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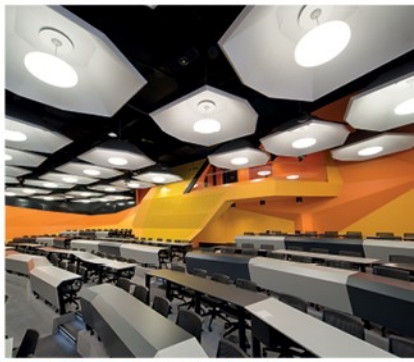
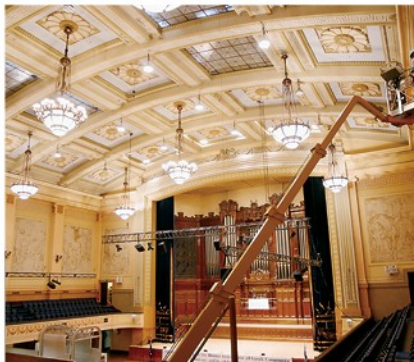
Property Services





Lead first ourselves…

Recruit. Deploy. Manage. Maintain.

Our Agenda

- The Stress Curve / Spiral
- The Physical reality of Stress
- Building stress free culture

The Stress spiral

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Confused	
Delete, Delegate, focus, <5 priorities list	State of Overload, agitation, mindless busyness
Disengaged	
Recognise it, stretch, coffee, break, eat protein, get sun	Loss of attention, boredom, worry
Withdrawn	
Talk to someone, connect, shop, play sport, ‘me time	Loss of energy, avoidance, isolated
Vulnerable	
Sleep, long weekend, wellness inititaitives	Indifference, Self neglect, fatigue
Distress	
Get help, counselling, exercise, mindfulness & meditation	Stress symptoms, sleep problems, illness
Depression	
Get help, exercise, sleep, lifestyle, medication, support	Loss of interest, Sadness

Courtesy of Resilience Institute

zero harm

The Physical Reality - Cortisol

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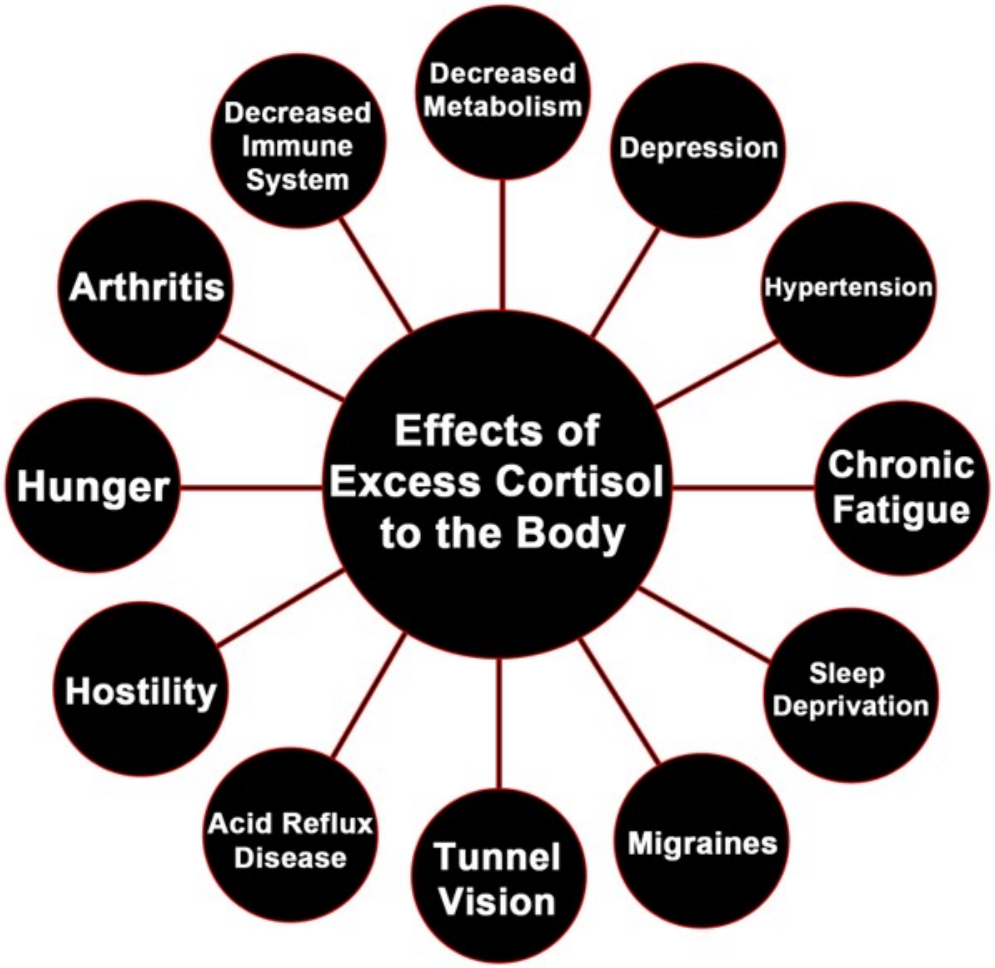


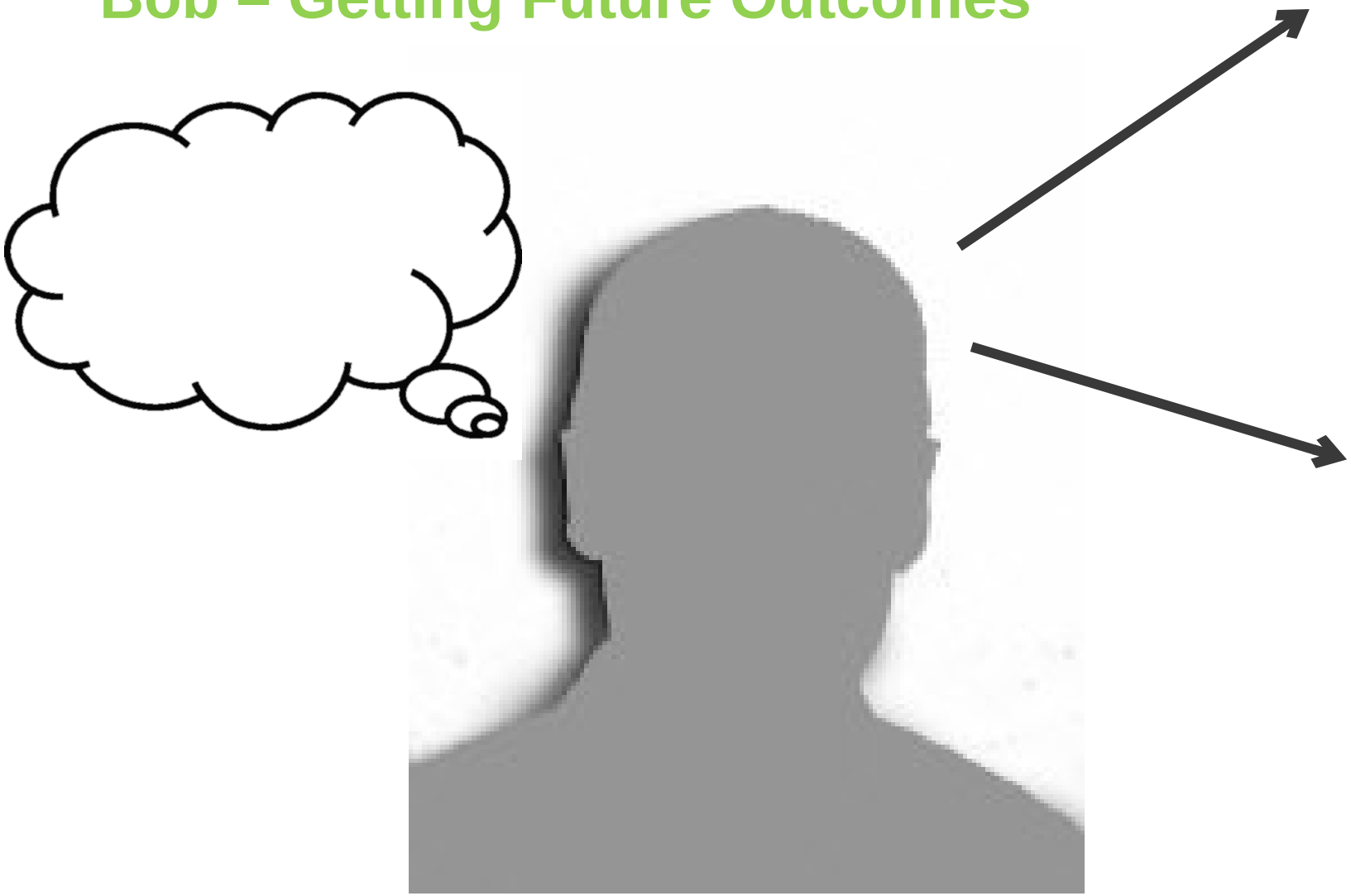
Cortisol - The Stress Hormone

Bounce back…

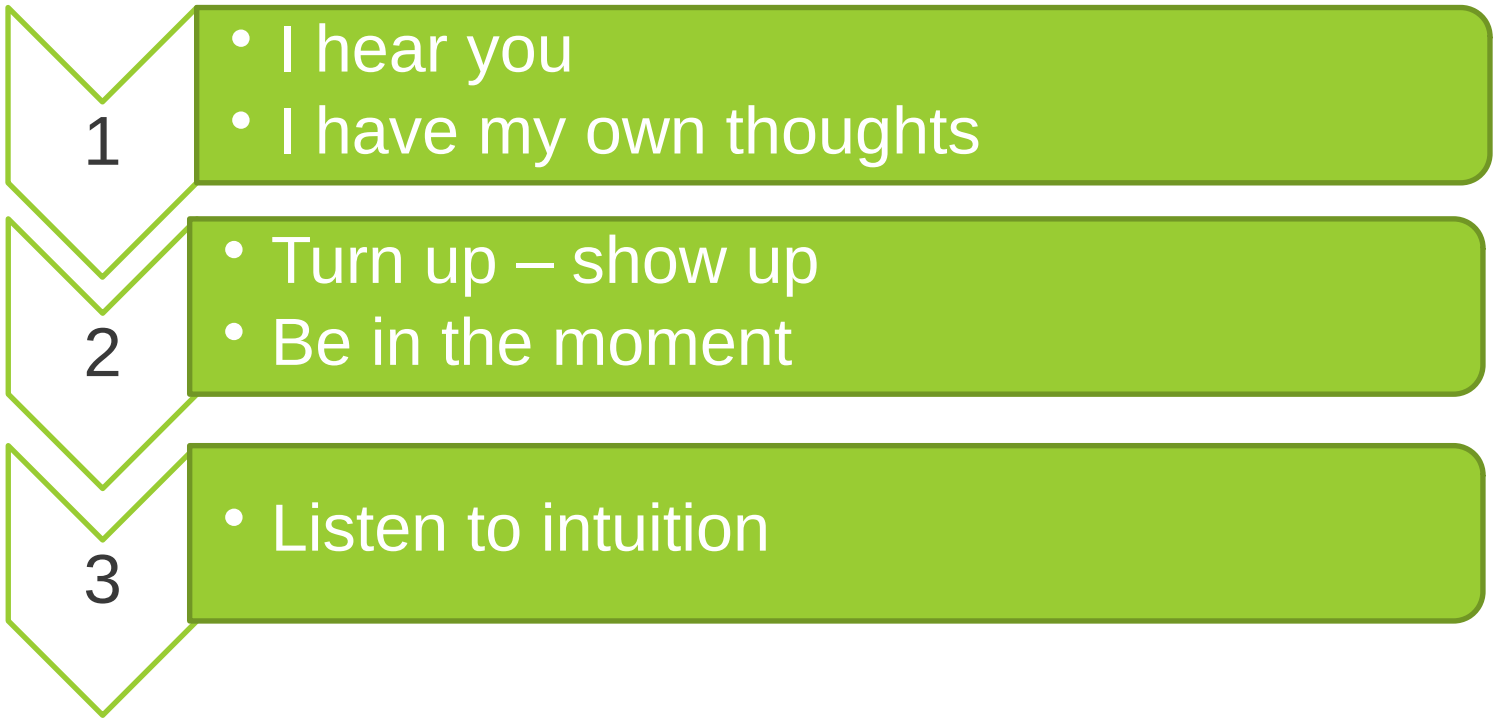
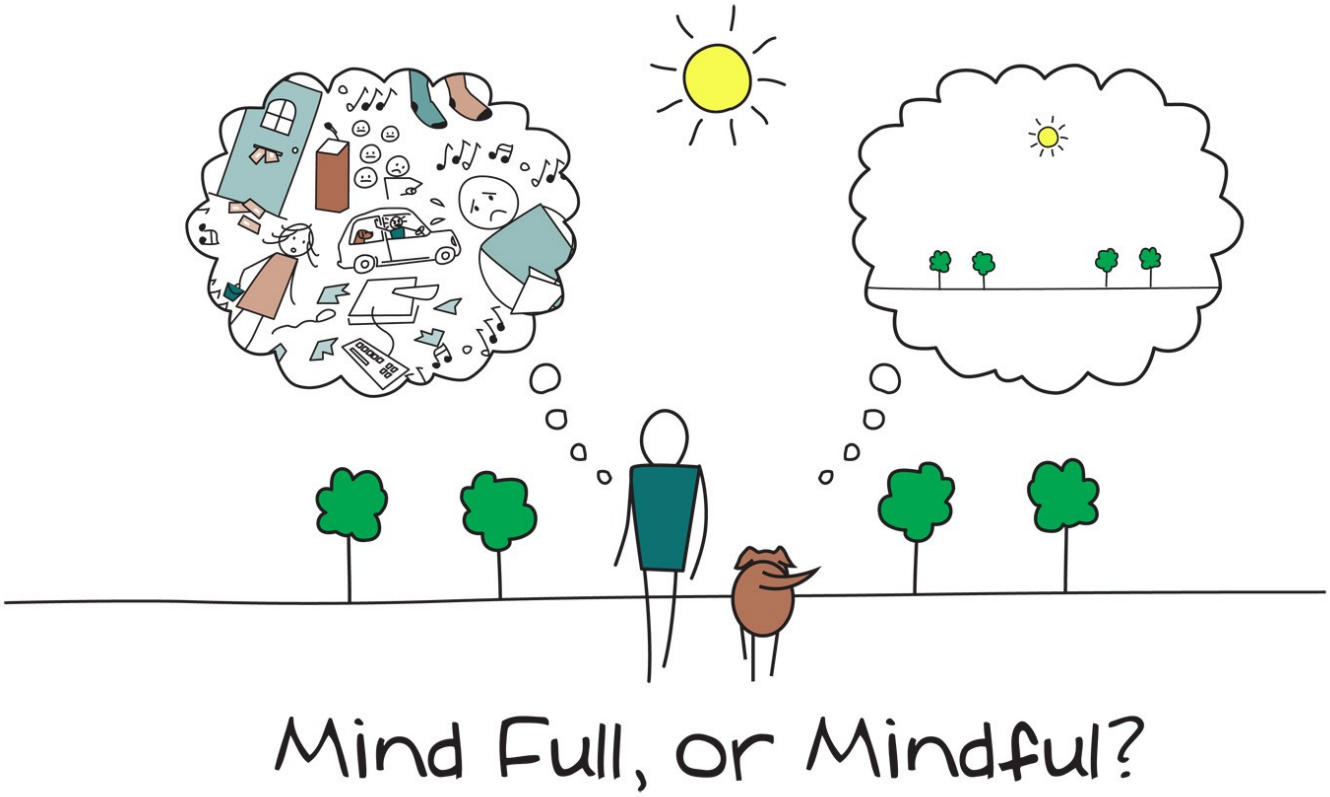
- Physical….
  - Relaxation
  - Exercise
  - Breathing
  - Diet
- Emotional
  - Self awareness
  - Trusting relationships
  - Vulnerability
  - Professional Help

Dr Libby Weaver
TED – Brene Brown
The Resilience Institute

Bob – Getting Future Outcomes



The Levels of Listening



Mindfulness