



Positive re-framing - the truly effective stress management strategy in difficult situations - 2.5 h

Florin Glinta

Context

I think that everyone is currently feeling the pressure of events on a global scale, with direct repercussions locally even to the most private corners of our lives, and this has seriously affected each aspect of our lives, professionally and personally.

The sources of pressure were and are everywhere around us and affect us all, but we do not interpret things the same: what for someone can be a challenge that mobilizes him, for someone else it can be an impossible burden to carry, which will affect even the level of physical health.

Not all of us react the same way when dealing with stress. The big challenge is to manage the emotional response in a reasonable way because it produces a whole range of harmful reactions for us and those around us.

Therefore, an inventory of knowledge on how to recognize the action of stress, together with personalized tools and strategies to manage its negative effects, can only represent an investment in one's own quality of life.

Learning Objective:

- To develop an efficient, rational and controllable mechanism with long-term effects on how to diminish the negative effects of stress on one's level.

Among the topics presented:

- The mechanism of stress formation. The role we play ourselves to move from pressure to harmful psychosomatic effects;
- Large categories of stress reactions; from denial and avoidance, to directly addressing obstacles; effects on the emotional storm in the body and on one's own health.
- Positive reframing - a strategy recommended by cognitive therapy to reduce the level of emotional activation and psychosomatic impairment when confronted with an obstacle.