT IT

TODAY WILL GIVE YOU:

1. Knowledge
2. Thinking Tools
3. Practical Tools

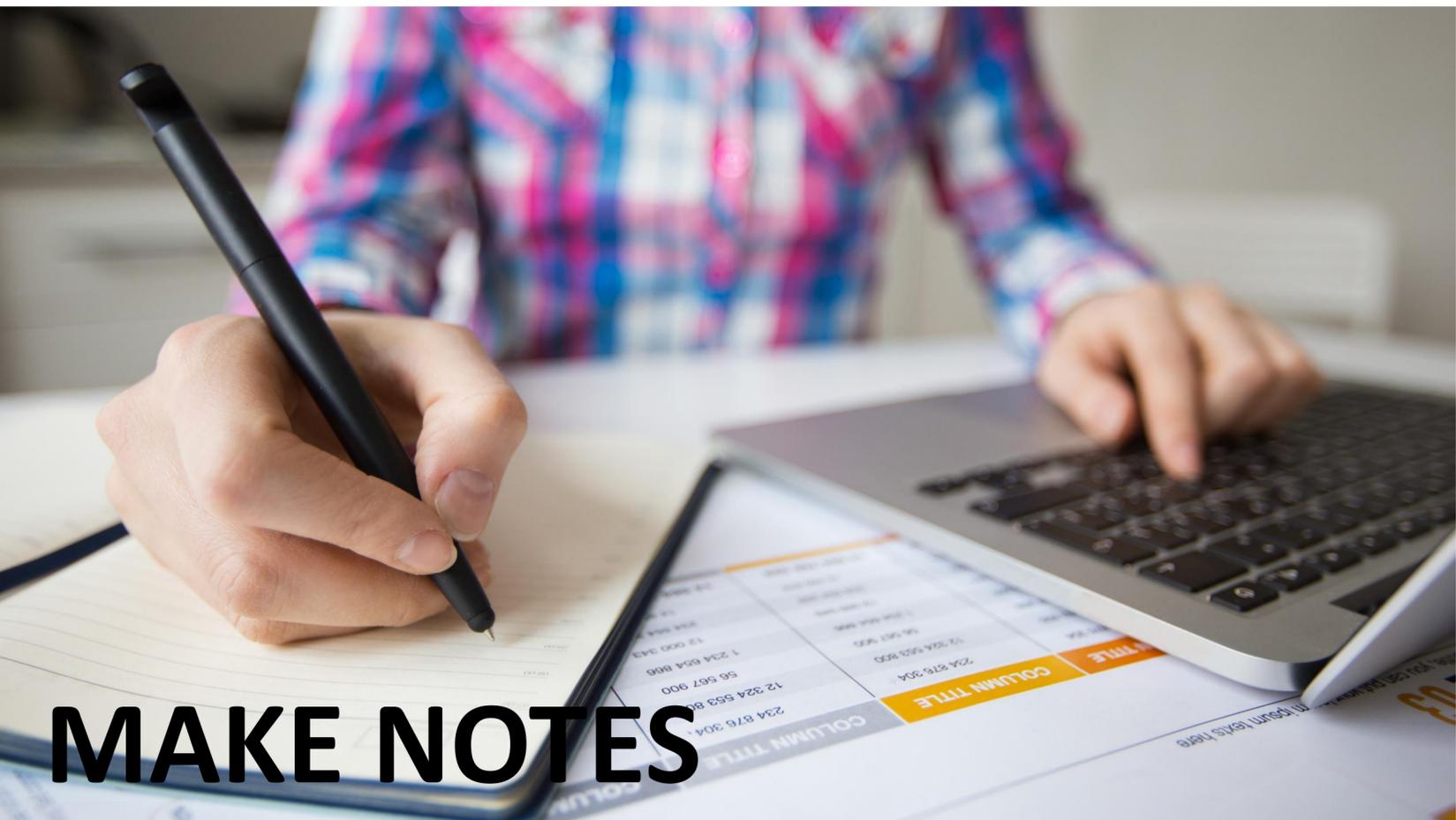


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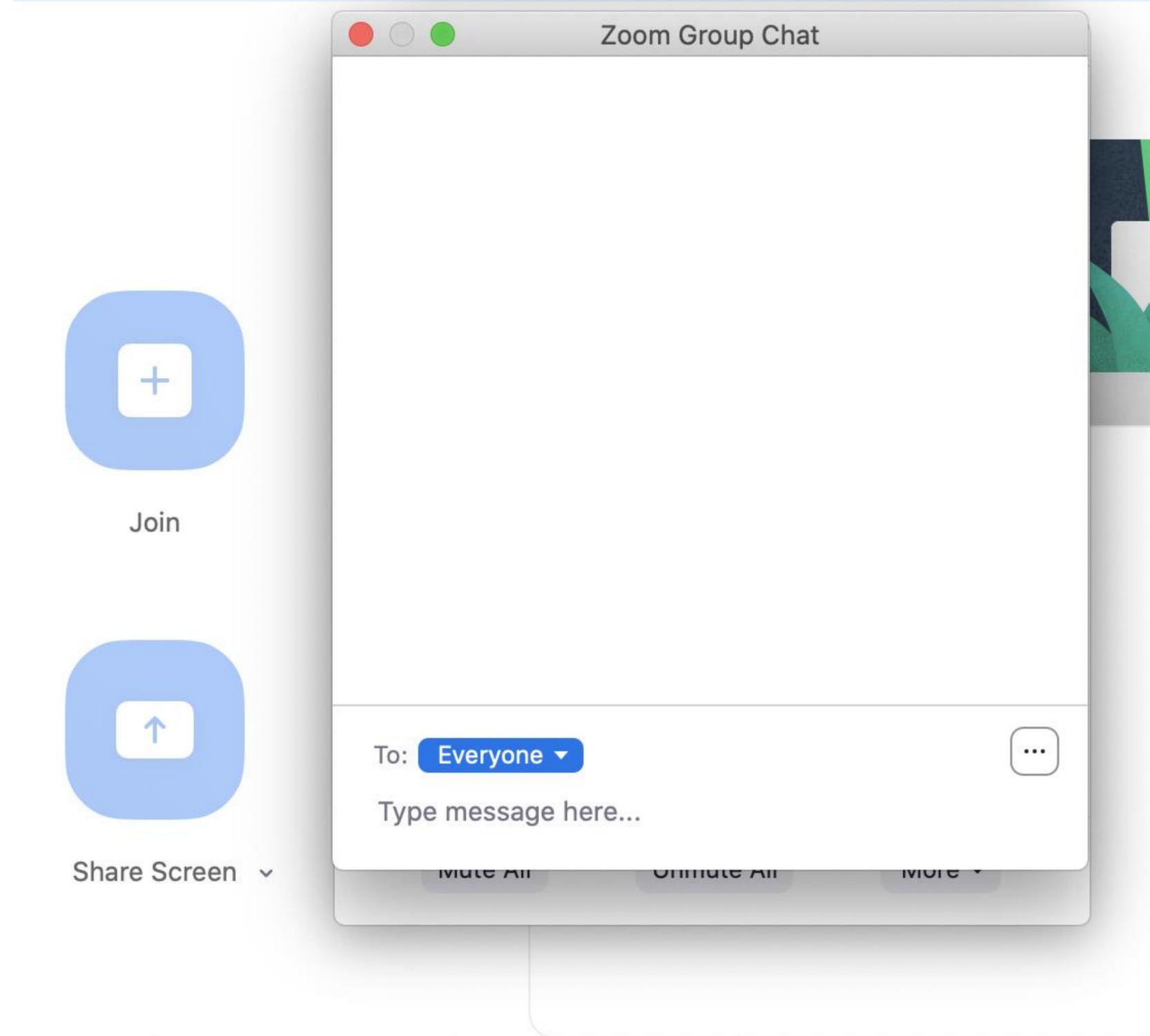
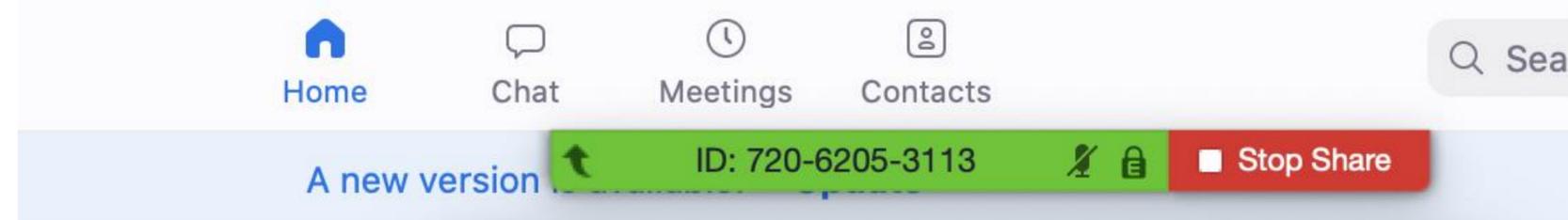




WATCH



MAKE NOTES



USE THE CHAT BOX



STRESS IN OUR LIVES

PART 1



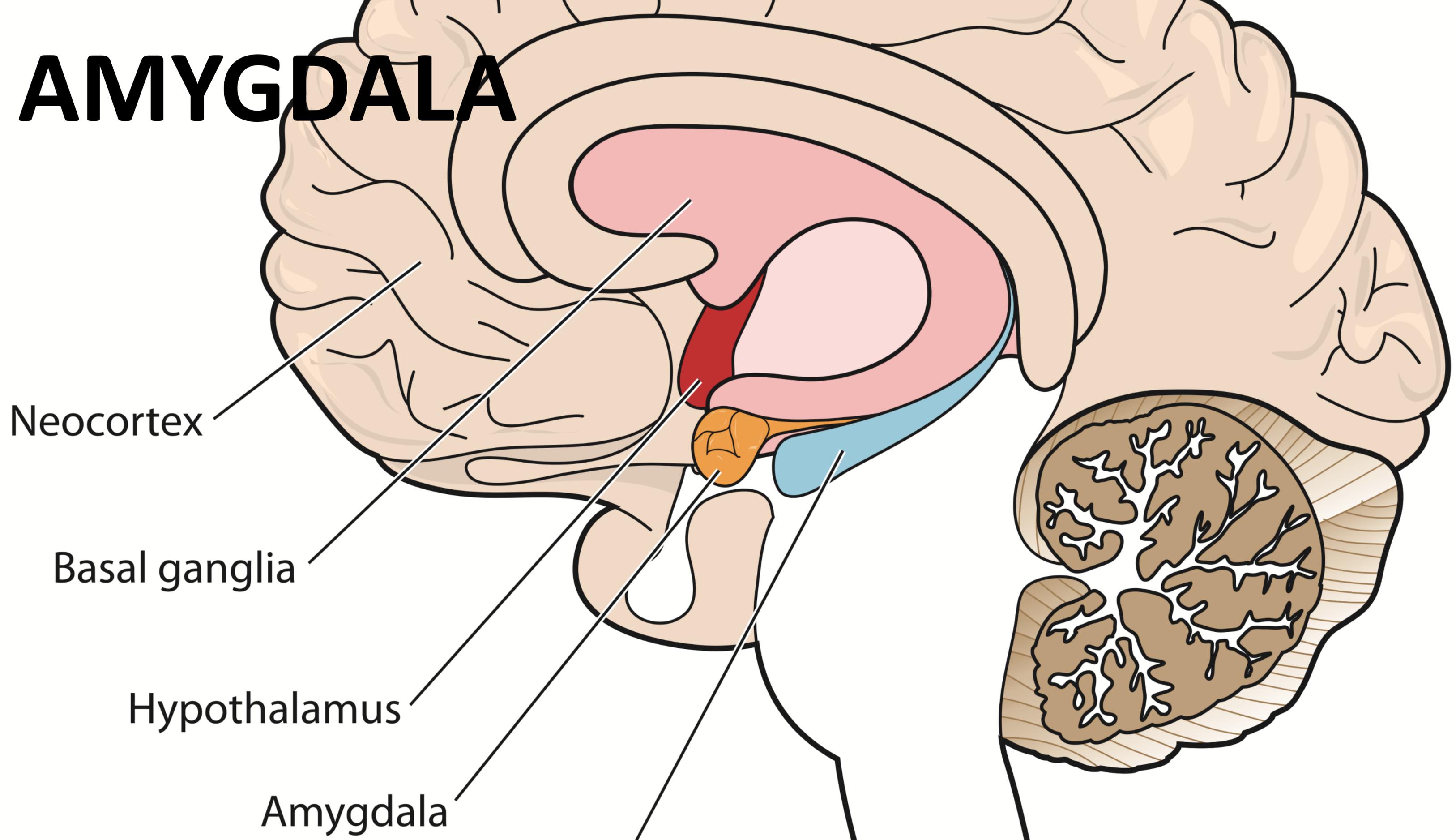
WHAT DO YOU WANT TO KNOW ABOUT STRESS?

USE THE CHATBOX FOR YOUR ANSWERS

STRESS IS...

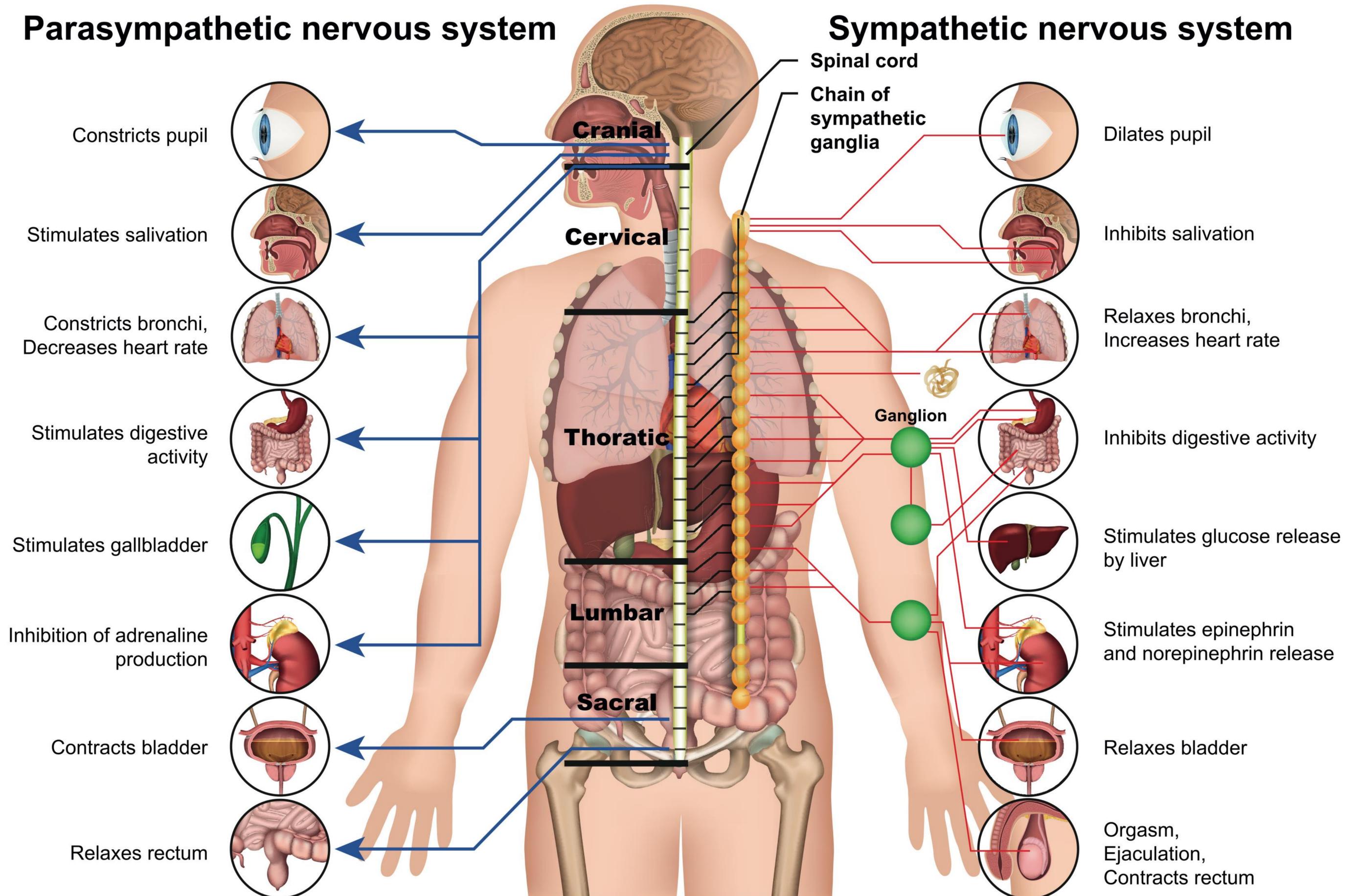
**INCONGRUENCE BETWEEN THE DEMANDS
PLACED ON AN ORGANISM AND ITS ABILITIES
TO ADAPT TO THESE DEMANDS**

AMYGDALA



Parasympathetic nervous system

Sympathetic nervous system





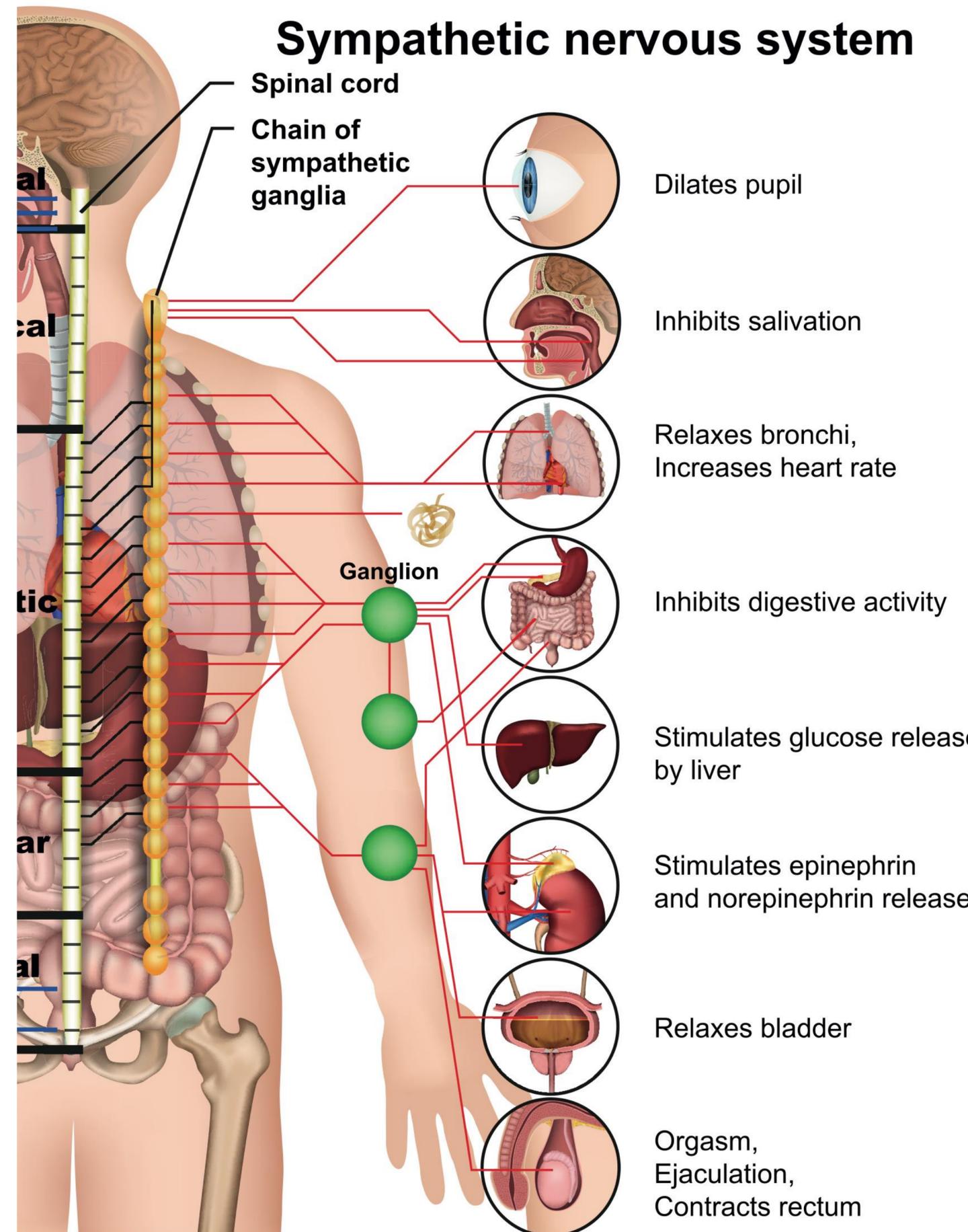
HOW DOES STRESS FEEL IN YOUR BODY AND MIND?

USE THE CHATBOX FOR YOUR ANSWER



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SYMPATHETIC NERVOUS SYSTEM





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STRESS





WHAT ARE YOUR STRESSORS?

USE THE CHATBOX FOR YOUR ANSWER



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TOXIC BATH





WHAT WE CAN DO ABOUT IT

PART 2

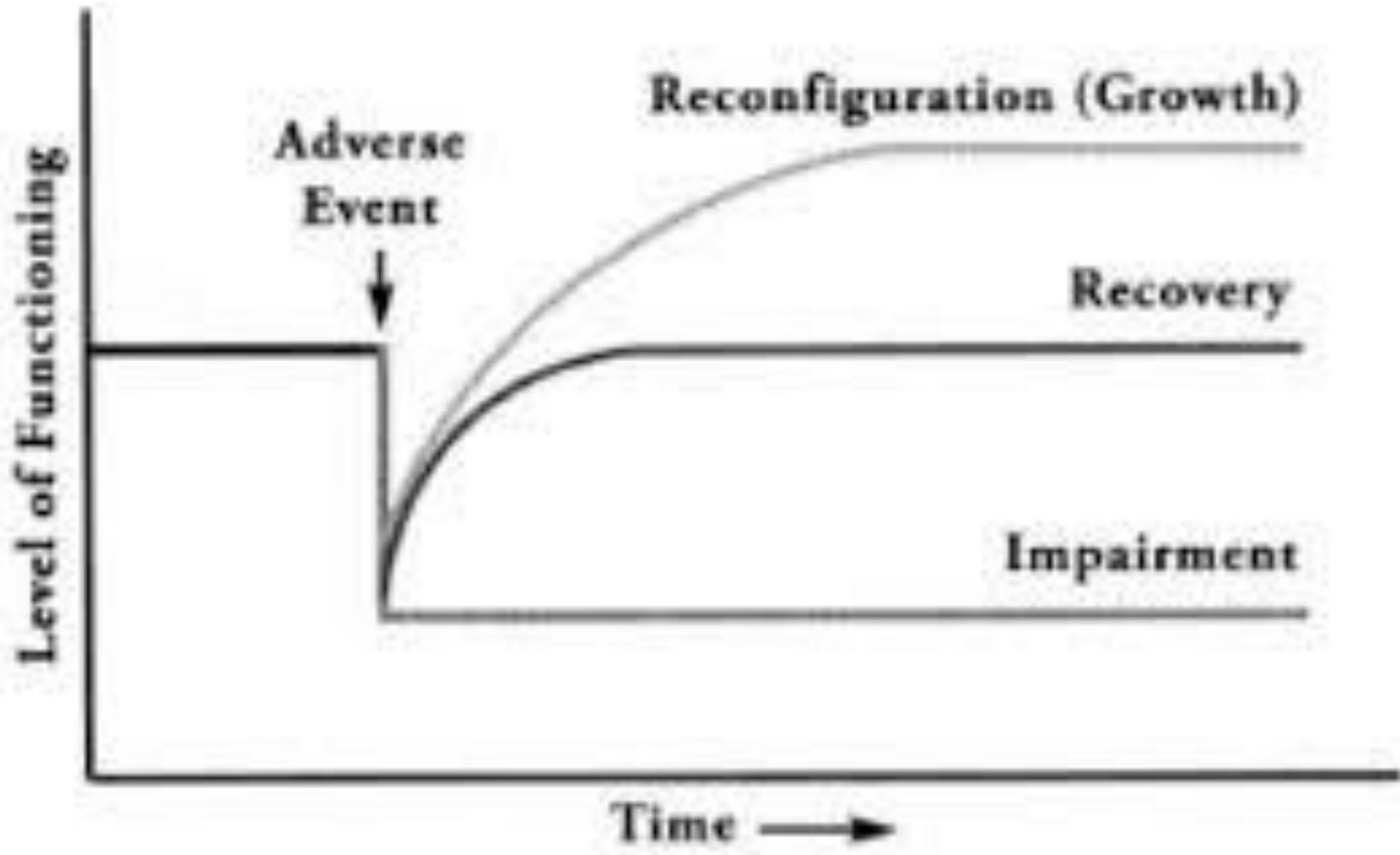


**WHAT ARE SOME OF YOUR
FAVOURITE ACTIVITIES TO DO?**

USE THE CHAT BOX FOR YOUR ANSWER



EU STRESS & DISTRESS



POST TRAUMATIC GROWTH



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KEY POINT

YOU'RE IN CONTROL OF YOUR RESPONSE TOWARDS
STRESS AND YOUR EXPOSURE TO STRESSORS

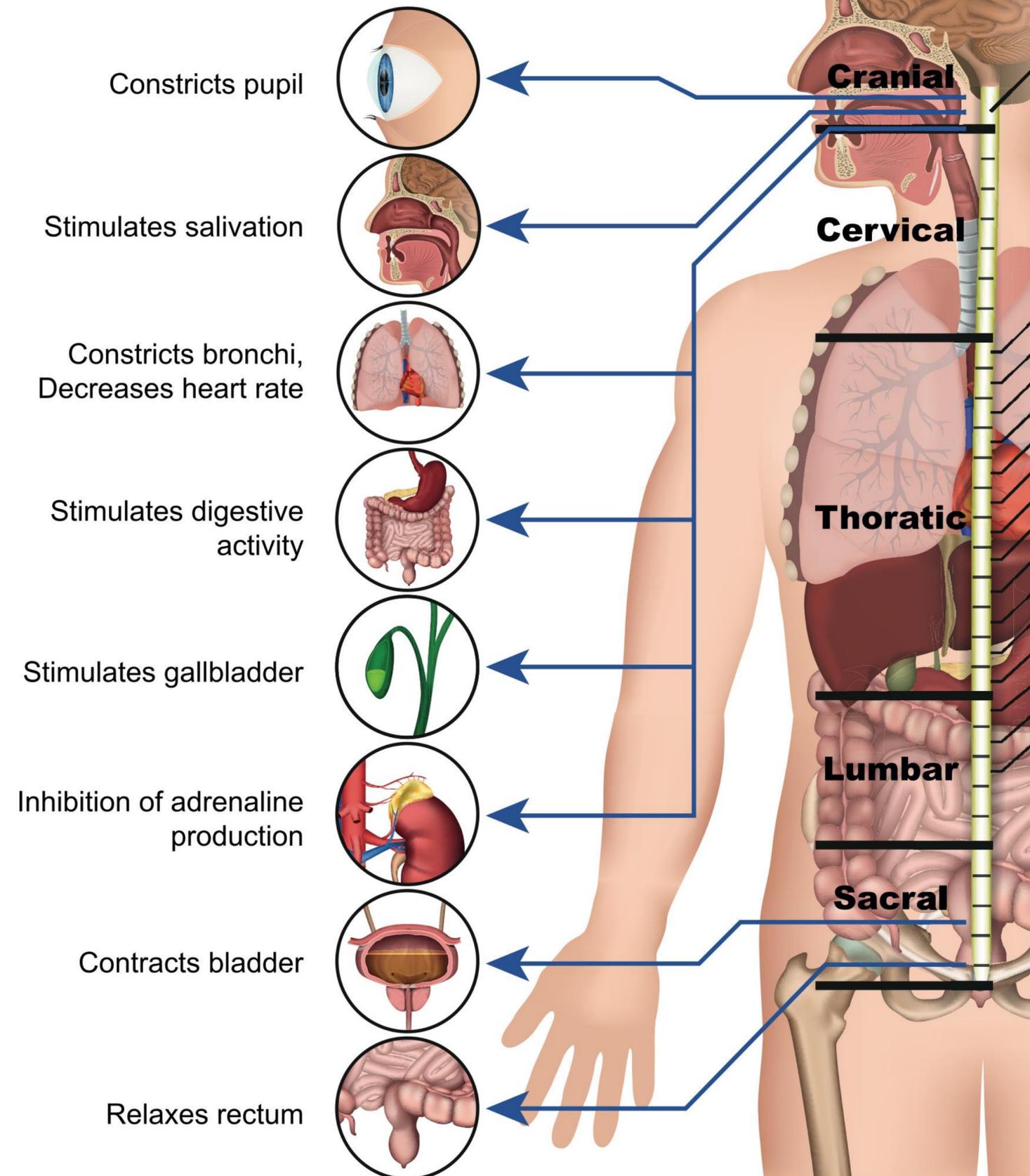




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REST & RECOVER RESPONSE

Parasympathetic nervous system





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WHICH OF THESE WOULD YOU ENJOY?





FIVE WAYS TO TAKE CARE OF YOURSELF

A collection of healthy foods including salmon, blueberries, hazelnuts, tomatoes, broccoli, and oatmeal, with the word "BODY" overlaid in white text.

BODY

A person is seen from behind, sitting in a meditative pose on a rocky mountain peak. The sun is low on the horizon, creating a warm, golden glow and casting long shadows across the landscape. The person's hands are resting on their knees in a mudra. The word "MIND" is overlaid in large, white, sans-serif capital letters across the center of the image.

MIND

SPIRIT



A close-up photograph of a person's hands holding an open, small notebook with a tan cover and white pages. The person is wearing a patterned shirt and is using a pen to write on the left page. The word "EMOTION" is overlaid in large, white, bold, sans-serif capital letters across the center of the notebook. The background is softly blurred, showing more of the person's shirt and a wooden surface.

EMOTION

Social Media

DIGITAL



Google



Facebook



Instagram



Twitter



YouTube



LinkedIn



WhatsApp



Pinterest



FlickrPhotos



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KEY POINT

MAKE STRESS WORK FOR YOU THROUGH

- PERCEPTION CHANGES
- EU STRESS & PHYSICAL CHANGE
- LIFESTYLE CHANGES







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YOUR RESOURCE PACK





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**ANY
QUESTIONS?**





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