

# STRESS

## Session 3: From knowing to doing

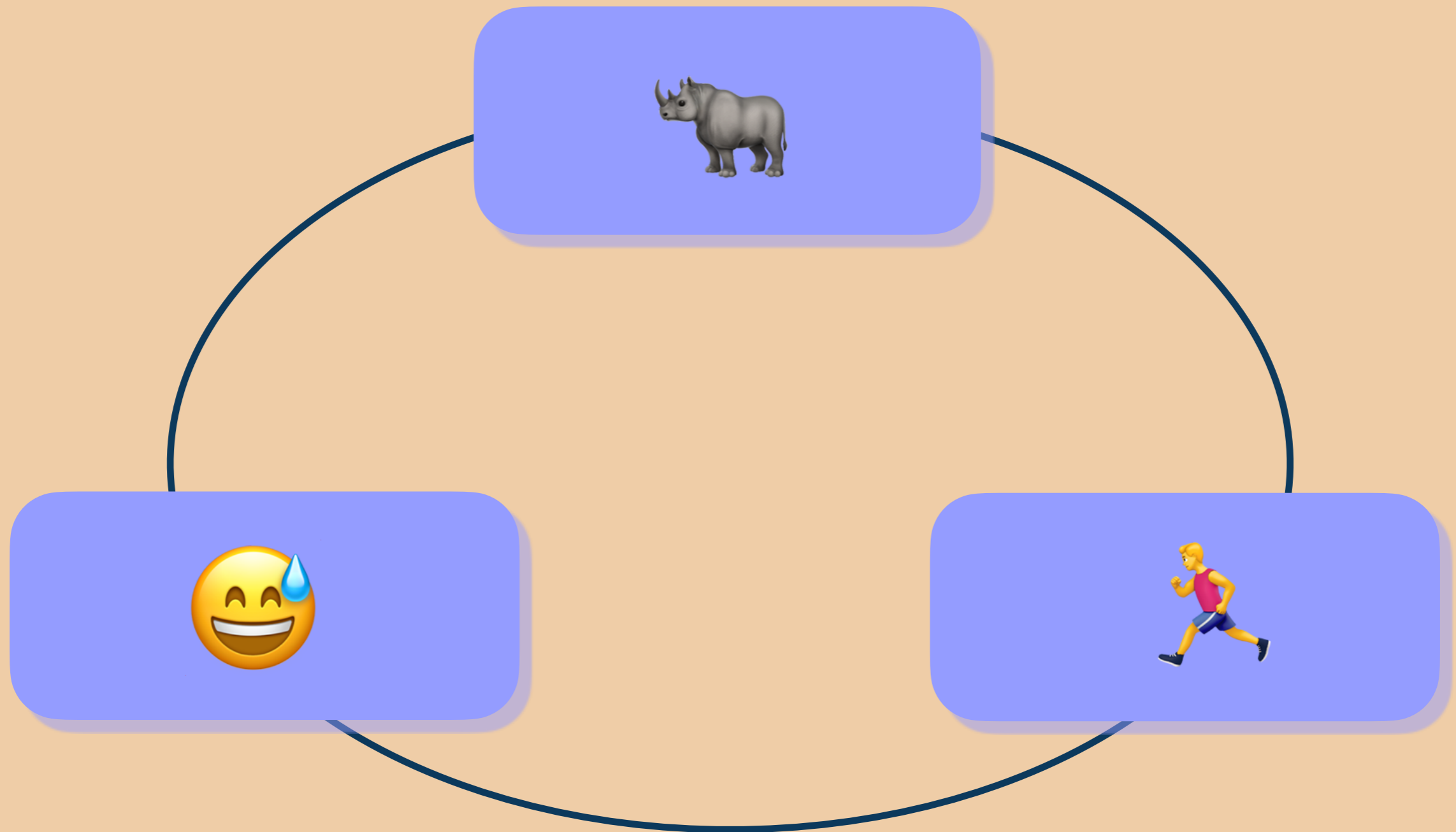
Handout



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

- 1 To close the stress cycle, we need daily signals that we are safe, such as: Exercise, conscious breathing, creative expression, laughing, crying, touch and social interactions.
- 2 If you want to form new healthy habits, make sure you choose simple strategies that you like. So plan to spend 20 minutes in the fresh air rather than jogging for 1 hour a day.
- 3 Make your plans visible in your everyday life, e.g. through reminders, appointments or by jumping into your sports gear first thing in the morning.

# Stress Response Cycle





We need daily  
physical action that  
signals safety



# Stressors nowadays

Screen Time

Noise

Time Pressure

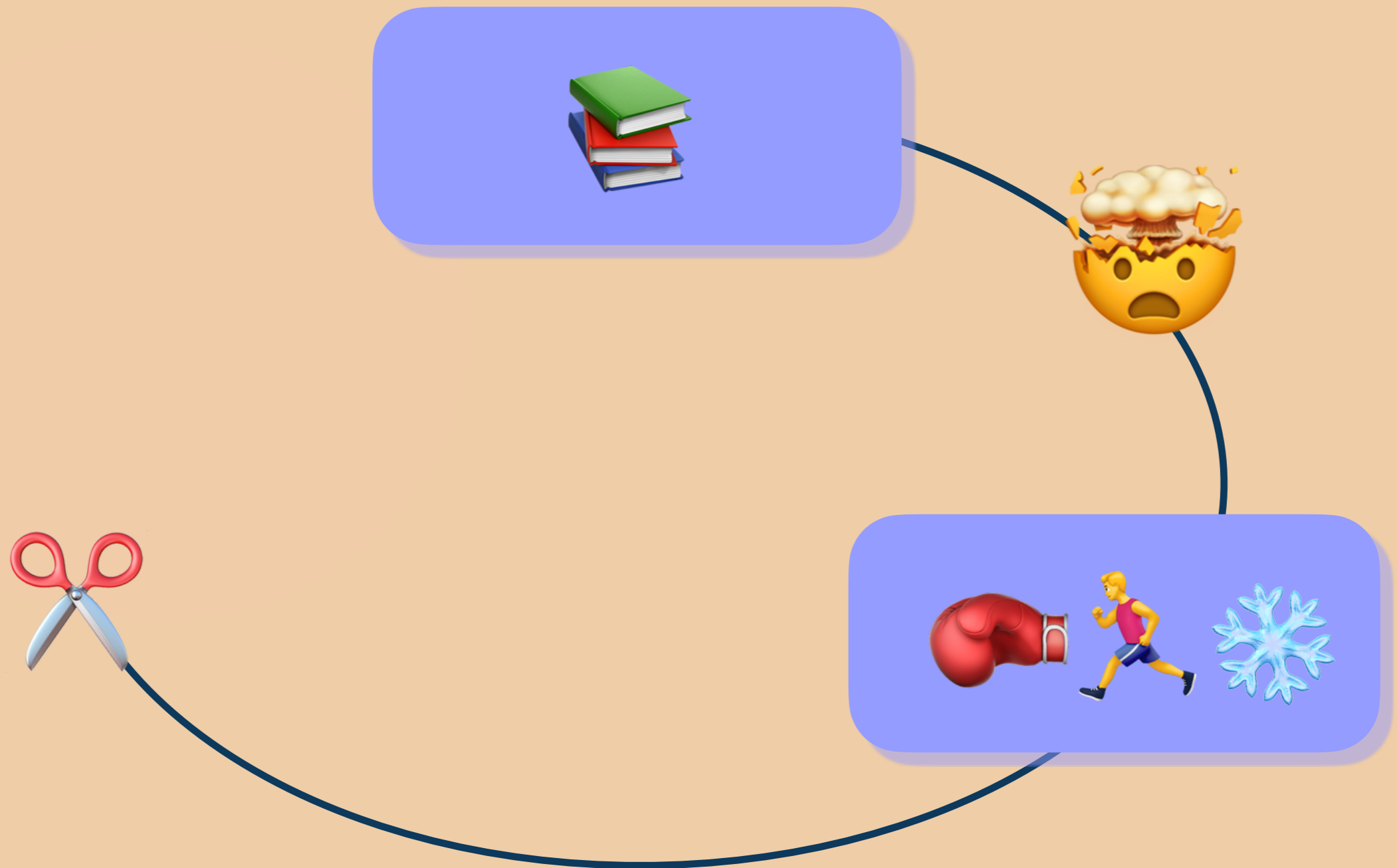
Conflicts

Multitasking

Deadlines



# Modern Stress



# Stress symptoms

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the physical and psychological  
effects of prolonged stress



# Stress Symptoms

Headache

Problems with  
concentration

Stomach ache



Irritability

Sleep disorders

Tinnitus



# 7 WAYS TO COMPLETE THE STRESS CYCLE



# 7 ways to close the stress cycle

Breathing

Laughing

Exercise

Crying

Creativity

Social  
Interaction

Affection



# Exercise



- Reduces cortisol
- 30-60 minutes are perfect

# Breathing



- Deep belly breathing calms
- Focus on the moment and body

# Creative Expression



- Enables deep concentration
- Form of emotion expression

# Laughter



- Reduces stress hormones by 35 – 70 %
- Laughter yoga, films, memes

# Crying



- Big taboo at work
- Natural reaction of the body when relieving stress

# Affection



- Oxytocin is released
- 6 sec. kiss or 20 sec. hug already help

# Social Interactions



- Even "superficial" encounters help
- Strong safety signal





# Everyday life strategies



Do you find it  
easy?

Do you like it?

Is it obvious?

Is it helpful?



# Your Stress Resilience Plan

**Daily**

**Affirmations &  
Closing the stress cycle**



# 7 ways to close the stress cycle

Breathing

Laughing

Exercise

Crying

Creativity

Social  
Interaction

Affection





# What can I do with self-beliefs?



explore

question

distance



# Your Stress Resilience Plan

**Daily**

**Affirmations &  
Closing the stress cycle**

**Longterm**

**Meeting basic  
psychological needs**

# Basic psychological needs



Belonging /  
Attachment



Control / Self-  
determination



Self-esteem/  
Recognition



Pleasure Gain



TOOL

STRESS-RESILIENCE PLAN

YOUR PERSONAL STRESS RESILIENCE PLAN



WHEN?	WHAT?	HOW?	<div>SIMPLE ATTRACTIVE OBVIOUS PLEASANT</div>	NOTES
daily	Closing the stress cycle!	I start the day by consciously cuddling my pet.	<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
daily	Affirmation	Reading the Post-It on the coffee machine and consciously telling myself 'I am enough', while I make myself coffee.	<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
longterm	Strengthen belonging	Every Monday evening a video call with my best friend.	<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
	Strengthening control		<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
			<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	
	Strengthening pleasure		<div><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></div>	



# BIG ACCOMPLISHMENTS



→ Daily habits



# If you want to learn more



## Resources

- Clear, J. (2018). Atomic habits: An easy & proven way to build good habits & break bad ones. Penguin.
- Fosslien, L., & Duffy, M. W. (2019). No hard feelings: Emotions at work and how they help us succeed. Penguin UK.
- Nagoski, E., & Nagoski, A. (2020). Burnout: The secret to unlocking the stress cycle. Ballantine Books.

## Tools

- Podcast ~ Brené Brown: Brené with Emily und Amelia Nagoski on Burnout and how to complete the stress cycle
- Mindfulness: 7Mind
- Mindful Minute, Headspace
- [I am App](#)
- Video: [Neuroplasticity](#)



# If you want to learn more

## Additional resources

- Beukeboom, C. J., Langeveld, D., & Tanja-Dijkstra, K. (2012). Stress-reducing effects of real and artificial nature in a hospital waiting room. *The Journal of Alternative and Complementary Medicine*, 18(4), 329-333.
- Dreisoerner, A., Junker, N. M., Schlotz, W., Heimrich, J., Bloemeke, S., Ditzen, B., & van Dick, R. (2021). Self-soothing touch and being hugged reduce cortisol responses to stress: A randomized controlled trial on stress, physical touch, and social identity. *Comprehensive Psychoneuroendocrinology*, 8, 100091.
- Gračanin, A., Bylsma, L. M., & Vingerhoets, A. J. (2014). Is crying a self-soothing behavior? *Frontiers in psychology*, 5(2), 502(5).
- Grawe, K. (2007). Counseling and psychotherapy: investigating practice from scientific, historical, and cultural perspectives. *Neuropsychotherapy: How the Neurosciences Inform Effective Psychotherapy*. Hillsdale, NJ: Lawrence Erlbaum Associates Publishers.
- Hou, W. K., Lai, F. T., Ben-Ezra, M., & Goodwin, R. (2020). Regularizing daily routines for mental health during and after the COVID-19 pandemic. *Journal of Global Health*, 10(2).
- Martin, L., Oepen, R., Bauer, K., Nottensteiner, A., Mergheim, K., Gruber, H., & Koch, S. C. (2018). Creative arts interventions for stress management and prevention—a systematic review. *Behavioral Sciences*, 8(2), 28.
- Paredes, P. E., Zhou, Y., Hamdan, N. A. H., Balters, S., Murnane, E., Ju, W., & Landay, J. A. (2018). Just breathe: In-car interventions for guided slow breathing. *Proceedings of the ACM on Interactive, Mobile, Wearable and Ubiquitous Technologies*, 2(1), 1-23.
- Wittchen, H. U., & Hoyer, J. (2011). *Klinische Psychologie & Psychotherapie* (Vol. 1131). Heidelberg: Springer.
- Yim, J. (2016). Therapeutic benefits of laughter in mental health: a theoretical review. *The Tohoku journal of experimental medicine*, 239(3), 243-249.

The background consists of large, organic, abstract shapes in a vibrant orange and a light, pastel blue. The orange shapes are more prominent and form the base of the design, while the light blue shapes are layered on top, creating a sense of depth and movement. The overall effect is modern and artistic.

# Thank You!

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