













## How to keep your head above water when you're up to your neck in water



### **Stress management strategies**

Global Coaches House Paris 2024  
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## Criteria for stress

**Demands and resources  
are not in balance**



**The matter is important to me**





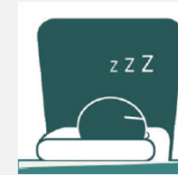
**Stress is like consuming fat. It is not harmful per se. However, too high or too low dose can lead to negative consequences.**





## The golden balance

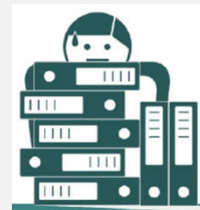
- **Underchallenge / boredom**



- **Optimal challenge**



- **Overload / threat**





## Responses to stress

### **Acute**

Cerebral blood flow, pupil dilation, respiratory rate, pulse, blood pressure, sweating, muscle tone, stress hormones

### **Cognitive level**

Concentration and memory problems, reduced problem-solving ability

### **Emotional level**

Anger, irritability, aggression, helplessness, exhaustion, depressive mood

### **Physical level**

High blood pressure, increased cholesterol, gastrointestinal disorders, back pain



## Cognitive strategies





## Cognitive strategies



Change of perspective	Put on a different pair of glasses Reverse conclusion
Reframing	Breaking out of the frame
Temporal relativisation	Mental time travel
Self-efficacy	I can do it!
Perfectionism	Courage to leave gaps Pareto principle
Decatastrophise	What if... Worst case
Think positively	Half-full or half-empty glass
Personal relativisation	Others are doing much worse



## Problem-orientated strategies





## Problem-orientated strategies



Social support	A sorrow shared is a sorrow halved emotional, instrumental, informational
Set priorities	A-, B-, C- priority, To do lists
Time management	Dictatorship of the clock, performance curve
Multitasking	Focus vs. zapping Fade out disturbing stimuli
Say no	Harvard concept: tough on the matter, but friendly in tone
Delegate	Do it yourself - but not always!
Coaching	Advice and action from the counsellor



## Palliative-regenerative strategies





## Palliative-regenerative strategies



Relaxation	Treat yourself to some relaxation every day - tailored to your workload
Meditation	Strength lies in tranquillity
Sleep	We oversleep 1/3 of our lives
Nutrition	Eating to fight frustration and stress Slow food instead of fast food
Ergonomic aspects	From hunting and gathering to sitting and crouching human beings with back pain
Mindfulness	...instead of autopilot Focus on the present moment
Smoking	Pause, breathe, fresh air, exchange
Enjoy	Finding a little happiness in everyday life
Annoyance management	Take time out/ distance yourself, beware of misinterpretations, good-mood question/thought





## Exercise & Sport





## Exercise & Sport



Distraction	Forget the world around you while doing sport
Exercise breaks	More productive through rhythmisation
Endurance training	Indoor, outdoor, on land, on wheels, in or on the water
Barrier management	Strategies for overcoming obstacles and barriers
To the finish line	Stick with it and show perseverance - even when dealing with stress



## Basis





# Task

## Stress – Stress management

Typical situation, which causes you stress? What are the stressors, that lead to this situation?

Which stress management strategies do you usually practice? (See back of page)

What alternative possible stress management strategy/s could there be for your selected situation in the future?  
(See back of page)

Your phone number:

When will you have applied the new strategy? \*

\*From this day onward I can be called by phone



# Task

Cognitive strategies		Past	Future
Change of perspective	Put on a different pair of glasses. Reverse conclusion	<input type="checkbox"/>	<input type="checkbox"/>
Reframing	Breaking out of the frame	<input type="checkbox"/>	<input type="checkbox"/>
Temporal relativisation	Mental time travel	<input type="checkbox"/>	<input type="checkbox"/>
Self-efficacy	I can do it!	<input type="checkbox"/>	<input type="checkbox"/>
Perfectionism	Courage to leave gaps - Pareto principle	<input type="checkbox"/>	<input type="checkbox"/>
Decatastrophise	What if... Worst case	<input type="checkbox"/>	<input type="checkbox"/>
Think positively	Half-full or half-empty glass	<input type="checkbox"/>	<input type="checkbox"/>
Personal relativisation	Others are doing much worse off	<input type="checkbox"/>	<input type="checkbox"/>
Palliative-regenerative strategies		Past	Future
Relaxation	Treat yourself to some relaxation every day - tailored to your workload	<input type="checkbox"/>	<input type="checkbox"/>
Meditation	Strength lies in tranquillity	<input type="checkbox"/>	<input type="checkbox"/>
Sleep	We oversleep 1/3 of our lives	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	Eating to fight frustration and stress; slow food instead of fast food	<input type="checkbox"/>	<input type="checkbox"/>
Ergonomic aspects	From hunting and gathering to sitting and crouching human beings with back pain	<input type="checkbox"/>	<input type="checkbox"/>
Mindfulness	...instead of autopilot. Focus on the present moment	<input type="checkbox"/>	<input type="checkbox"/>
Smoking	Pause, breathe, fresh air, exchange	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy	Finding a little happiness in everyday life	<input type="checkbox"/>	<input type="checkbox"/>
Annoyance management	Take time out/ distance yourself, beware of misinterpretations, good-mood question/thought	<input type="checkbox"/>	<input type="checkbox"/>
Problem-orientated strategies		Past	Future
Social support	A sorrow shared is a sorrow halved; emotional, instrumental, informational	<input type="checkbox"/>	<input type="checkbox"/>
Set priorities	A-, B-, C-priority, To do lists	<input type="checkbox"/>	<input type="checkbox"/>
Time management	Dictatorship of the clock, performance curve	<input type="checkbox"/>	<input type="checkbox"/>
Multitasking	Focus vs. zapping, Fade out disturbing stimuli	<input type="checkbox"/>	<input type="checkbox"/>
Say no	Harvard concept: tough on the matter, but friendly in tone	<input type="checkbox"/>	<input type="checkbox"/>
Delegate	Do it yourself - but not always!	<input type="checkbox"/>	<input type="checkbox"/>
Coaching	Advice and action from the counsellor	<input type="checkbox"/>	<input type="checkbox"/>
Exercise & Sport		Past	Future
Distraction	Forget the world around you while doing sport	<input type="checkbox"/>	<input type="checkbox"/>
Exercise breaks	More productive through rhythmisation	<input type="checkbox"/>	<input type="checkbox"/>
Endurance training	Indoor, outdoor, on land, on wheels, in or on the water	<input type="checkbox"/>	<input type="checkbox"/>
Barrier management	Strategies for overcoming obstacles and barriers	<input type="checkbox"/>	<input type="checkbox"/>
To the finish line	Stick with it and show perseverance - even when dealing with stress	<input type="checkbox"/>	<input type="checkbox"/>





## Contact / Information



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