

Managing Stress & Thriving Under Pressure

Objective of this series of webinars:

“To understand the specific challenge for apprentices, and how to best support them to continue to thrive”

Symptoms of chronic stress

Physical:

- Headaches
- Muscle tension
- Aches & pains
- Decreased energy
- Increased blood pressure
- Digestive issues
- Changes to appetite
- Difficulty sleeping

Mental & Emotional:

- Difficulty concentrating
- Irritability
- Negative thoughts
- Anxiety
- Forgetfulness
- Feelings of overwhelm
- Reduced will power
- Reduced motivation and engagement

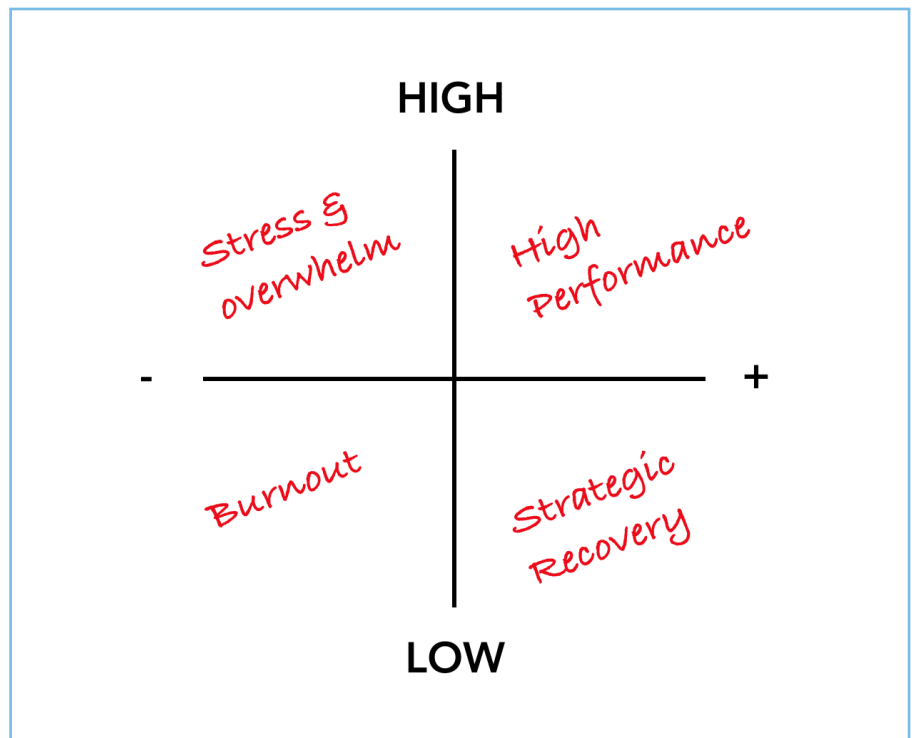
Behaviour:

- Increased alcohol and drug use
- Disconnecting and social withdrawal
- Over- or under-eating
- Snappy or uncooperative
- Less exercise
- Late nights

Stress-busting activities

- Meditation
- Breathing
- Nature
- Talk it through
- Get active
- Connect

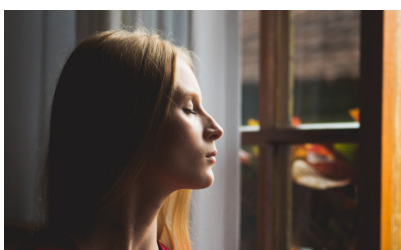
Strategic recovery



Upcoming webinar series

4. Physical Wellbeing

Simple advice to share with your apprentices for how to take care of themselves physically



Connect with George Anderson on LinkedIn:
<https://www.linkedin.com/in/coachgeorgeanderson>