THRIVING UNDER PRESSURE

DrAndreaDinardo.com
Positive Psychology

Don’t be pushed by your problems, be led by YOUR DREAMS.

TEDx Talk
Psychology Blog
Focus on what’s right
We need stress to grow.
Paradox of Strength
Adversity  Challenge  Breakups  Letdowns
Optimism  Kindness
Resilience  Determination
Curiosity  Perseverance
LOST

VERY LOST
Journey from Stress to Strength

Stress Hardiness Research  Dr. Salvatore Maddi
Write down one stressful scenario that you would like to work on today. Be as specific as you can.
Challenge

Challenge is the understanding that stress is normal and acts as an incentive for self-improvement.
“The way we perceive a stressful event determines whether that event will be psychologically processed as a threat or opportunity.”

What Do You See?
ABC Model – Albert Ellis

A
• Activating event
• Situation

B
• Thoughts
• About event

C
• Consequence
• Emotions
<table>
<thead>
<tr>
<th>A</th>
<th>Activating event</th>
<th>B</th>
<th>Beliefs</th>
<th>C</th>
<th>Consequences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam</td>
<td>Oh no! I thought I did well, but I really bombed.</td>
<td>I'm feeling really depressed; now I'll never succeed in school.</td>
<td></td>
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<tr>
<td>Phew, I did better than I thought. This stuff doesn't come easily to me.</td>
<td>I feel great! Now I know I can do better in my other classes.</td>
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REFRAME THE CHALLENGE
Growth Mindset

NO PRESSURE

NO DIAMONDS
What is being strengthened in me by this adversity?
Creativity  Perspective
Judgment  Curiosity
Honesty  Bravery  Fairness  Humor  Zest
PERSEVERANCE  Teamwork
Love  Kindness  Leadership
Social Intelligence  Love of Learning
Forgiveness  Hope  PRUDENCE
Appreciation of Beauty & Excellence  Humility
Spirituality  Self-Regulation  Gratitude

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Challenge Exercise

Reframe one aspect of your current stressor as an opportunity for growth.

E.g. What strength is being fostered in you as the result of this stressful situation? **Also reflect on how past stressors have led to current strengths.

Once completed, swap scenarios and do the same “stress refra...
Control

Control is the belief in one's ability to influence life events.
Breathing Space.
Psychology of Flow

Psychologist Mihály Csíkszentmihályi
Manage energy.
Complain less. Surrender more.
What is within my control?

- **Self-actualization**: desire to become the most that one can be
- **Esteem**: respect, self-esteem, status, recognition, strength, freedom
- **Love and belonging**: friendship, intimacy, family, sense of connection
- **Safety needs**: personal security, employment, resources, health, property
- **Physiological needs**: air, water, food, shelter, sleep, clothing, reproduction
Control Exercise

1. Identify two areas this stressor that are **beyond your control**. (Need to let go of.)
e.g., Too high standards. Being unrealistic. Complaining repeatedly about the same situation.

2. Identify two areas of this stressor that you can **directly influence**. (Within your control.)
   • e.g., Managing my attitude. Meeting my own needs (Sleep, Fresh air). Having fun. Relaxing.

**Goal**: Pick one from each category to simultaneously hold on to and let go of → in the next 7 days.
Commitment

Commitment is the ability to engage fully in all aspects of life, no matter how big or small, with a sense of purpose and meaning.
 Those who have a **why** to live can bear with almost any how.

Victor Frankl
Commitment

Finding Meaning

Creating Purpose

Big and Small
NORTH STAR

guiding light
Commitment Exercise

1. Identify your *day-to-day* why.
2. Identify your *higher purpose* why.
3. Pick **one word** that epitomizes YOUR why.
4. Once completed, share your one word WHY.

**Goal:** Make a **one word vision board** and post it on your fridge, at your work station, your bathroom mirror – MINDFUL REMINDER your NORTH STAR.
Accept the challenge.
Take a long deep breath.
Look up to the stars.
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