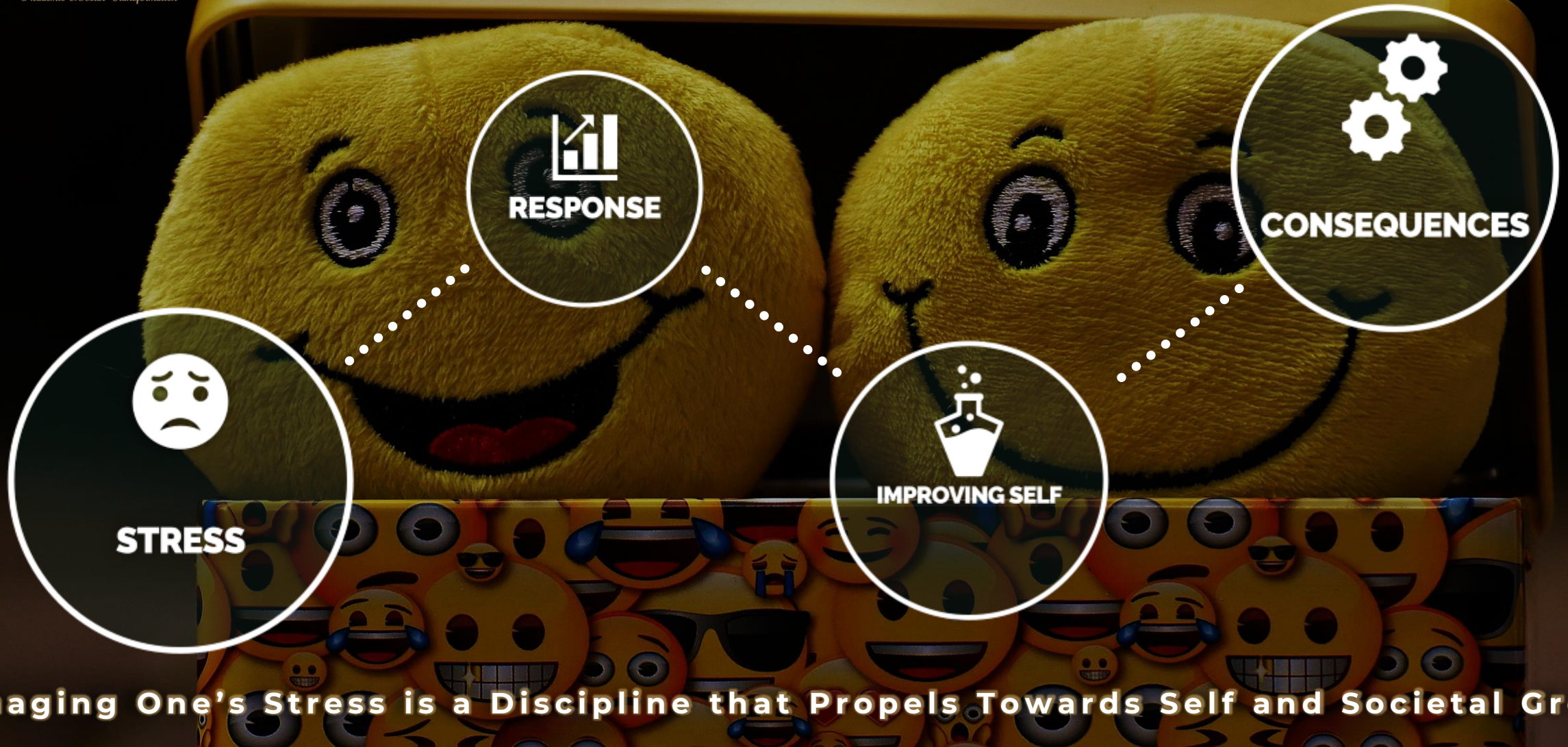


STRESS MANAGEMENT AND DISCIPLINE TOWARDS SELF AND SOCIAL GROWTH



Presented at ERCEC Teacher's Workshop on the 26th of February, 2025.



Managing One's Stress is a Discipline that Propels Towards Self and Societal Growth



STRESS



WHAT IS STRESS?

“BEHOLD, IT IS VERY GOOD...”



BRAIN

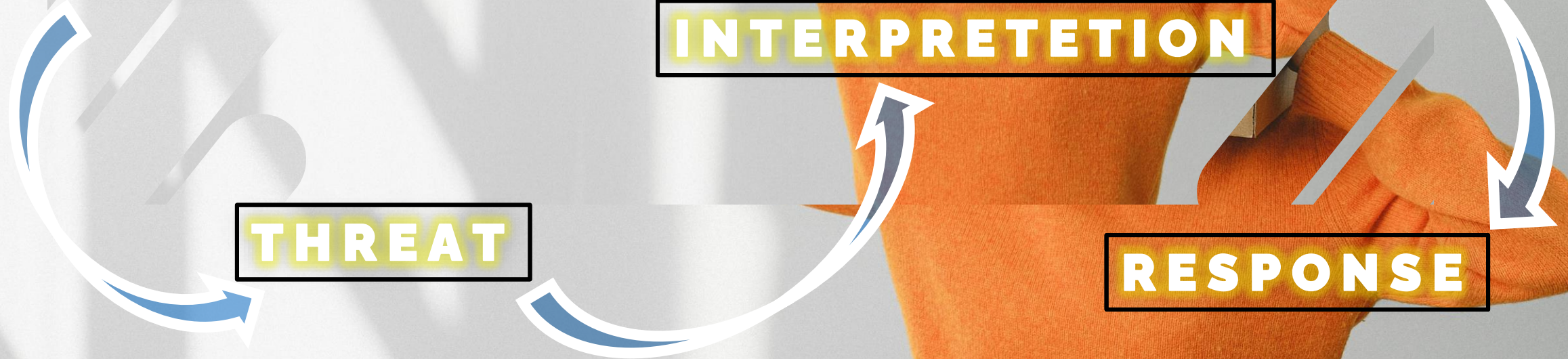
STRESS PROCESS

TRIGGER

INTERPRETATION

THREAT

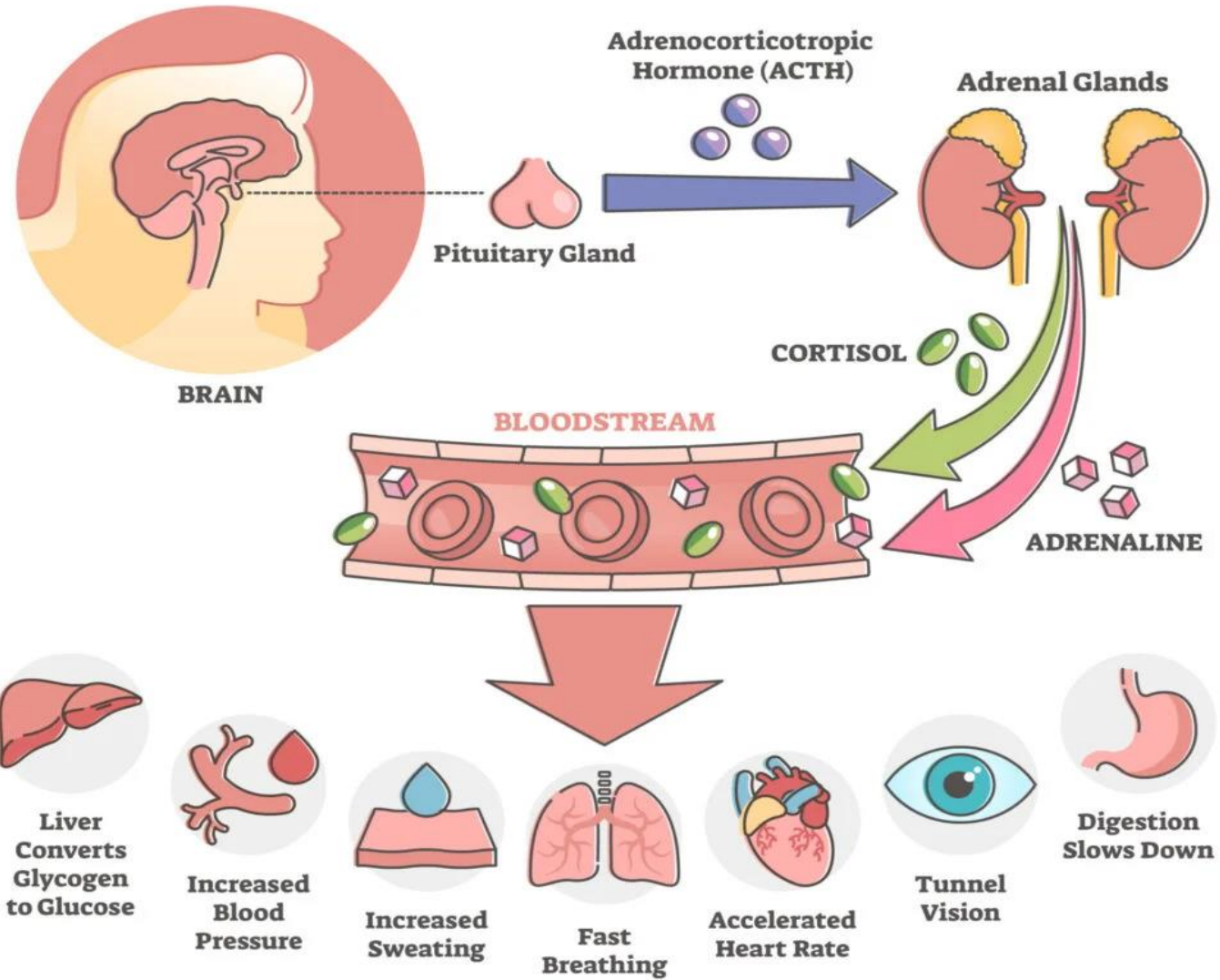
RESPONSE

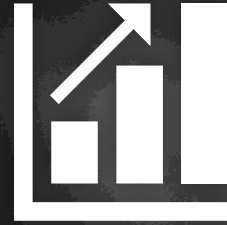




RESPONSE

STRESS RESPONSE





IDENTITY

EXPERIMENTAL

MALE ADULT --- FEMALE ADULT

Personality

Vert

Temperament

Strengths/ Limitations

Intelligences/ Giftedness

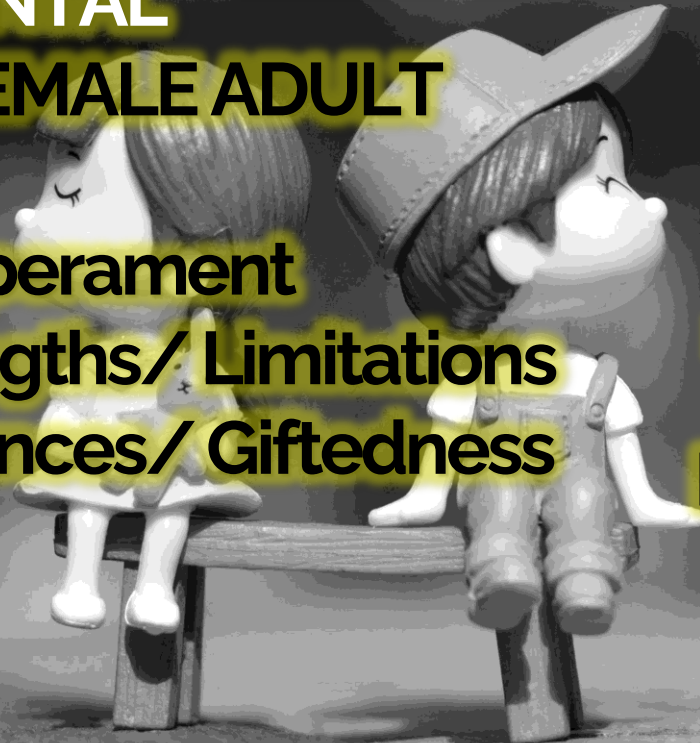
ROLE-BASED

Religious/ Spouse/ Parent/
Child/ Sibling/ Neighbour

Responsibilities/ Challenges with each role

Professional: Administrator/
Pastoral Care/
Teacher

Responsibilities/ Challenges with each role





IMPROVING SELF



DOMINANT CHALLENGES

CHALLENGES THAT I ENCOUNTER

- Name
- Frequency
- Intensity

■ Awareness

It is happening to me
It is affecting me
System Reaction



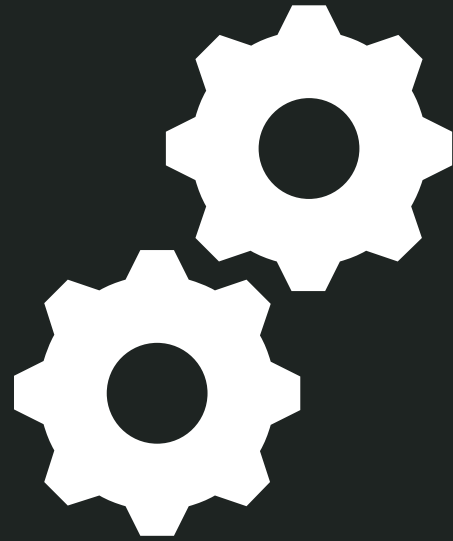
IMPROVING SELF

WAYS I HAVE HANDLED IT
TO THIS POINT

DEFENCE MECHANISM

- Blame: Self / Others
- Projection
- Withdrawal
- Anger

FREUD: denial, displacement, projection, rationalization, reaction formation, repression and sublimation.



CONSEQUENCES



DEALING WITH ISSUES VS REACTIONS

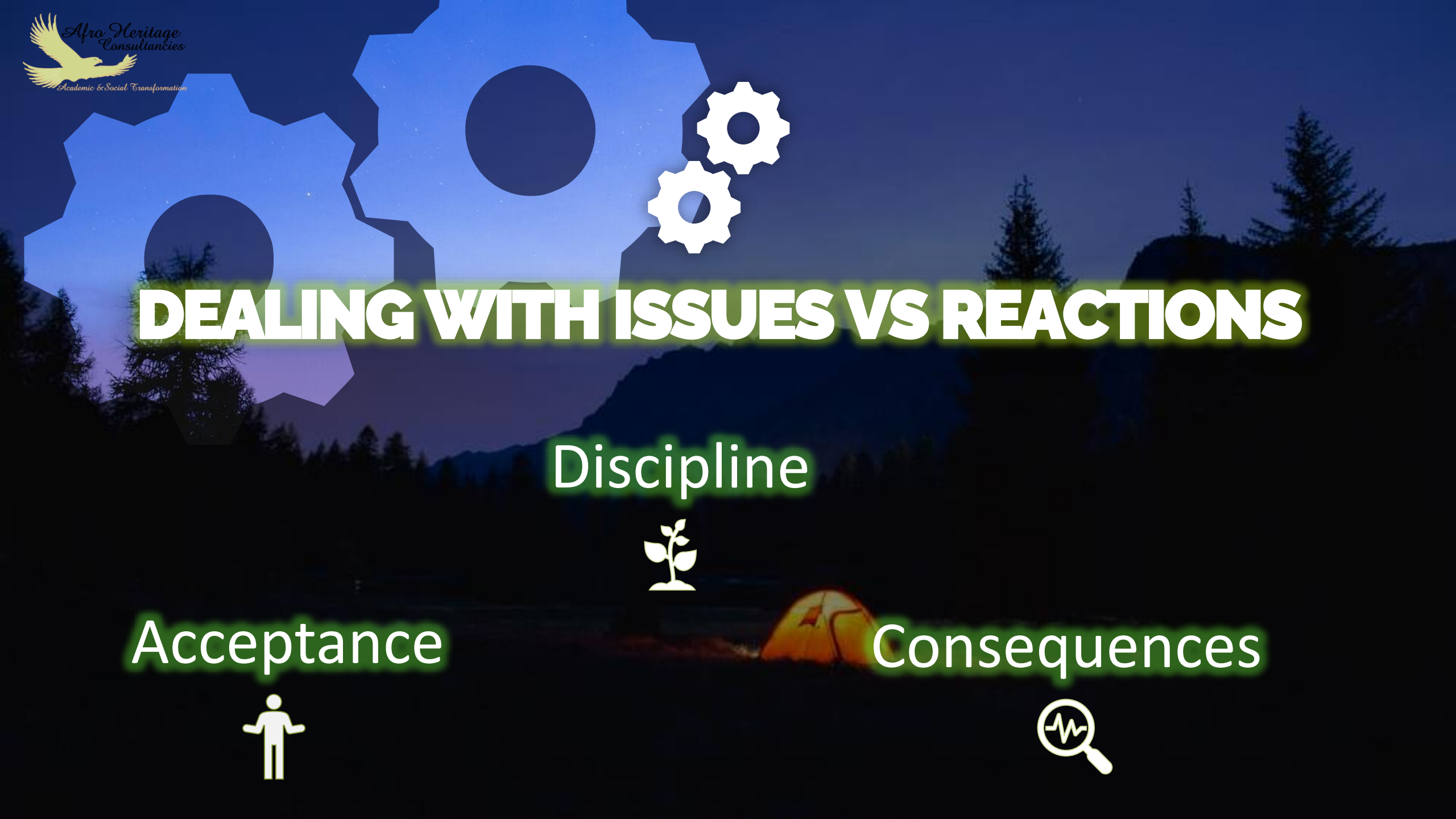
Discipline



Acceptance



Consequences



EMOTIONAL AVALANCHE VS COGNITIVE PROCESS

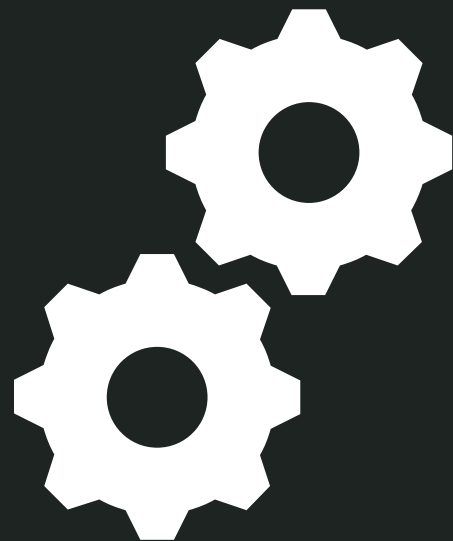
Trigger Interpretation [5W + 1H]



EVALUATION

- **[Golden rule]**

Do unto others as you would want done to you (LOVE) whoever causes any of these little ones who believe in me to stumble, it would be better for him to have a heavy millstone hung around his neck, and to be drowned in the depth of the sea (Mt 18:6)



CASES

CASES EXPERIENCED

- ADMINISTRATION

- WELFARE

- TEACHER TO TEACHER

- TEACHER TO PARENT

- TEACHER TO STUDENT



Questions
Answers



A H M H C B O

AFRO HERITAGE MENTAL HEALTH COMMUNITY
BASED ORGANISATION



AFRO HE

MUNITY