

# BEYOND COMFORT: EMBRACING CHANGE IN A CHALLENGING WORLD



**THIS SESSION IS BEING RECORDED...**

**RECORDING IN  
PROGRESS**

THIS SESSION IS BEING RECORDED AND WILL BE  
AVAILABLE AFTER THE EVENT AT

**[www.stress.org.uk/public](http://www.stress.org.uk/public)**

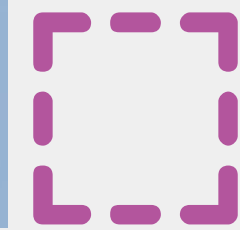
# HOW MANY OF YOU...



HOW MANY OF YOU FEEL OVERWHELMED BY THE RAPID AND SIGNIFICANT CHANGES HAPPENING IN THE WORLD?



HOW MANY OF YOU WOULD LIKE TO LEARN HOW TO EMBRACE CHANGE?



HOW MANY OF YOU HAVE NOT NOTICED THE CHANGES THAT ARE HAPPENING AND ARE NOT INTERESTED IN LEARNING HOW TO EMBRACE CHANGE?

# ABOUT US



**The Stress Management Society** is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.

**International Wellbeing Insights** is the research and consultancy arm of The Stress Management Society.

Our vision is to create a **happier, healthier** and more **resilient** world.

# HOW TO USE THE WORKSHOP

**Cameras on please** – this is not a lecture; this is an interactive workshop. The content has been written to move on when you participate.

Questions will be asked throughout the session, please get involved on the microphone and the chat section. **This is not the facilitator's session, it's everyone's session!** Put your hand up or make a request to share on the mic using the chat.

There will be opportunities to participate – so... **we need to hear from you!**

Please feel free to **ask questions**, share experiences, disagree, seek clarification, tell me to slow down - whatever you need at any time **we are here to support you.**



# GROUND RULES: CREATING A TRUSTED SPACE

**BE ON TIME**

**BE HERE NOW:**  
NOT BE HERE SOMETIMES

**LIMIT DISTRACTIONS:**  
TECH OFF OR ON SILENT

**PARTICIPATION:**  
WHAT YOU PUT IN IS WHAT YOU GET OUT

**HONESTY & RESPECT**

**KEEP AN OPEN MIND**

**USING 'I...' STATEMENTS**

**CONFIDENTIALITY**

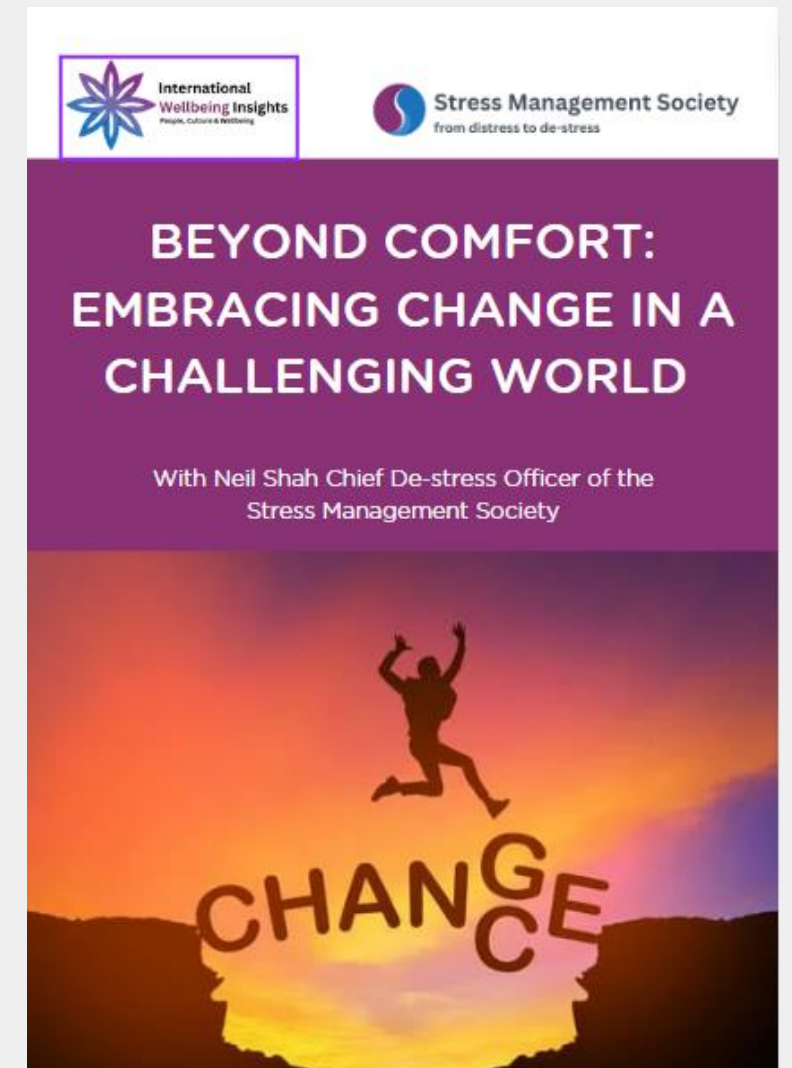
**SAFEGUARDING**

Please feel free to add more in the chat section...

# FURTHER RESOURCES TO SUPPORT THIS SESSION

We have a free guidebook  
to support this session as well  
as these slides available  
to download at:

[www.stress.org.uk/change](http://www.stress.org.uk/change)



# CHANGE CAN BE OVERWHELMING ...

WHAT IS YOUR  
EXPERIENCE WITH  
CHANGE?

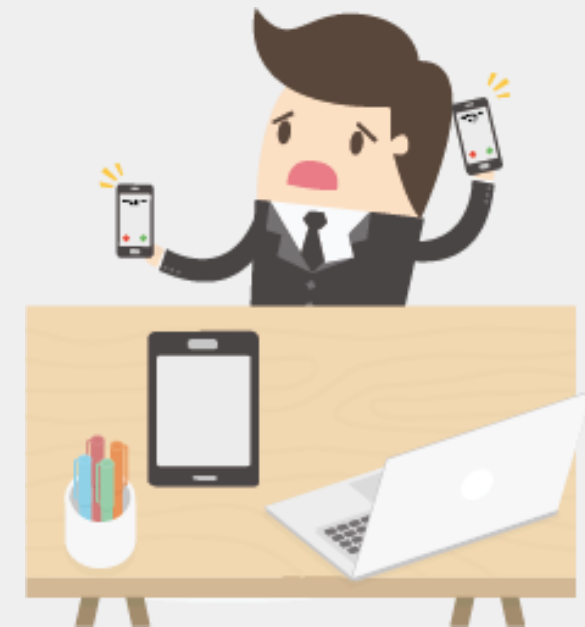


# THE LINK BETWEEN CHANGE AND ANXIETY...

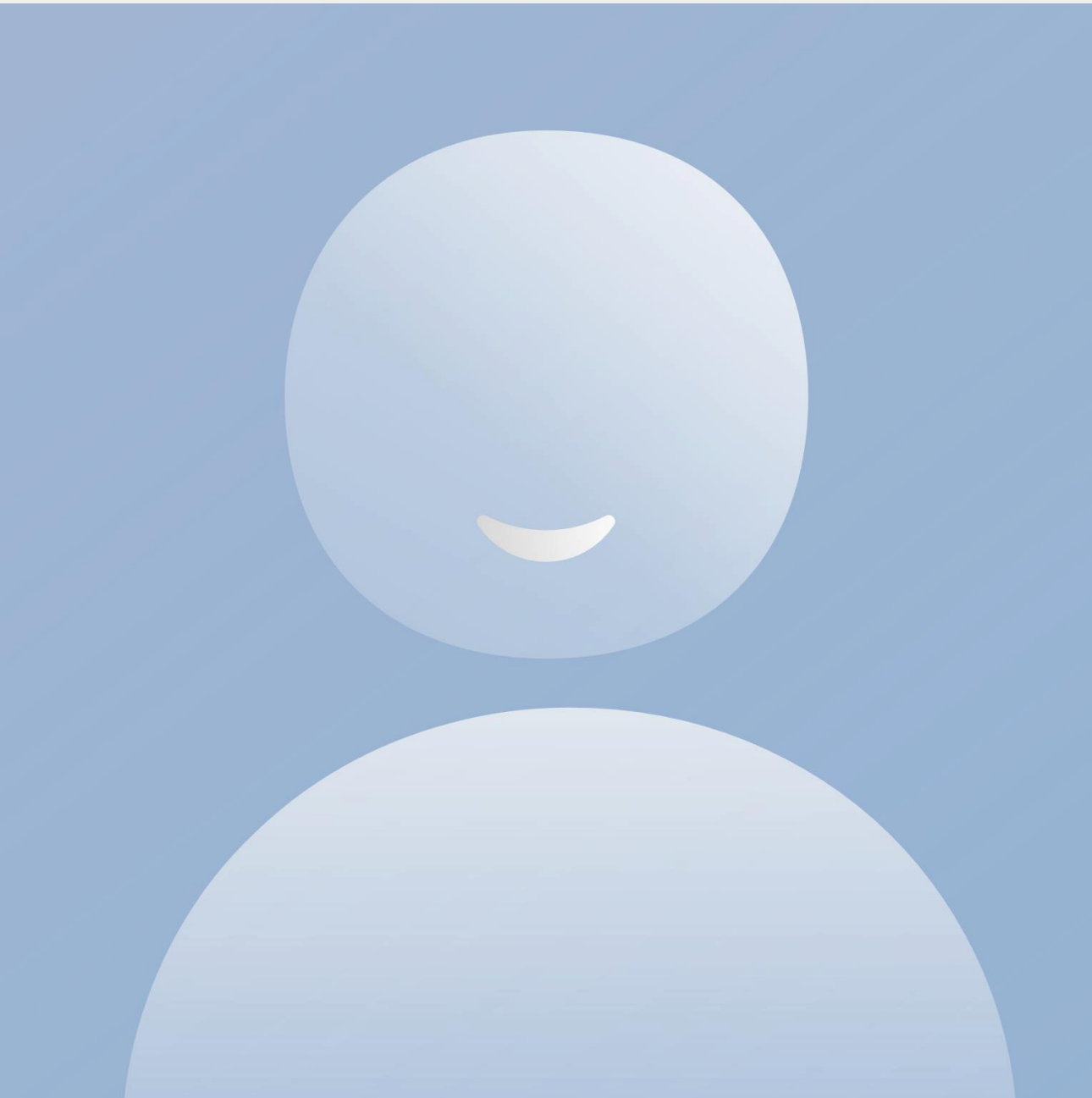
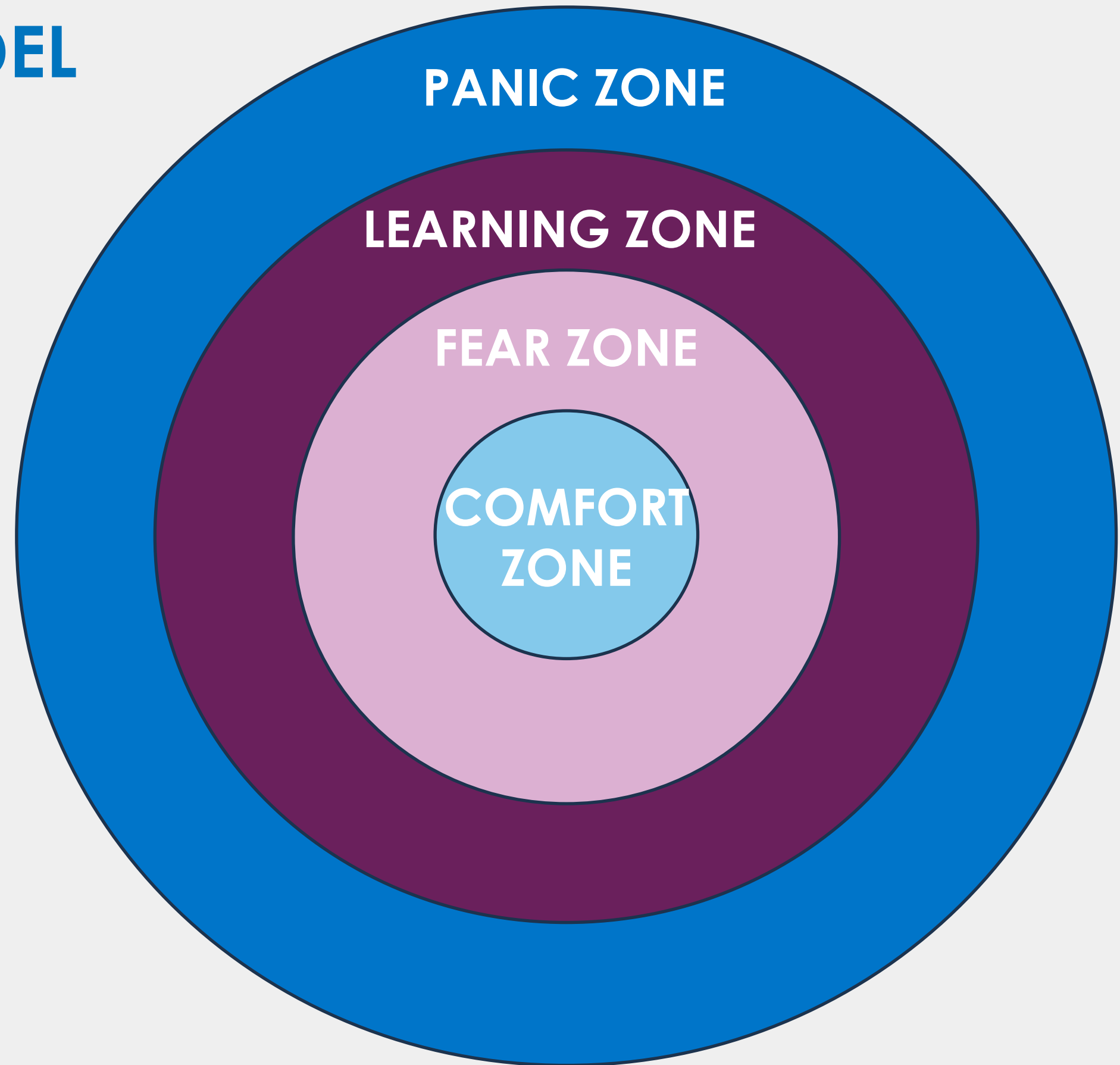
**WHEN CHANGE BECOMES TOO MUCH TO FOR US TO HANDLE, WE MAY EXPERIENCE ANXIETY.**

**ANXIETY CAN OCCUR WHEN WE'RE PUT INTO AN UNFAMILIAR SITUATION (E.G. A CHANGE IN YOUR LIFE) AND LEADS TO A FEELING OF INTERNAL DISCOMFORT**

**WE MAY BEGIN TO FEEL NERVOUS AND PANIC TO THE POINT OF FEELING LIKE YOU CAN'T COPE**



# THE COMFORT ZONE MODEL



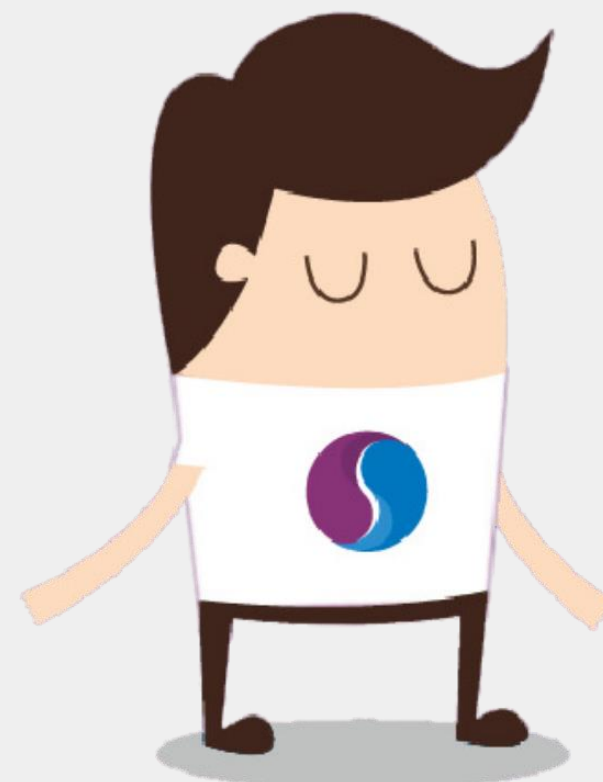
# THE COMFORT ZONE MODEL- COMFORT

The **Comfort Zone** is a place of rest and digest, integrating our experiences.

It's a **super important** part of our growth.

Here our body is in a calm state.

COMFORT  
ZONE



# THE COMFORT ZONE MODEL- COMFORT

What do you typically  
**experience** when  
you're within your  
**comfort zone?**

What can you  
do to get into  
your **comfort  
zone?**

COMFORT  
ZONE



# THE COMFORT ZONE MODEL- FEAR

The **Fear Zone** is where we face challenges and the unknown.

Though uncomfortable, it **fosters growth, resilience, and self-confidence.**



# THE COMFORT ZONE MODEL- FEAR

What **pushes**  
you from your  
**comfort zone**  
into the **fear**  
**zone** ?

What do you  
**experience**  
when in this  
zone?



# THE COMFORT ZONE MODEL- LEARNING



LEARNING ZONE

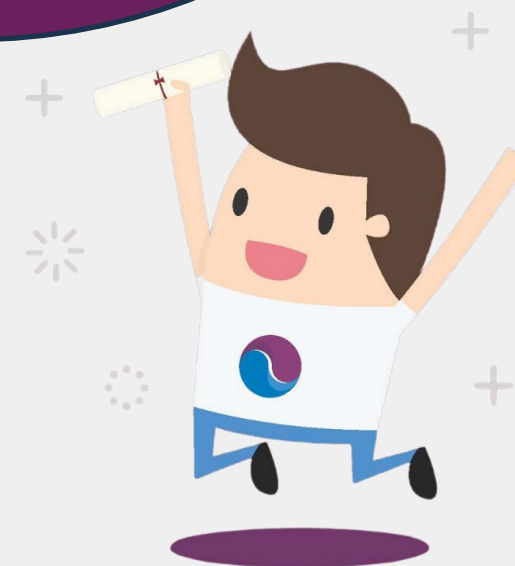
The **Learning Zone** is where we face challenges or positive stress, promoting growth.

Our system is **activated** but not overwhelmed.

# THE COMFORT ZONE MODEL- LEARNING

What does it look like when you are in the **learning zone**?

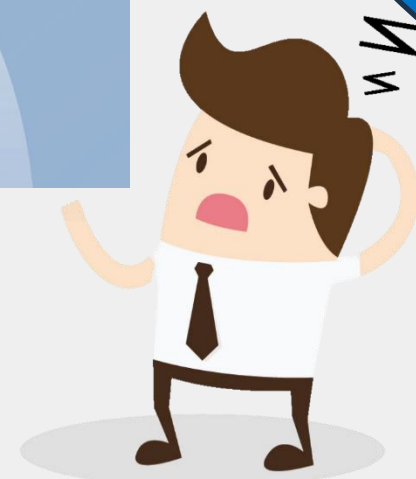
What do you enjoy most about **pushing your boundaries** and **growing** as a person?



# THE COMFORT ZONE MODEL- PANIC

The **Panic Zone** is when we exceed our limits, triggering fight, flight, or freeze.

Our system is overwhelmed, and we **enter survival mode.**



# THE COMFORT ZONE MODEL- PANIC

What do you experience when you are in the **panic zone**?

What kind of experiences **push** you towards the **panic zone**?



PANIC ZONE



# WAYS TO MANAGE OVERWHELMING YOURSELF...

**WHAT ACTION CAN YOU TAKE TO  
REGULATE YOURSELF WHEN YOU ARE IN  
THE PANIC OR FEAR ZONE?**



# COPING WITH CHANGE

**KEEP IN MIND:**

**NOTHING IS PERMANENT**

**KEEP IT SIMPLE**

**FOCUS ON WHATS IMPORTANT**

# COPING WITH CHANGE

**TRY OUT:**

**BREATHING EXERCISES**  
**VISUALISATION**  
**REFRAMING**

# CHECK OUT OUR FREE RESOURCES

Have a look on our website for a  
range of FREE resources!

[www.stress.org.uk](http://www.stress.org.uk)



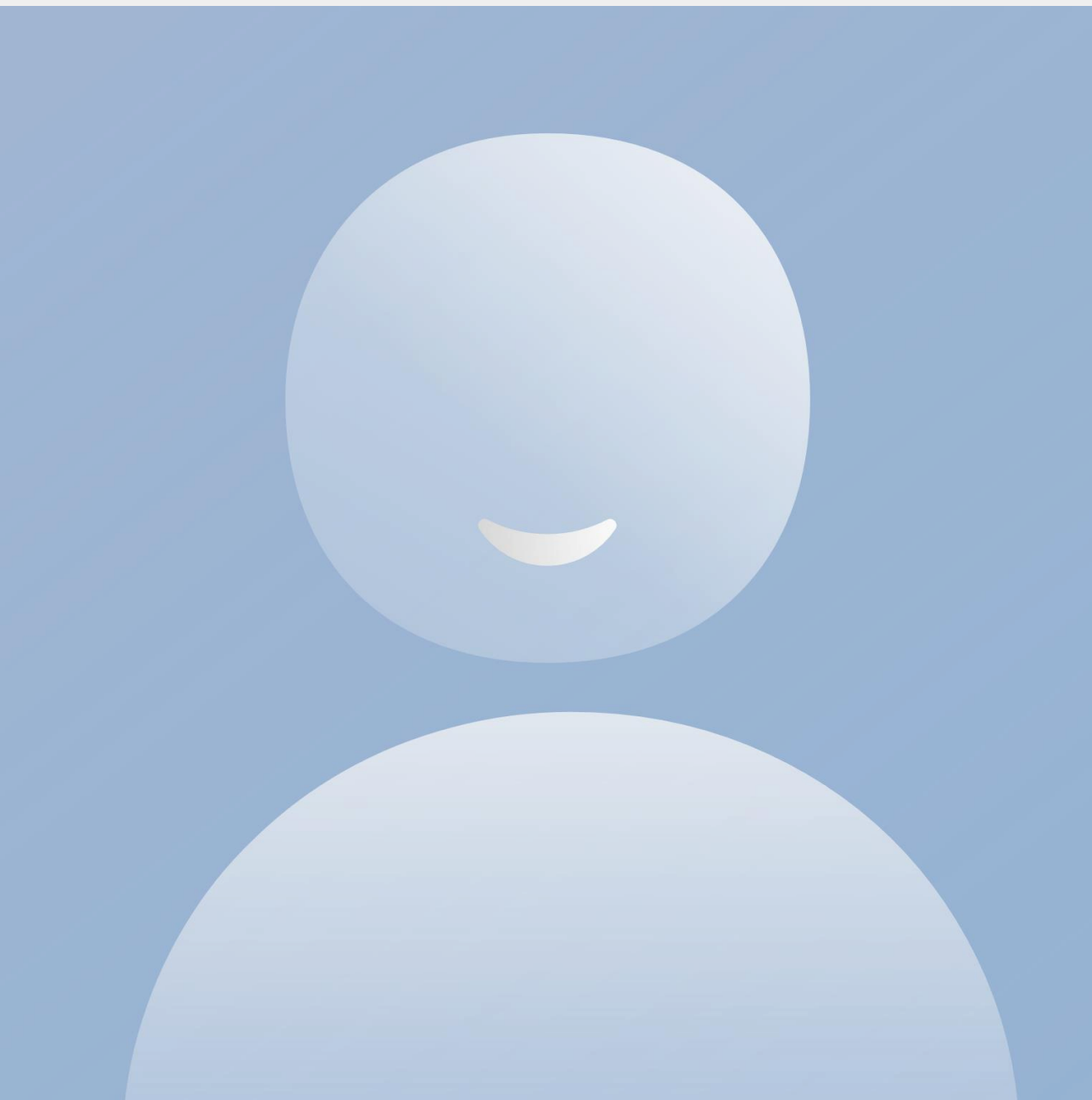
# SIGN UP TO OUR WEEKLY NEWSLETTER

Explore topical conversations,  
practical wellbeing tips and  
upcoming event information!

Stress Buster Newsletter - The  
Stress Management Society



# NEW PRODUCT!



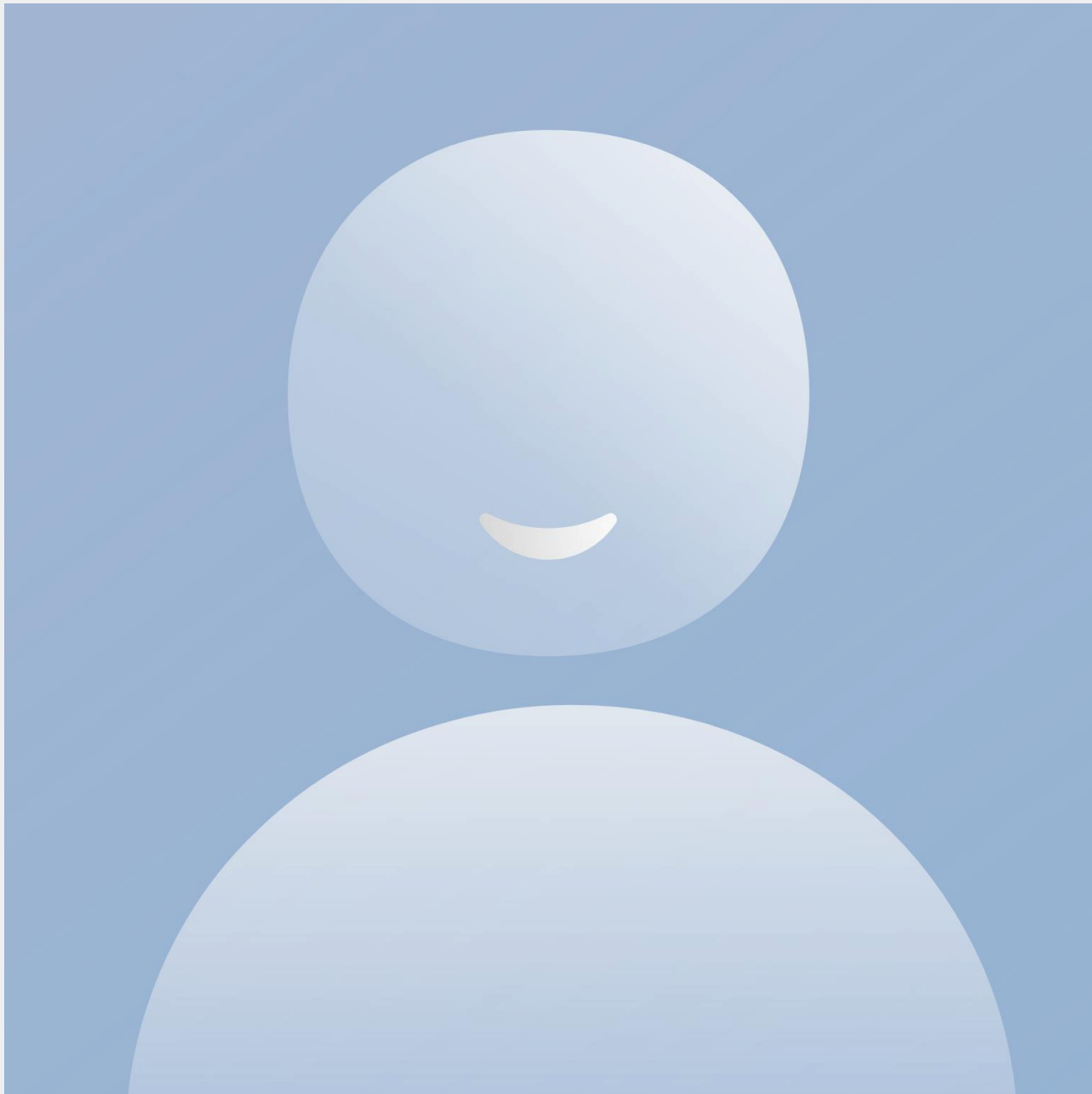
## WELLBEING PROTECT

**SIGN UP TO THE BE  
THE FIRST TO GET THE  
BENEFITS!**

[Our Courses \(wellbeingprotect.com\)](https://wellbeingprotect.com)



# NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



# NEED TO TALK? SUPPORT RESOURCES

## SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk through with you

## THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

## MIND

[www.mind.org.uk](http://www.mind.org.uk)

Call: 03001233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

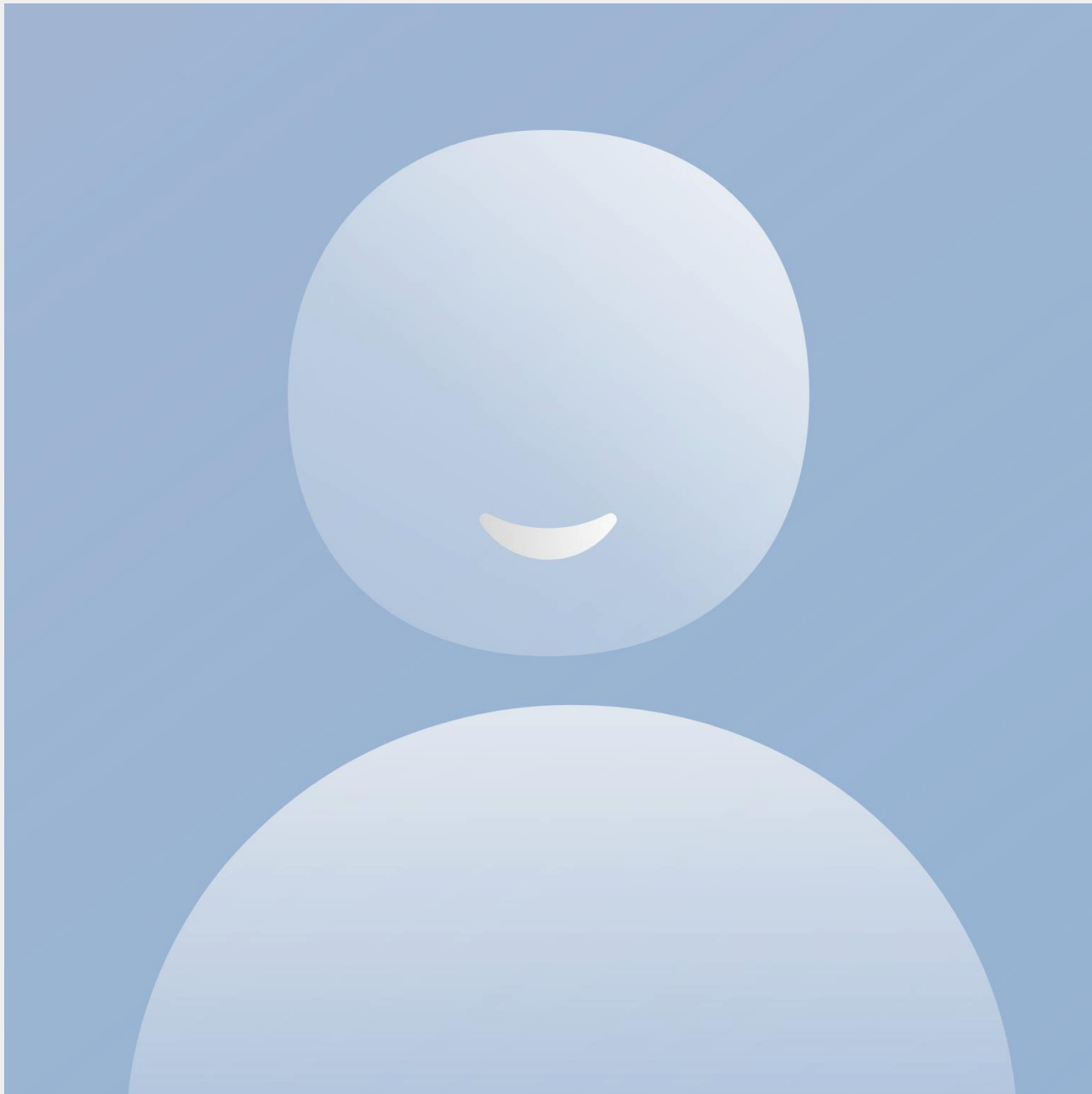
## C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

[www.thecalmzone.net/help/get-help/](http://www.thecalmzone.net/help/get-help/)

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)

This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support

# DONATE TO STRESS MANAGEMENT SOCIETY



We absolutely love providing these webinars and resources to you and your support means the world to us!

# WHAT DO YOU NEED TO ASK BEFORE WE END TODAY'S SESSION?



Answer in the chat section...

# THANK YOU!

We look forward to supporting your wellbeing journey...



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