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*and Happiness*  
*for young people* ©



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**Week 5**

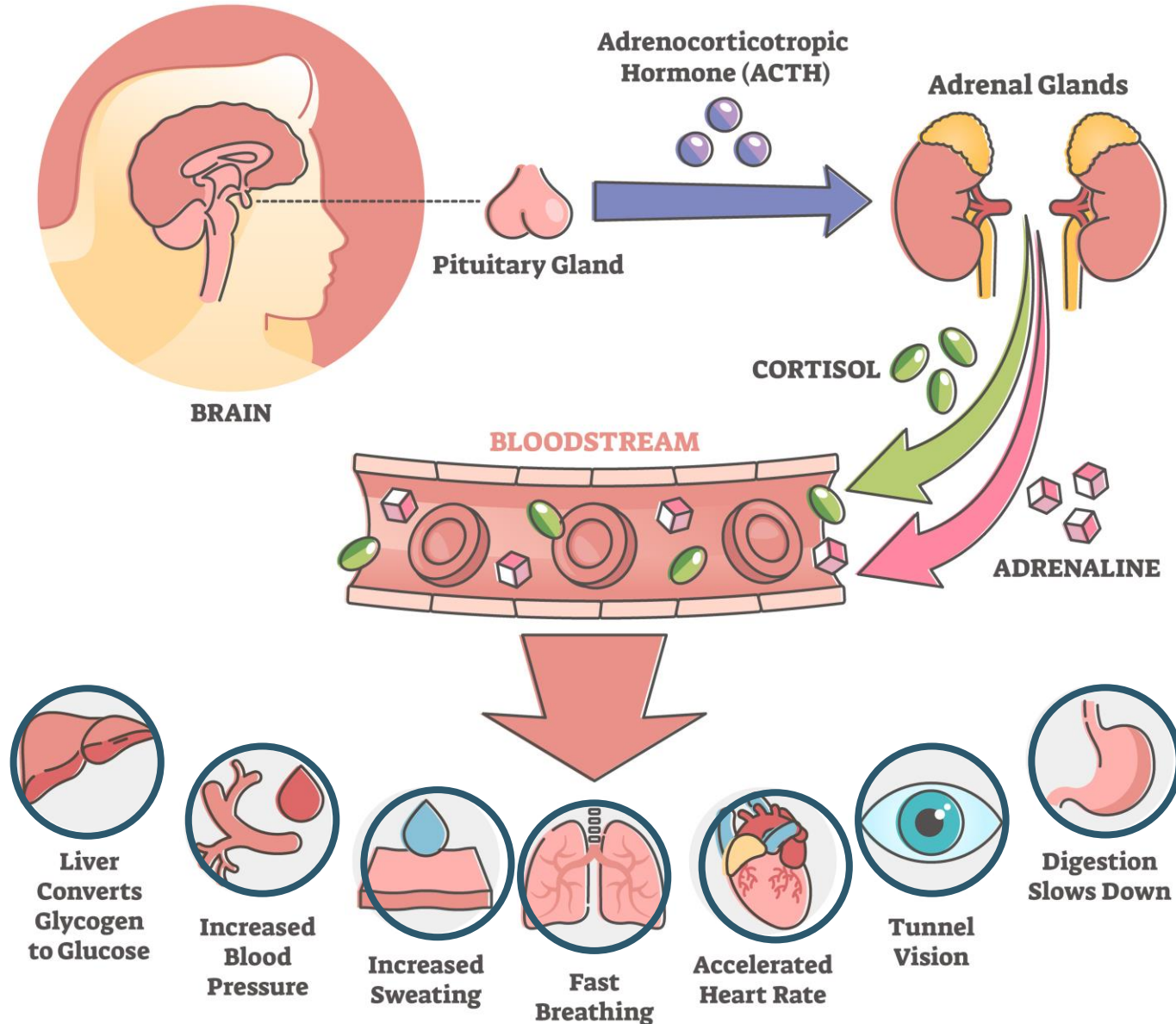
**This is what stress feels like**

*Dr Pádraic Dunne*



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# STRESS RESPONSE



This is what fight/flight distress feels like

Additional symptoms:

- Butterflies or upset stomach
- Need to go to the toilet
- Headaches
- Muscle tension and aches
- Wobbly legs
- Dry mouth
- Cant hear human voices very well
- Ears tune to high pitched or very low pitched sounds
- Fatigue

# What is the difference between excitement, stress and falling in love?

- Butterflies in the stomach
- Wobbly legs
- Dry mouth
- Increased heart rate
- Increased breathing
- Sweating
- Loss of appetite

## Switch perspective

The next time you feel stress – tell yourself it is just excitement



# What are the symptoms of freezing or playing dead for humans?

When we find ourselves in a situation where we can't neither fight our way out nor escape, then we can freeze or play dead:

- Faint
- Have very low energy – want to sleep all the time
- Don't want to go outside or socialise
- No appetite
- No interest in doing anything



# Stress First Aid - ABC

# A

**Awareness** – become more aware of what's happening in your body  
(aches, pains and tensions)

**Awareness** – become more aware of what's happening in your mind  
(thoughts and emotions)

**Solution for increased body awareness** – body scan meditation, yoga, simple attention

**Solution for increased mind awareness** – meditation, journaling, speaking with friends, family and trusted others

# Practice the body scan meditation



## Practice:

- Before your homework
- If you feel angry or upset
- If you are experiencing pain or discomfort in the body

[Link to the practice](#)

# Stress First Aid - ABC

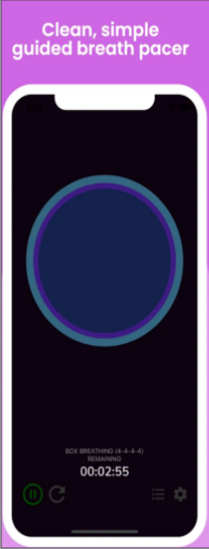
# B

**Breathe** – use 5-5-5 triangular breathing to balance the autonomic nervous system and prevent the fight or flight response

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## 5-5-5 second breathing (Inhale-exhale-hold)

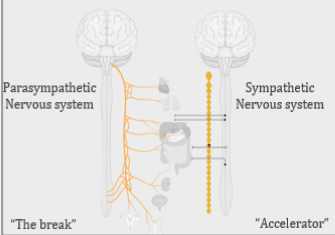
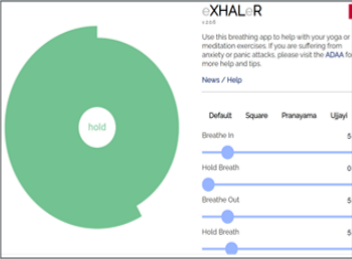
Clean, simple guided breath pacer



Download: *Awesome Breathing* from the Apple App Store or Google Play

OR

Try practicing using this website: [xhalr.com](http://xhalr.com)



**Why does this work?**  
**The autonomic nervous system**

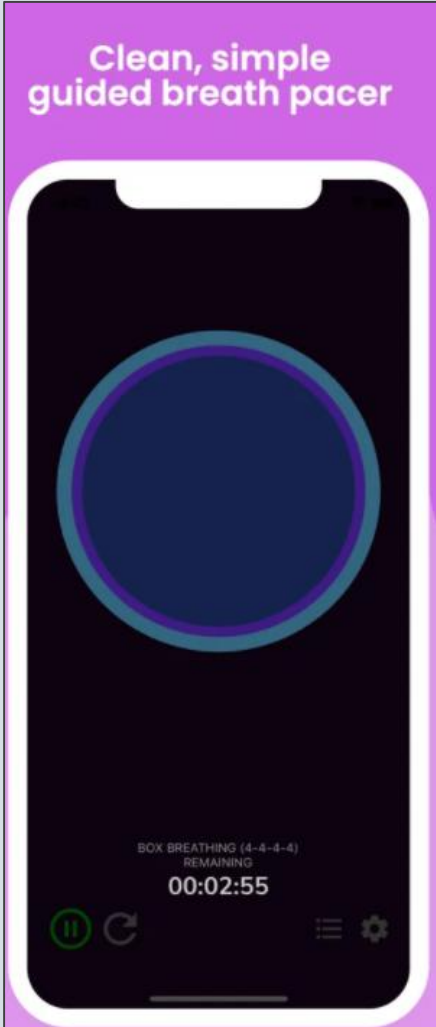
- When you inhale, you activate the accelerator
- When you exhale, you put the break on

**Breathe through your nose – lightly, slowly and deeply**

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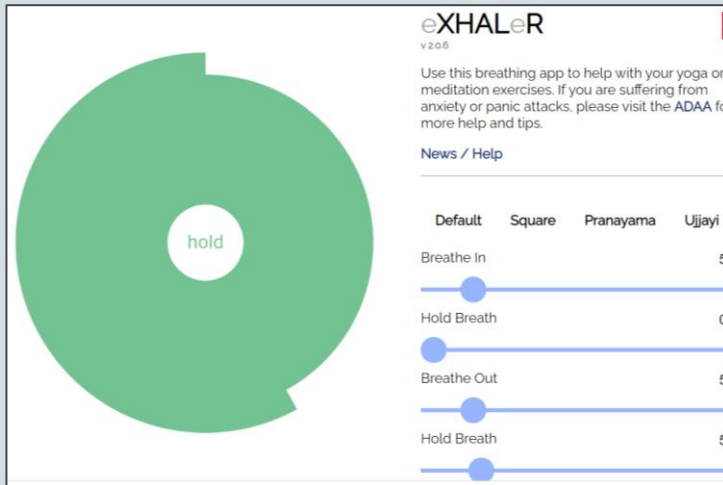
# Healthy breathing – in for 5; out for 5



Download: *Awesome Breathing*  
from the Apple App Store or Google  
Play

OR

Try practicing using this website:  
[xhalr.com](http://xhalr.com)



**Why does this work?**  
**The autonomic nervous system**

- When you inhale, you activate the accelerator
- When you exhale, you put the break on

# Try it now!

# Stress First Aid - ABC

C

**Compassion** – Sometimes the negative voice inside our head can be very loud and vicious. We need to counteract this voice by having compassion for ourselves. Remember, stress can come from the inside

When you practice breathing, close your eyes and try to picture your own face – wish yourself health and happiness. Remind yourself that you are a human being, trying to your best

Each time the negative voice speaks, try to put your focus back on your breathing

*cultivate awareness*



# Long-term management



*cultivate relationships*



*cultivate community through exercise & creativity, especially music*



*cultivate human touch – hugs*

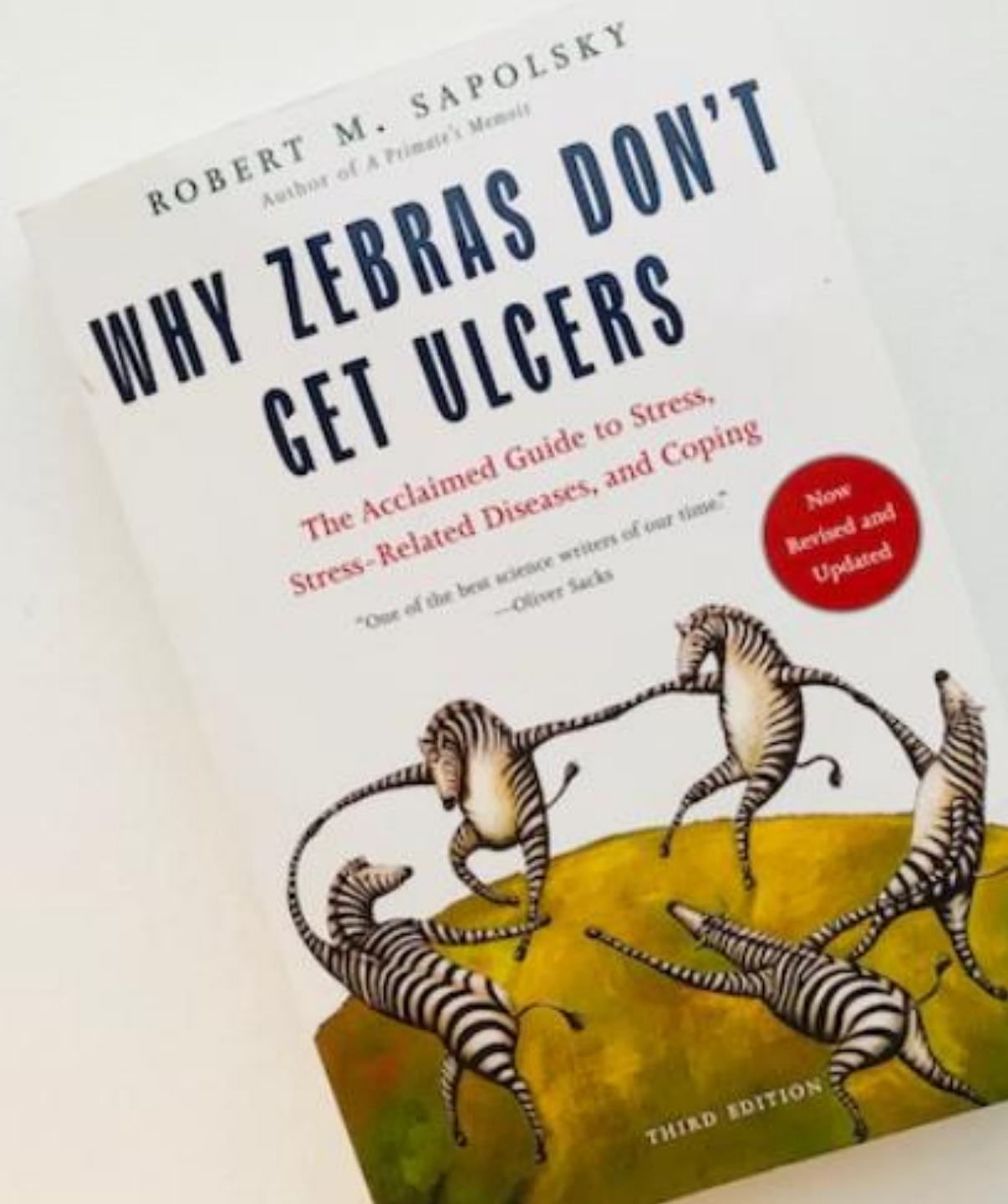


*Talk therapy via peers or one-to-one*

# What practices can you put in your distress first-aid kit?

Can you put a plan in place to do at least two every week? Can you put a reminder in your phone for one practice alone and one with other people?





# A final word on stress

Dr Robert Sapolsky

Stanford University

## Book

*Why Zebras Don't Get Ulcers*

## YouTube talk

[www.youtube.com/watch?v=D9H9qTdserM](http://www.youtube.com/watch?v=D9H9qTdserM)



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Thank you



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