



*uncertainty*

**IS MORE STRESSFUL THAN  
A KNOWN NEGATIVE**



ALISON EARL



ALISON EARL

# THE NEED FOR RESILIENCE

HAS NEVER BEEN GREATER THAN NOW

The impact of COVID-19 may be one of the biggest challenges we need to navigate as individuals, families, businesses, as a country and as a global community.

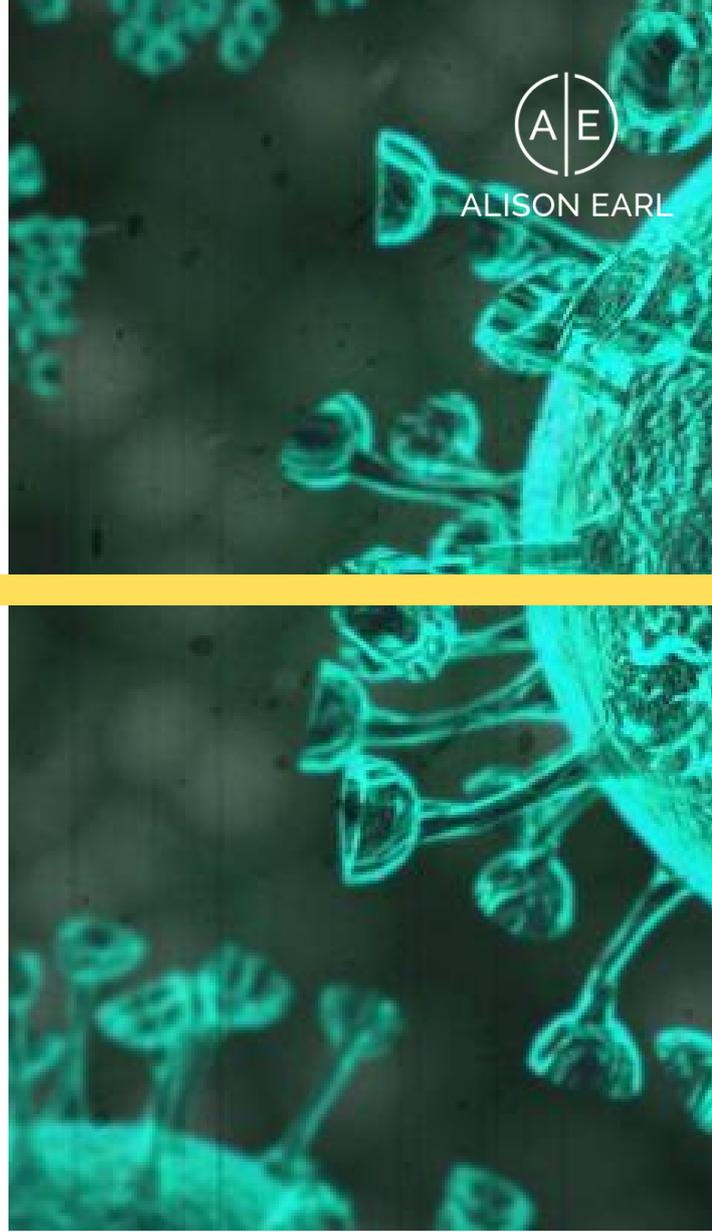
In fact, 77% of Australian and New Zealand workers experienced burnout in 2020.

It is a time of unprecedented uncertainty, sense of threat, social isolation and upheaval to regular routines.

Building mental resilience is a MUST not a nice to have if businesses are to make it through this incredible time.

It is also a period of unprecedented opportunity to rethink beliefs and underlying assumptions, reconnect with what really matters to us as businesses and people and recreate our world.

If we set our people up to not just survive this period, but thrive too, we can achieve just that.



Resilience is about more than just bouncing back. This is certainly important, however the challenging obstacles we are up against offer a unique opportunity to learn and grow, and therefore, bounce forward to be even stronger than before.

**unprecedented**  
*opportunity*

**RETHINK**  
beliefs

**RECONNECT**  
with what's important

**RECREATE**  
our world



**RECOVER**  
**BOUNCE BACK**

**MAINTAIN**

**GROW**  
**BOUNCE FORWARD**





ALISON EARL

# TAKE CONTROL OF YOUR EXPERIENCE

LEARN HOW TO SURVIVE AND THRIVE WITH THE STRESS OF CHANGE AND UNCERTAINTY

RECOGNISE WHERE YOU ARE AND WHAT YOU NEED IN ORDER TO MOVE UP AT ANY GIVEN TIME



*beliefs* about stress are more dangerous than stress itself.

*mindset* is the best defence we have against stress.

what words do you use to describe your stress? are these words helpful or harmful?



ALISON EARL

# A NEW APPROACH TO STRESS MANAGEMENT

## WHEN STRESS REDUCTION ISN'T AN OPTION

IT'S NOT REALISTIC TO STOP STRESS FROM HAPPENING. RATHER THAN FIGHTING IT, START WORKING WITH IT. START BY CONTROLLING YOUR STRESS RESPONSE. REMEMBER TO REBOUND QUICKLY AND OFTEN AND RELEASE ANY NEGATIVE EMOTIONS AT THE END OF THE DAY.

### 1. RESPOND

SHIFT YOUR RESPONSE FROM THREAT TO CHALLENGE OR TEND AND BEFRIEND

### 2. REBOUND

REBOUND QUICKLY BY IMPLEMENTING INSTANT STATE SHIFTERS

### 3. RELEASE

RELEASE LINGERING NEGATIVE EMOTIONS THROUGH EXPRESSIVE WRITING

Transform stress from a "threat" to a "challenge"

Try to incorporate three state shifters everyday

*expressive* writing releases the power negative emotions have on you

REMEMBER NOT ALL STRESS IS IN RESPONSE TO A DIRECT THREAT TO YOUR SURVIVAL BUT YOUR BODY DOESN'T ALWAYS KNOW THAT.

#### FOCUS ON CHALLENGE

A CHALLENGE STRESS RESPONSE IS NOT ONLY GOOD FOR PERFORMANCE BUT FOR HEALTH TOO. TRIGGER IT BY REMINDING YOURSELF OF ALL THE WAY STRESS IS THERE TO HELP YOU. THANK IT FOR SHOWING UP.

#### FOCUS ON CONTRIBUTION

WHEN WE EXPERIENCE THE TEND AND BEFRIEND RESPONSE OUR BODIES ARE REWARDED WITH A HUGE DOSE OF OXYTOCIN. THIS IS AS SIMPLE TO ACTIVATE AS DEFINING YOUR ROLE IN HOW YOU HELP OTHERS.



**CALMING:** IN FOR 4, OUT FOR 7  
**BALANCING:** IN FOR 5, OUT FOR 5  
**ACTIVATING:** IN FOR 6, OUT FOR 4



**SMILING** INCREASES ENDORPHINS, RELEASES DOPHAMINE, SERATONIN & OXYTOCIN



**UPBEAT** MUSIC RELEASES DOPHAMINE & ACTIVATES THE BRAIN  
**CALMING** MUSIC RELEASES MELATONIN TO HELP YOU SLEEP  
**AVOID** HEAVY METAL, WHICH CAN RELEASE ADRENALINE



**POWER POSING** FOR JUST TWO MINUTES BEFORE A STRESSFUL EVENT CAN DECREASE CORTISOL



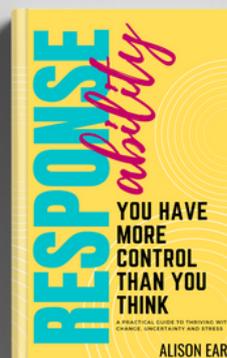
**AT THE END OF THE DAY**, SPEND 15-20 MINUTES WRITING ABOUT A DIFFICULT EXPERIENCE. •ASK YOURSELF, WHY AM I SO BOTHERED? ANGRY? UPSET? LET ALL YOUR EMOTIONS OUT. •SPEND THE LAST 5 MINUTES TAKING TOTAL RESPONSIBILITY. TELL THE SAME STORY FROM A PLACE OF RESPONSIBILITY. YOU AND ONLY YOU ARE RESPONSIBLE FOR CHANGING THE OUTCOME.



**EXPRESS GRATITUDE DAILY** BY WRITING DOWN THREE GOOD THINGS EVERYDAY. BUILD YOUR ROLE INTO YOUR GRATITUDE PRACTICE TO BUILD SELF-EFFICACY

## WANT TO LEARN MORE?

- Watch this TED Talk by Kelly McGonigal on how to make stress your friend
- Listen to this PODCAST episode on stress mindset
- Sign up to Alison's 19 DAYS OF RESILIENCE BOOSTERS
- [Get BONUS VIDEO CONTENT](#) to support this webinar

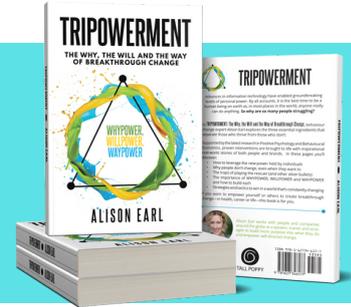




ALISON EARL



## ABOUT



Alison Earl is the author of ***Tripowerment: The why, the will, and the way of breakthrough change*** and works with people and companies around the globe to empower self-directed change as an international speaker, trainer, strategist and Positive Psychology Practitioner. She has lived in Sydney, London, and New York, where she helped build new business from the ground up, and worked with people and companies in over 20 countries.

Alison has been guest lecturing in behavioural economics at the **Harvard School of Public Health** for the last 6 years and leads a think tank, which is dedicated to solving the most complex problems in behaviour change - bringing together leading academic and commercial minds - in collaboration with Harvard. Recent attendees include the Global President of Pfizer Consumer Healthcare, the CMO of the Olympics, CFO of Comcast in addition to senior executives from Facebook and startups founders who are revolutionising education and empowerment.

*inspire*

keynote speaking to inspire your people to think differently about change and to take control of their own experience

*empower*

high impact training to boost resilience, transform stress & build more meaning into their work

*mentor*

work with current & emerging leaders to implement their change mindset strategy & create a thriving culture