



**The Arise
Workshop**

COPING WITH STRESS IN THE WORKPLACE +
HEALTHY COMMUNICATION SKILLS TO NAVIGATE
DIFFICULT SITUATIONS.



roadmap

- 01 Introduction + Disclaimer
- 02 Stress + The Brain
- 03 How Does it Present
- 04 Coping Basics + Socratic Questioning
- 05 Types of Communication
- 06 Assertive Communication
- 07 Support



01



Introduction

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01



Disclaimer

This presentation is for the purpose of broad overview of a skill to address unhelpful thought patterns. This is not a replacement for therapy, medication or mental health treatment of any kind. If you need help finding resources, please reach out to me following this presentation.



02

Stress + The Brain

Our reactions to stress cause a “fight or flight” response, a release of hormones and a physiological response. This quick sequence of events assists us in fighting off a threat or fleeing to safety. The body and brain sometimes trigger this reaction when it is not warranted.

The stress response in the brain involves the amygdala and hypothalamus (activating the sympathetic nervous system) which are command centers of the brain.

Chronic, or repeated and prolonged, stress can lead to health problems from our sympathetic nervous system being activated for too long.

There is some good stress that drives us to get things done, feel motivated to improve our lives and our relationships. Stress becomes unhealthy when our reactions to it do or when it becomes prolonged stress.



03

How Does it Present?

physical

headaches
indigestion
muscle tension
chest pain
fatigue
nausea

emotional/cognitive

lack of motivation
worried
irritable
difficulty concentrating
memory difficulty

behavioral

ruminating on thoughts
avoidance of others
interpersonal conflict
restlessness
avoidance of tasks

long term

memory impairment
sleep disorders
anxiety/depression symptoms
problematic substance use
weakened immunity
heart disease



04

How to Cope

Feel It (don't procrastinate or ignore it)

Social and/or Professional Support (talk about it)

Gain a Healthier Perspective (journal about it)

Categorize and Prioritize (which balls are rubber aka will bounce back and which balls are glass aka need quick + careful attention)

Basic Self Care Check-in (are you eating enough, sleeping enough, moving your body?)

Live a Balanced Life / Personal Time (are you having fun and relaxing? Are you spending enough energy in different categories such as career, friends, family, hobbies?)

In the Moment (deep breathing, reframing thoughts, grounding exercises)



coping + socratic questioning

If you're stuck on a stressful thought ask yourself..

Will it matter a day from now?

A week from now?

A month from now?

A year from now?

An "in the moment" exercise

Acknowledge

Five things you can see around you

Four things you can touch around you

Three things you can hear

Two things you can smell

One thing you have tasted today



example

Stressful situation:

Feel It :

In the Moment:

Social and/or Professional Support :

Gain a Healthier Perspective:

Categorize and Prioritize:

Basic Self Care Check-in:

Live a Balanced Life / Personal Time:



**In order to
communicate
through something
difficult you must
first cope with that
stressor, otherwise
your brain is not
functioning properly
and efficiently and
healthy
communication skills
go out the window.**

05

Communication The Basics

Passive

Prioritizing the needs/wants/feelings of others, even at your own expense.

Aggressive

Only your own needs/wants/feeling matter.

Assertive

Honoring the importance of both peoples needs.

Importance does not mean you need to agree, it just means you need to respect and honor that the other person has needs as well.



06

Assertive Communication



Respectful

Listens and reflects

Clearly and respectfully states own needs/wants

Open minded

Confident in tone and body language

example: Deep breath, shoulders back

“I’m feeling frustrated about doing the laundry most of the time. I understand you’re busy but I need help with this. How can we make this better?”

listen without interrupting

In a difficult situation

You've missed a deadline and your manager schedules a discussion with you for tomorrow morning. You've had a lot of extra work lately since your teammates have been out sick.

Manager: "I wanted to talk this morning about the deadline you've missed. This is very unlike you, can you tell me what's going on?"

Cope ahead: Go for a walk and have a nutritious breakfast in the morning. Practice mindfulness, grounding and deep breathing on your walk.

Confidence: Reflect on the positive attributes of yourself and on your successes. Take a deep breath, roll your shoulders up and back.

Listen: Listen to your manager first, without interrupting. Take deep breaths.

Reflect: "I'm typically on-top of my work and deadlines and you're noticing that my missing this deadline doesn't match up to my typical work ethic"

Clearly and respectfully state needs/wants: "I apologize for missing that deadline. I am feeling overwhelmed since our teammates have been out sick and my work load has increased. I would like to figure out how to have less on my plate so that I can accomplish my tasks on time and well. Can we find a way to make this work?"

Example

A coworker asks for you to drive them to work this week, but you live on the opposite side of town and have obligations in the mornings (dropping kids off at school, etc).

Coworker: “I’m so stressed out about my car being in the shop, can you drive me to work this week?”

Cope

Confidence

Listen

Reflect

Clearly and respectfully state needs/wants

07

Support

Therapy can help you learn more about communication and coping with stress.

Therapists in your area can be found on www.psychologytoday.com

I am happy to provide referrals if you are looking for something specific in a therapist. Please don't hesitate to reach out to me.





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