



# BE THE CHANGE:

# BUILD YOUR CONFIDENCE TO MANAGE STRESS



## TIPS FOR INCREASED PRODUCTIVITY

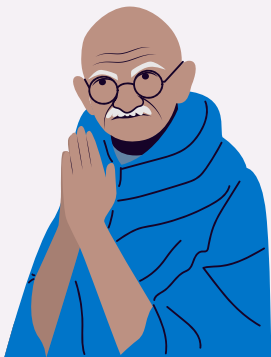
### What is Self-efficacy?



**Self-efficacy** is the belief in your ability to handle challenges and achieve goals.

It's not just optimism; it's confidence grounded in your skills and past successes.

**Higher self-efficacy helps you stay resilient** under stress, make decisions, and bounce back from setbacks



### How be the change connects to it?

Inspired by Gandhi's idea: "Be the change you wish to see in the world."

**Change starts with small, confident steps;** your actions

influence your wellbeing and those around you.

By believing in your ability to manage stress, you can

adopt positive coping strategies and influence a

healthier environment.



### Apply it to stress

**Recognise stress triggers** and respond intentionally rather than react automatically.

Break tasks into manageable steps to build success experiences.

**Celebrate small wins;** each success strengthens your confidence.

Supporting others and encouraging peers reinforces your own self-efficacy.



*Be the change builds self-efficacy. Self-efficacy reduces stress.*

When we believe we can influence our situation, stress becomes something we manage, not something that manages us.



## Quick Actions You Can Take Today

**Try a 5-minute mindfulness or breathing exercise.**

*Example: Close your eyes, inhale for 4 counts, hold for 4, exhale for 6. Repeat for five minutes to calm your mind.*

**Set one small achievable goal for your day.**

*Example: Instead of "finish all my work," aim for "complete the first report and send it by noon."*

**Share a stress management tip with a friend or colleague.**

*Example: Suggest taking a short walk together at lunch or using a breathing app like Calm or Headspace.*

**Reflect on past successes to boost confidence before a challenging task.**

*Example: Recall a time you successfully led a meeting or handled a tight deadline remind yourself, "I've done this before, I can do it again."*

