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Managing Stress

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Tracy Sinclair Ltd



18 June 2019



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This session:

- Why bother? – some stats
- Good and harmful stress
- A bit of neuroscience
- Signs to notice
- What you can do

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Stress – Statistics and the harsh reality

- 15.4 million work days lost to stress, anxiety or depression 2017/18
- Work place stress is at highest reported levels ever ... and rising
- 1 in 4 people will experience a bout of mental ill-health every year
- 1 in 6 experience stress, depression or anxiety in any given week
- Suicide is the highest cause of death in men 20 – 49 in the UK

DON'T IGNORE IT. FOR YOURSELF OR YOUR COLLEAGUES



Not all stress is harmful

GOOD STRESS

- Is short lived
- Increases energy
- Can be exciting
- Is motivating
- Aids concentration and focus
- Aids in meeting deadlines
- Can boost memory



Harmful Stress

- It is often long lasting and can cause:
- weakened immune system
- high blood pressure
- fatigue
- depression or anxiety
- heart disease or stroke
- inflammation
- diabetes



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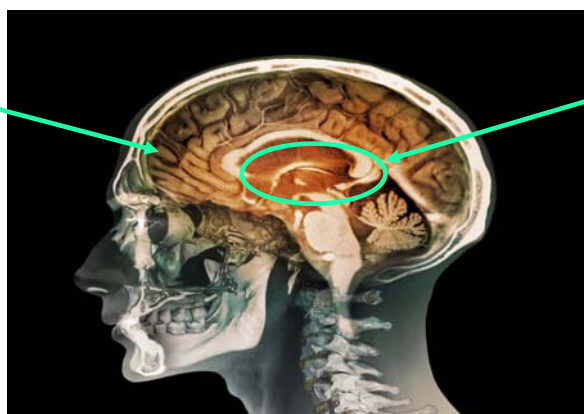
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Our brain ... A bit of neuroscience

Prefrontal cortex

Conscious

Problem solving
Planning/organising
Information processing
Rationalising



Limbic System

Unconscious

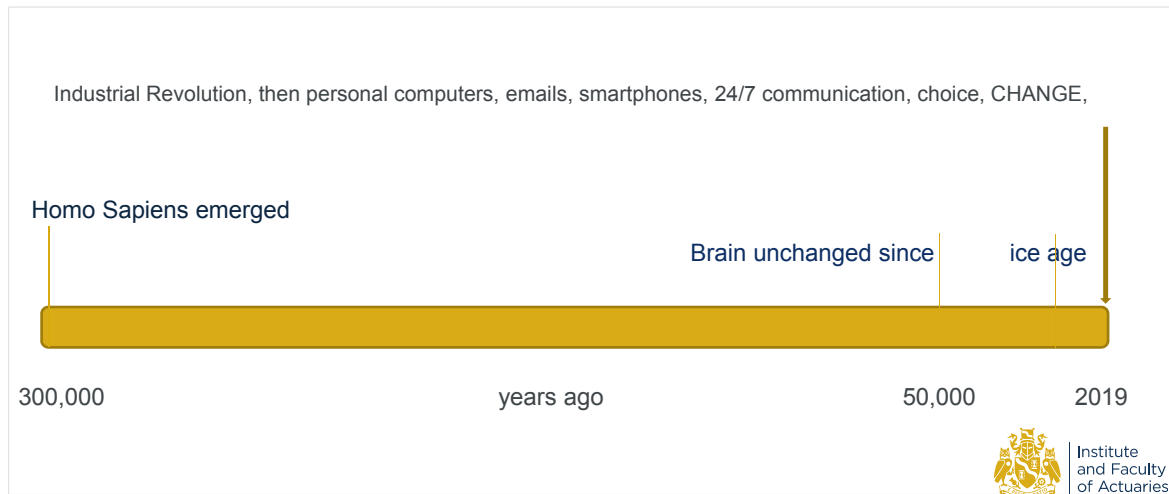
Control of emotions
Formation of memories
Arousal/stimulation
Basic drives
'Fight or flight' response



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Our brains are struggling to catch up with CHANGE



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Stressful event – What happens

Stress event...



- Adrenal Glands release a cocktail of adrenalin, cortisol and other hormones
- Blood vessels narrow, heart pumps faster, insulin production inhibited, body floods with glucose
- Preparation for life preservation of fight or flight (physical activity)
- High hormonal levels interfere with executive functionality of brain (prefrontal cortex)

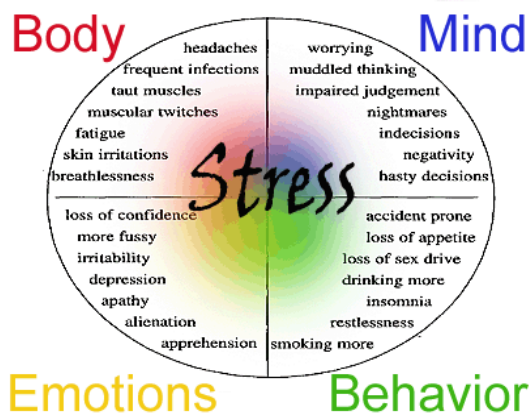
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Learn to notice, listen to your body



Harmful stress – beware these symptoms



Proven methods of counteracting stress

- Take a break.
- Reframe the event(s).
- Increase exercise
- Create personal boundaries and stick to them!
- Create space for quiet time,
- Find a talking partner / counsellor / coach
- Try yoga / meditation and / or mindfulness
- If it is still persistent, speak to your doctor



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Action / Further information

- Write down at least 2 things you will try differently from today
- Commit now to when you will start and tell someone else

For further information, Gill Hicks can be contacted via

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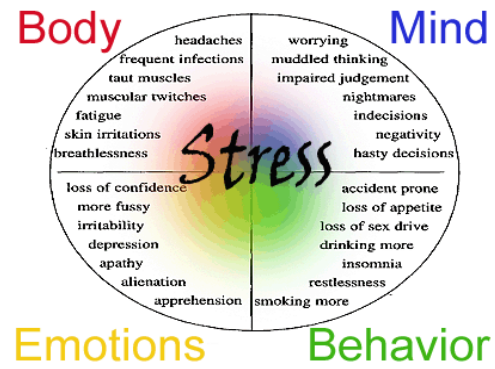


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Stress – Beware:



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