

STRESS RESILIENCE BLUEPRINT

Glyn Blackett, StressResilientMind.co.uk

A one-page summary of what you need for effective stress management – relief from anxiety, panic, irritability, fatigue, insomnia, brain fog and low mood.

Knowledge & Understanding

Some things you need to know:

- What your real problem is – not just symptoms (anxiety, fatigue etc.) but underlying causal patterns
- What your real goal is – not just how you'd like to feel instead, but what skills and resources you need to develop
- How stress works as a mind-body process (psychobiology of stress)
- Your triggers for stress – both internal and external
- Emotions – what they are & how they play out in mind & body.

Skills & Resources

Resilience is the ability to recover quickly and easily from stress, upsets and set-backs. Resilience is a skill-set that can be learned and developed, and founded on these five core mind-body skills:

1. Mind-body awareness – awareness of body responses (inc. feelings) plus thinking, and crucially how these two relate to each other
2. Attention – flexibility & stability of focus
3. Letting go (1) – physical: ability to calm the body, reduce arousal & let go of tension.
4. Letting go (2) – mental: ability to separate from thought, beliefs, narratives
5. Accessing & sustaining positive emotion

Mindset

Listed this third but really the starting point – mindset is the set of beliefs, assumption & attitudes that condition how you perceive stressful situations, how you respond and how you try to cope.

What you need:

- Growth mindset – the belief that change is possible – that you can learn and develop, through application and commitment. Again: resilience is a learned skill-set.
- Positive stress mindset – seeing stress as a challenge to be engaged with (& the stress response as mobilised energy) rather than as a threat, dangerous, harmful, or something to be avoided.
- “Willingness” – the opposite of resistance, which is the mindset of trying to reject or avoid unwanted experiences, and which usually makes things worse. Willingness opens the door to change.

Key Tools For Effective Stress Management

Again, the core message is that stress resilience is a skill-set that can be learned and developed with the right tools and the right training. Even mindset can be developed. But what are the right tools?

- Mindfulness – a tool for training attention & focus, and a mindset of acceptance.
- Biofeedback – measures body responses and feeds them back, as a basis for training & developing the five core mind-body skills.
- Positive psychology coaching – provides a set of models plus research-proven techniques for developing emotional positivity & other aspects of well-being.