



## Episode 105: The Simplest Way to Beat Stress and Work Happier

with Dr Giles P Croft

With so much going on in the world, it can feel difficult to find ways to cope.

There's a rather inconvenient but liberating truth about your stress and anxiety: the key to coping lies not in how you respond to these situations but in how you control your thoughts.

Rachel and Dr Giles P Croft discuss how stress starts with our thoughts and emotions. They talk about how the mind works and the importance of calming down and letting go of the things you can't control. If you want to step out of your head and into your life, this episode is for you. Learn how to handle your stress and anxiety with ease and grace.

### Podcast links

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### Quote to Remember:

*'All problems are created by the mind, [...] by this narrative. There's no other way to experience a problem than in the narrative in our heads. And the more that we can see through that, the less insistent it becomes.'*

## What You Will Learn

We already had a lot of things to worry about even before the pandemic. Now, the problems it has caused in the world and our lives have caused even more stress and anxiety. It can seem easier to feel overwhelmed and get swept away in a current of turmoil than to try to cope with our chaotic thoughts and feelings.

It might not be what you want to hear, but what's causing your stress and anxiety is often not the situation or problem you're facing; it's your thought processes about it. Understanding this gives you the power to flip your mindset because *you* are in control of your own thoughts.

Completing this exercise will help you release some of the stress and anxiety you're holding onto. Think of it as an outlet for your thoughts and feelings and a guide to regain peace of mind. With this, you'll be able to step out of that stressful place you're stuck in and feel happy and empowered in the present.

## Activity: Regaining a Calm and Clear Mind

**Q1.** List six things that are causing your stress or anxiety right now. Then, reflect on the thinking behind those feelings.



I'm stressed or anxious about...	The thoughts that are leading to this...
1.	
2.	
3.	
4.	
5.	
6.	



**Q2. Based on your answers, would you agree that stress and anxiety comes from your own thought processes and rather than external factors? Why or why not?**

**Q3. What are the common ways in which your thinking affects your mood, mindset, actions, relationships, and other aspects of your life?**

**Q4. Sometimes, we need to press pause to get ourselves into a calm, reflective state to be able to examine our thoughts and properly cope with our stress and anxiety.**

**Write down some activities that help bring you calm when you've pressed the pause button.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



6. \_\_\_\_\_

**Q5. When you're dealing with stress and anxiety, you might be surprised to know that the best thing to do is to do nothing.**

**Whenever you're feeling stressed or anxious, write down what you're stressed or anxious about in the first column. Once you've written it down, try not to focus on these thoughts anymore. Let go of the baggage here.**

What are you stressed or anxious about?	How did it turn out?

**When the worry is over, come back to this space and reflect on how it turned out by filling out the second column. You might find that the experience wasn't that bad at all, and letting it go allowed you to cope better than wracking your brain for solutions!**



### CPD time claimed:

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