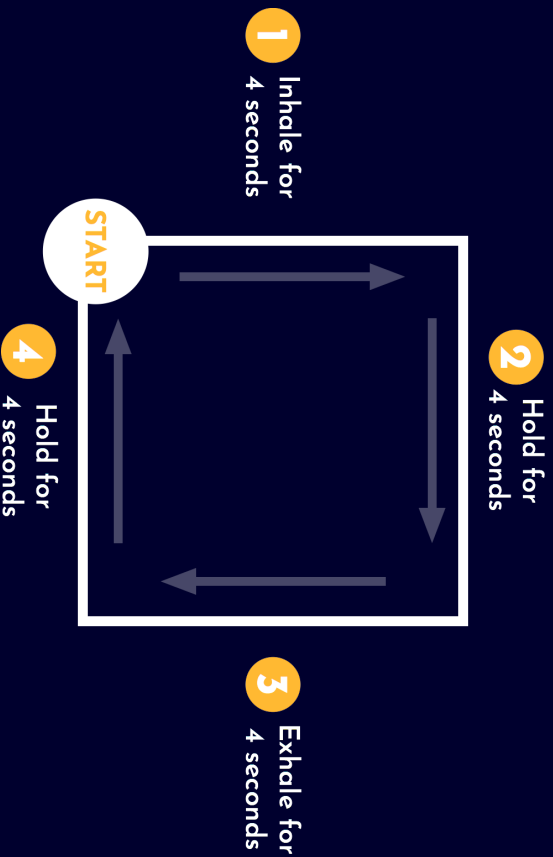


**Welcome to
this workshop.**

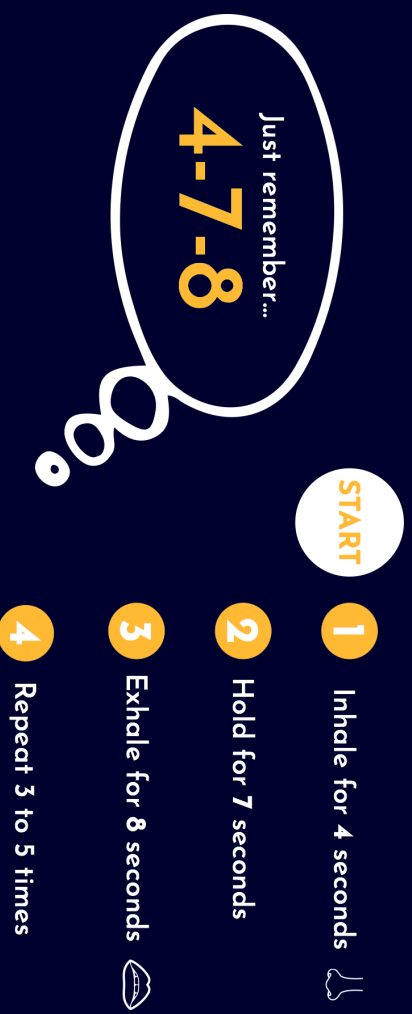
[SHIFT]

shiftcollab.com | shiftpeople.ca

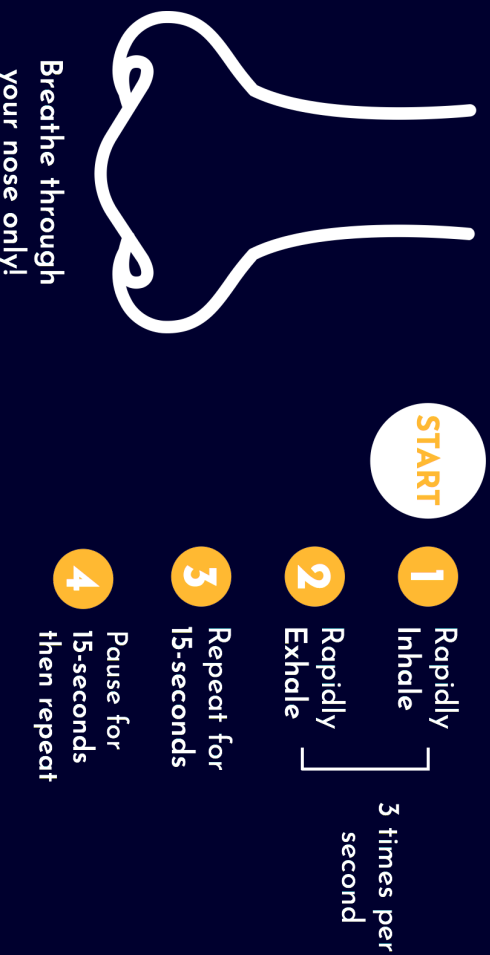
BOX BREATHING



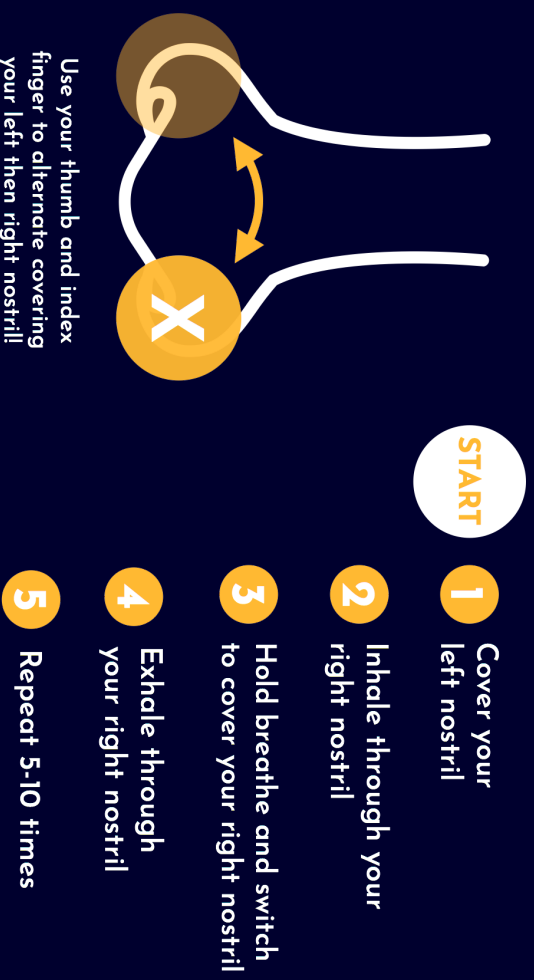
4-7-8 BREATHING



BELLOWS BREATHING



ALTERNATING NOSTRIL BREATHING



Breathe through your nose only!

Use your thumb and index finger to alternate covering your left then right nostril!

UNHELPFUL THINKING STYLES AND HABITS (THAT SHOULD BE WATCHED OUT FOR)

1. ALL OR NOTHING THINKING

Sometimes called 'black and white thinking'.

"If I'm not perfect, I'm a total failure."

AN EXAMPLE

2 USING A MENTAL FILTER

Only paying attention to certain types of evidence.

"One bad thing happened so everything is bad."

3. JUMPING TO CONCLUSIONS

Imagining we know what others are thinking or trying to predict the future.

"I know exactly what they think about me" or "I know we'll fail."

4. CATASTROPHISING

Blowing things out of proportion.

"Everything is falling apart!"

Your Emotional Bank Account

ACTIVITY	NOURISHMENT (0-10)

**WHAT ARE SOME
IDEAS TO TRY?**

STRESS ACTION WORKSHEET
FOR EMPLOYEE & MANAGER TRAINING



STRESSOR	RATING (1 to 10)	ACTION REQUIRED (Avoid, Alter, Accept, Adapt)

AVOID: Reclaim control by focusing on what you can control and say no to the rest.

ALTER: Take inventory of the situation and make changes with the support of your team.

ACCEPT: Accept things the way that they are and seek support.

ADAPT: Adjust your expectations and reframe the stressor.

