



COGNACITY

In conjunction with the Centre for Health & Human Performance

DEALING WITH CHANGE & UNCERTAINTY

MAXIMISING WELLBEING & PERFORMANCE

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Overview

1. Challenging times: COVID-19

2. Defusing Anxiety

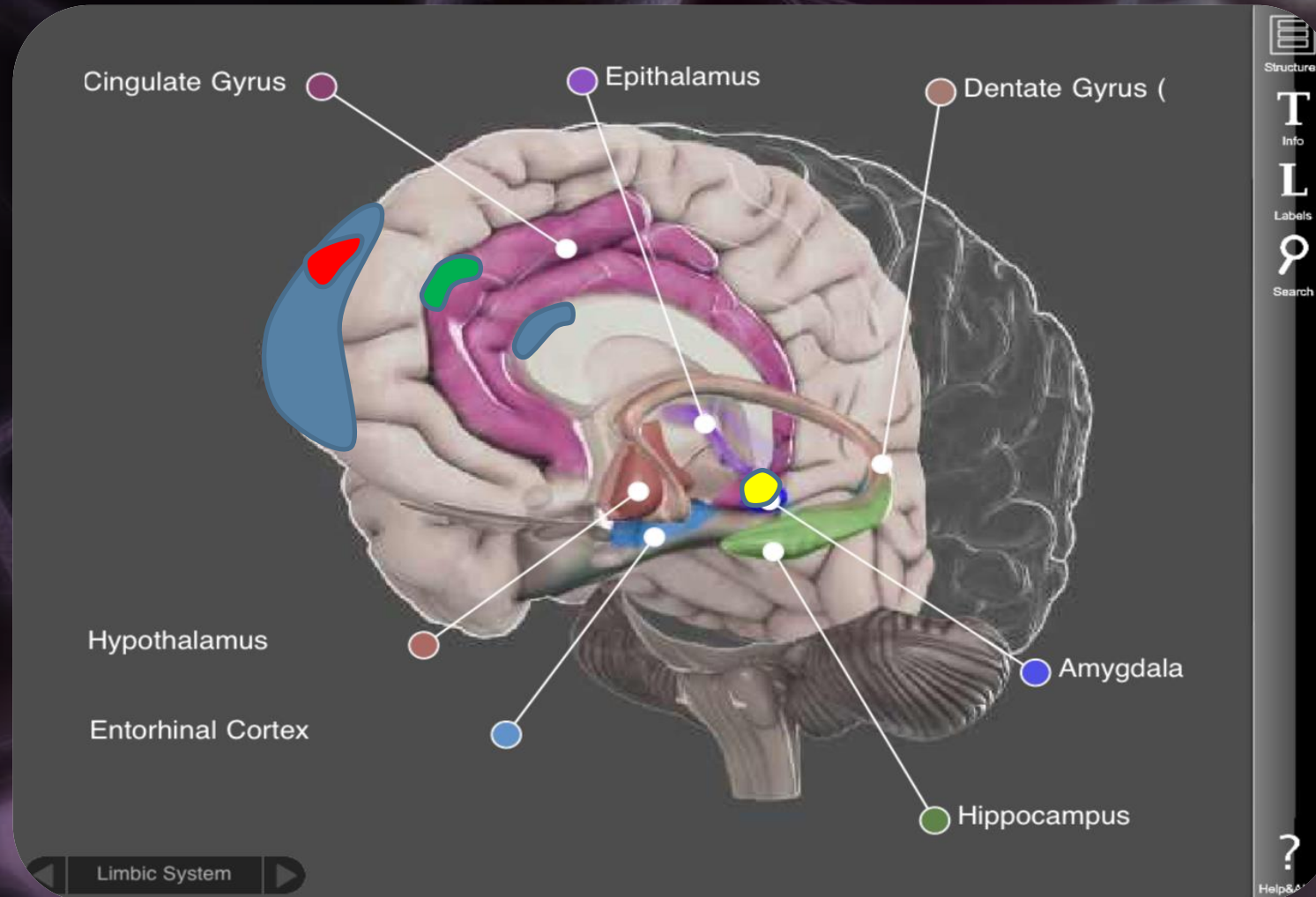
3. Functional Behaviours

1. Challenging Times

DISCUSSION:

What are your current biggest challenges/ stressors?

1. Challenging Times: Uncertainty



1. Challenging Times: Anxiety



Smoke Alarm

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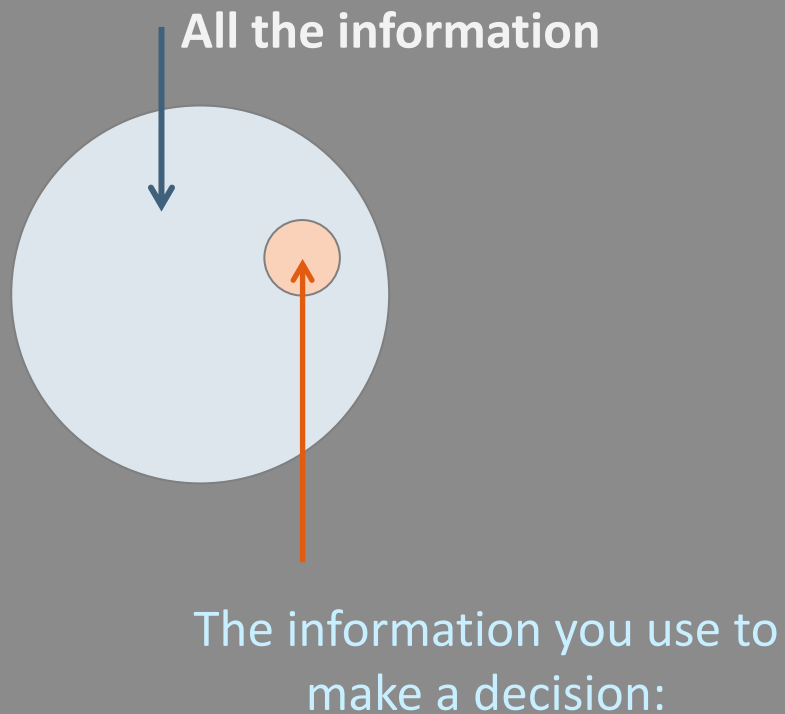
2. Defusing Anxiety

Changing the narrative

- a) The WYSIATI Principle
- b) Understanding and Normalising Anxiety

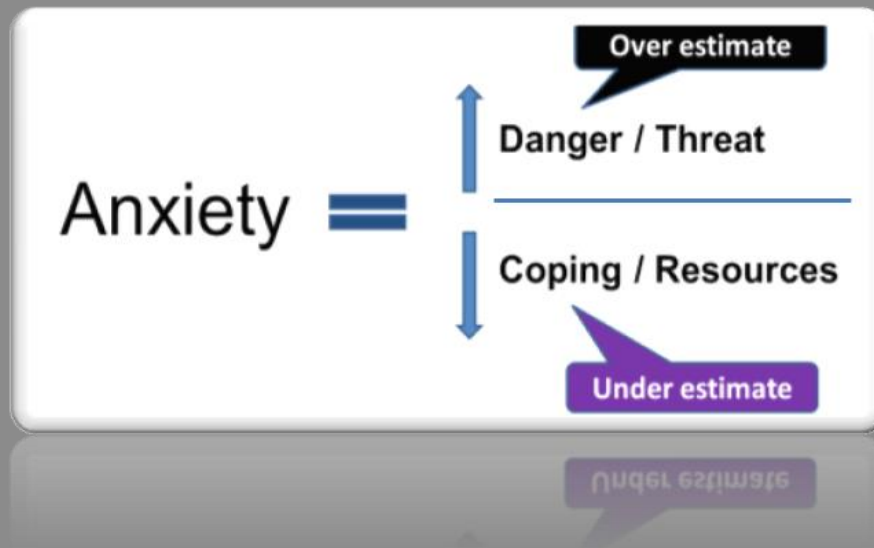
2. Defusing Anxiety

a) The WYSIATI Principle (Availability Bias)



2. Defusing Anxiety

b) Understanding and Normalising Anxiety



- It's normal to feel anxious
- The anxiety equation
- Give anxiety a name
- The 5-senses experience

2. Defusing Anxiety

Taking control

- c) Avoiding the Dark Blanket
- d) Bottom-up & Top-down

2. Defusing Anxiety

c) Avoiding the Dark Blanket



Emotions drive behaviour

- Frustration: take it out on others
- Anxiety: ruminate about problems
- Depression: avoidance

2. Defusing Anxiety

d) Bottom-up & Top-down



Behave your way out of thinking

- Controlled breathing: double-up
- Engage with people and activities

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Building Back Better: Strategies to Consider

7 Behaviours to Consider

1. Have a plan (cognitive and behavioural strategies).
2. Mentally adjust to the current (challenging) situation – control the controllables.
3. 'Next job' mentality – work in small increments.
4. Build in regular movement (not just daily training session).
5. Take technology breaks.
6. Mental rotation – get variation in your week.
7. Connect with people.



Fear does not stop death.
It stops life.

**Worry does not take away
tomorrow's troubles.**
It takes away today's peace.

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