

SHITSHOW – Agentur für psychische Gesundheit

STRESS

Session 2:
From knowing to doing

Handout

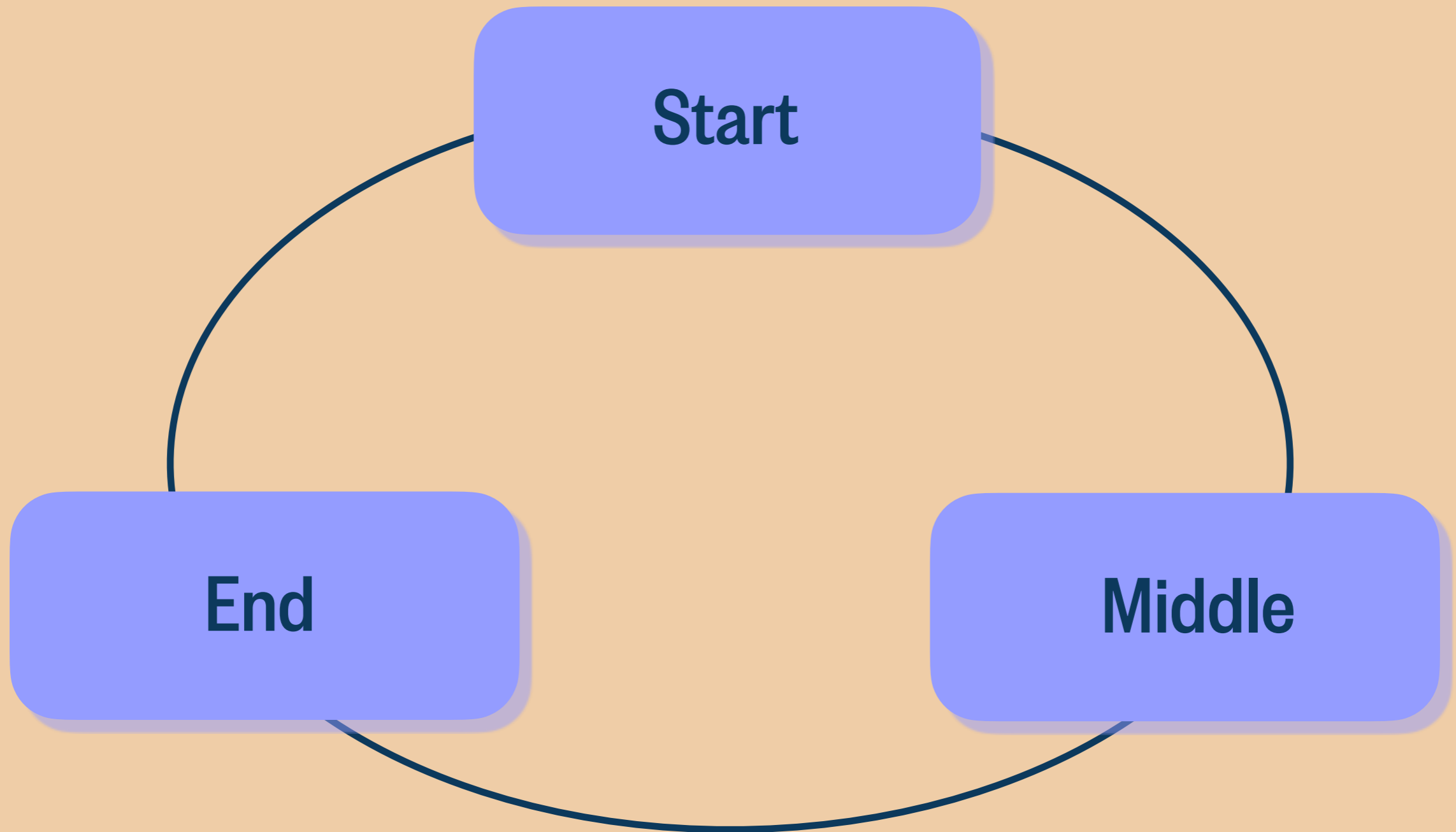


TAKE AWAY TAKE AWAY TAKE AWAY TAKE AWAY TAKE AWAY TAKE AWAY

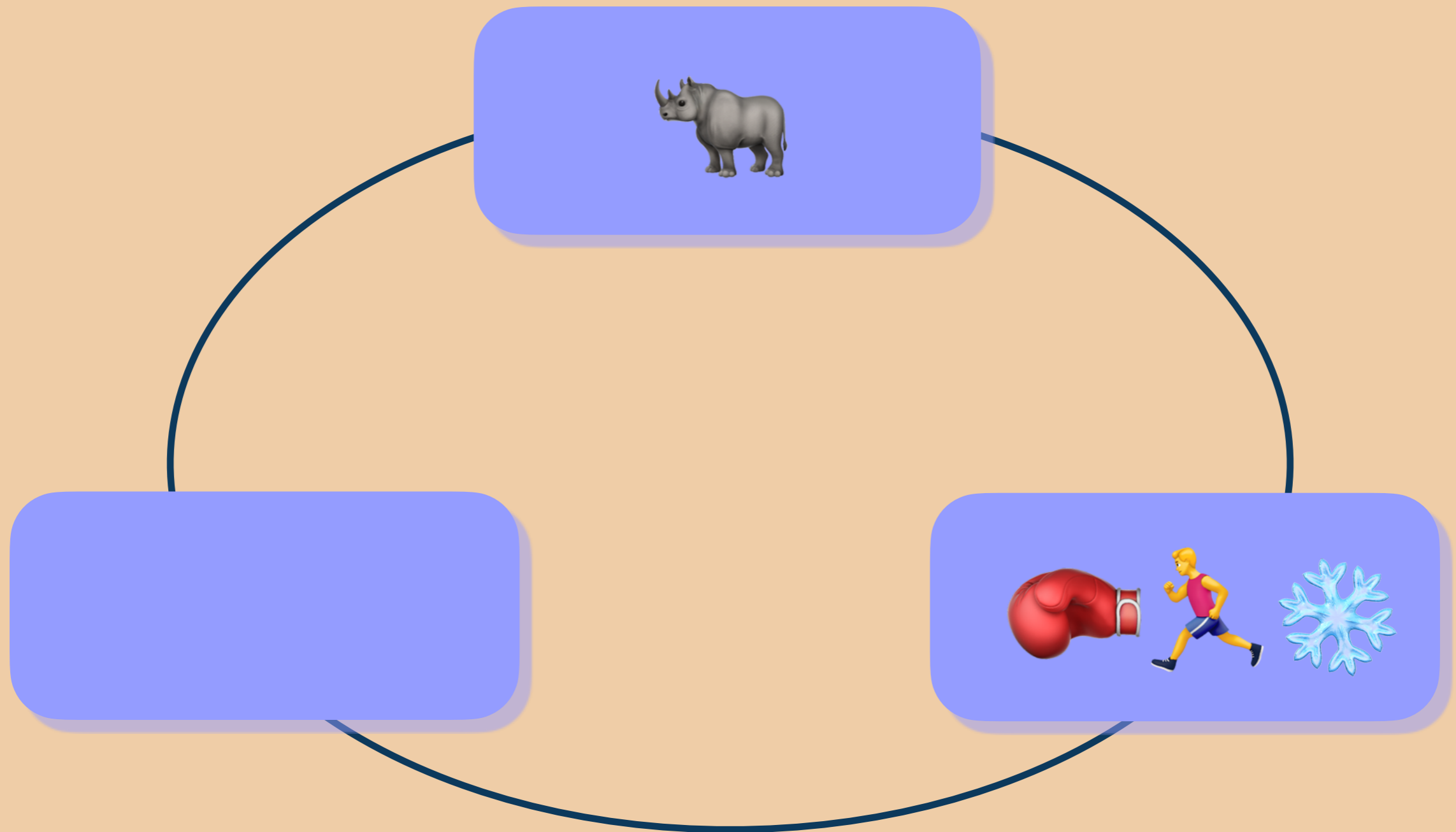
- 1 Our own thoughts and basic beliefs can act as stress amplifiers. These basic assumptions are also called beliefs.
- 2 Neuroplasticity is the brain's ability to change depending on how it is used. You can use this principle to reduce stress with the help of your own thoughts.
- 3 When formulating affirmations, make sure that you avoid "not", remain realistic and use the present tense. Repeat your affirmation daily - especially during stressful times.



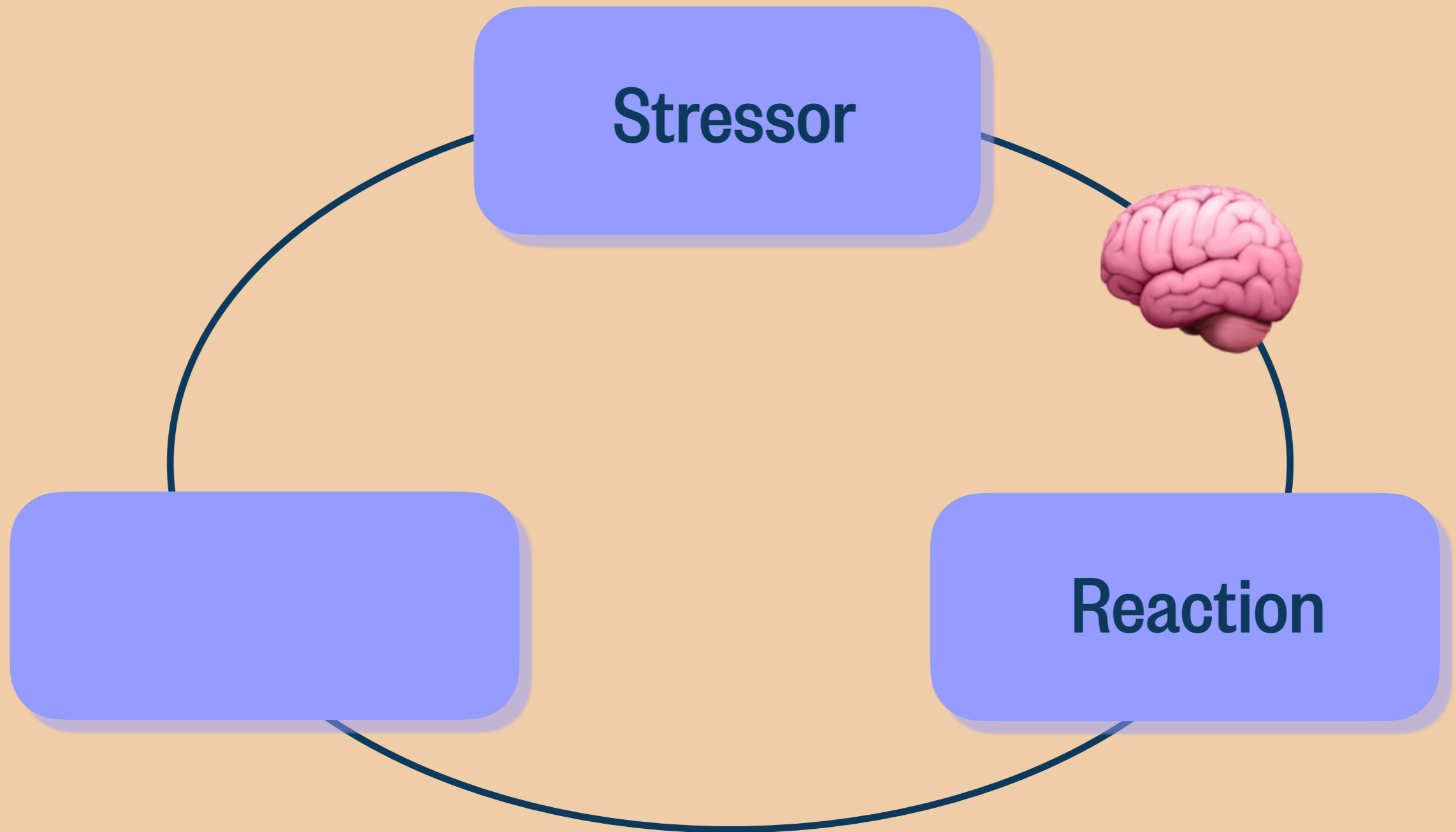
Stress Response Cycle



Stress Response Cycle



Stress Response Cycle





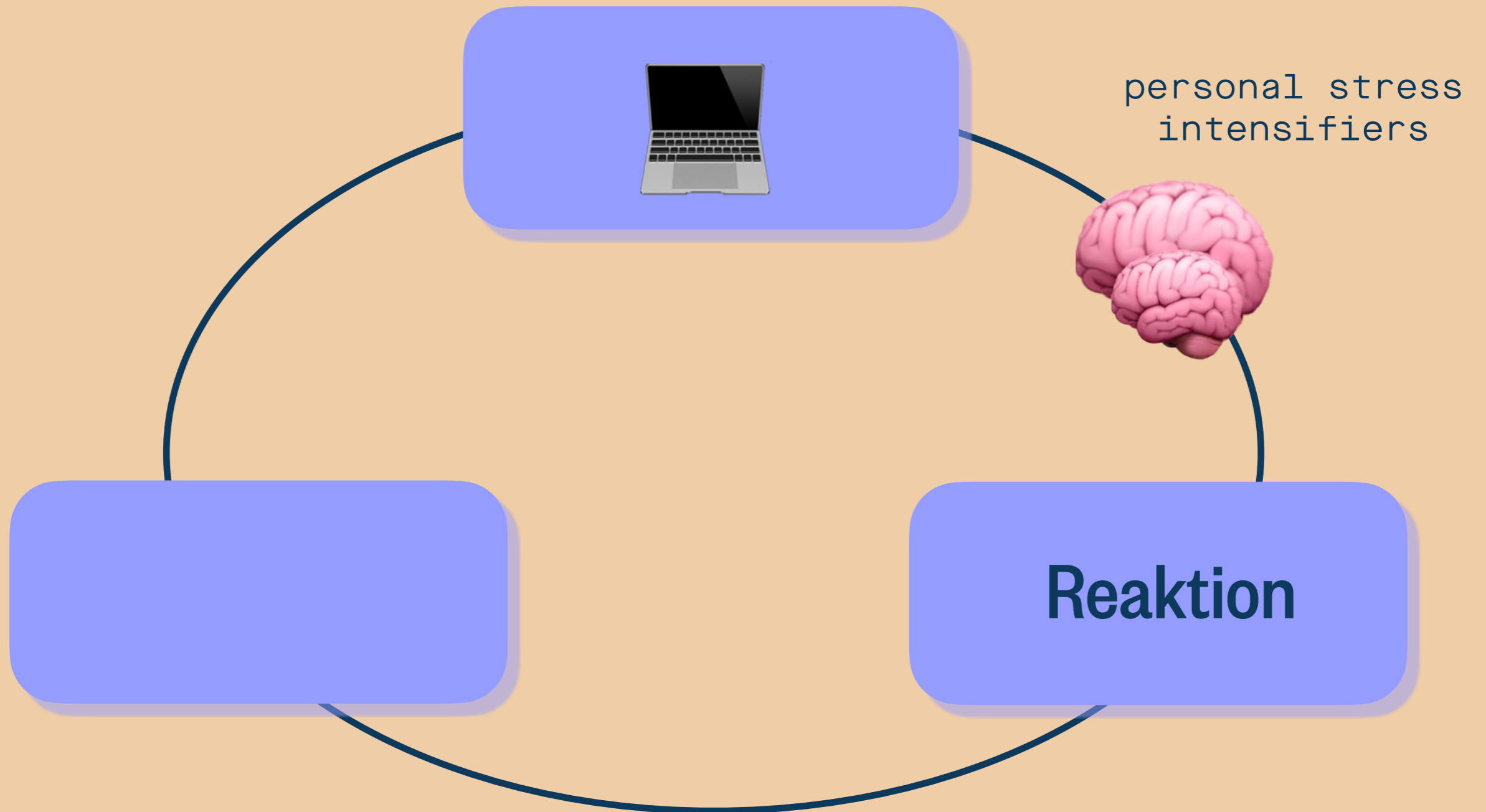
Evaluation



demands

resources

Stress Response Cycle





Stress arises when we
feel that we are in
danger or unable to
cope with a situation.



What can I do with self-beliefs?



explore

question

distance

Neuroplasticity

the capacity of nerve
cells to biologically adapt
to circumstances

STANGL, 2021



Affirmations

it's not:

„just smile
and think
positive!“

But:

it's about
learning to talk
to yourself
differently



Important: Find an affirmation that is realistic

> [Psychol Sci.](#) 2009 Jul;20(7):860-6. doi: 10.1111/j.1467-9280.2009.02370.x. Epub 2009 May 21.

Positive self-statements: power for some, peril for others

[Joanne V Wood](#) ¹, [W Q Elaine Perunovic](#), [John W Lee](#)

Affiliations + expand

PMID: 19493324 DOI: [10.1111/j.1467-9280.2009.02370.x](#)

Abstract

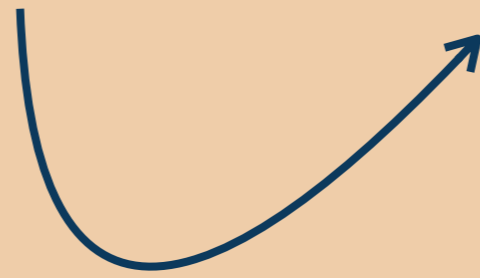
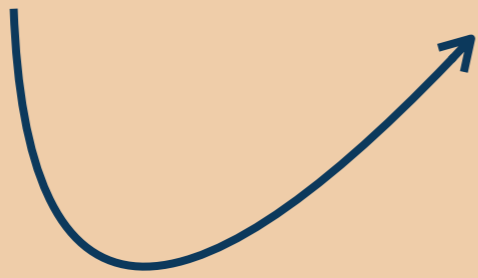
Positive self-statements are widely believed to boost mood and self-esteem, yet their effectiveness has not been demonstrated. We examined the contrary prediction that positive self-statements can be ineffective or even harmful. A survey study confirmed that people often use positive self-statements and believe them to be effective. Two experiments showed that among participants with low self-esteem, those who repeated a positive self-statement ("I'm a lovable person") or who focused on how that statement was true felt worse than those who did not repeat the statement or who focused on how it was both true and not true. Among participants with high self-esteem, those who repeated the statement or focused on how it was true felt better than those who did not, but to a limited degree. Repeating positive self-statements may benefit certain people, but backfire for the very people who "need" them the most.



I knew it:
I'm too stupid for that.

I am great and can do
everything!

I manage many things.
Making mistakes means
learning.





How to build my Affirmation?



postive

realistic

present tense



I'm enough

etc.

I learn from my mistakes.

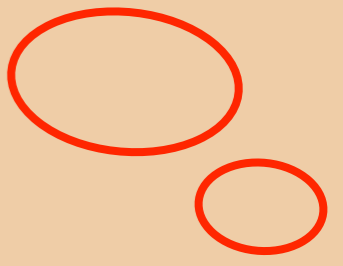
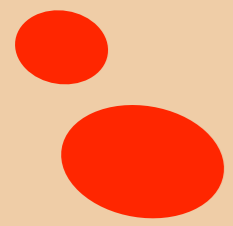
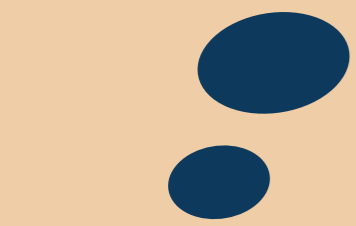
I trust myself and my skills.

etc.

I let it go.

etc.

My feelings are valid.





Using Affirmations

Reading

Repeating

Writing

Routines

Thinking





If you want to learn more



Resources

- Dweck, C. (2017). *Mindset-updated edition: Changing the way you think to fulfil your potential*. Hachette UK.
- Nagoski, E., & Nagoski, A. (2020). *Burnout: The secret to unlocking the stress cycle*. Ballantine Books.

Tools

- Mindfulness: Meditation via [7Mind](#) & [Headspace](#)
- [Affirmations 80 Powerful Affirmations](#)
- [I am App](#)
- Video: [Neuroplasticity](#)



If you want to learn more

Additional resources

- Cramer, S. C., Sur, M., Dobkin, B. H., O'Brien, C., Sanger, T. D., Trojanowski, J. Q., ... & Vinogradov, S. (2011). Harnessing neuroplasticity for clinical applications. *Brain*, *134*(6), 1591-1609.
- Lazarus, R. S., & Folkman, S. (1984). *Stress, appraisal, and coping*. New York, NY: Springer.
- Wittchen, H. U., Hoyer, J., Fehm, L., Jacobi, F., & Junge-Hoffmeister, J. (2011). Klinisch-psychologische und psychotherapeutische Verfahren im Überblick. In *Klinische Psychologie & Psychotherapie* (pp. 449-475). Springer, Berlin, Heidelberg.
- Wood, J. V., Elaine Perunovic, W. Q., & Lee, J. W. (2009). Positive self-statements: Power for some, peril for others. *Psychological Science*, *20*(7), 860-866.



Thank You!

hello@shitshow.de | www.shitshow.de

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