



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Self-Care in the Covid Crisis

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Trinity College Dublin, The University of Dublin



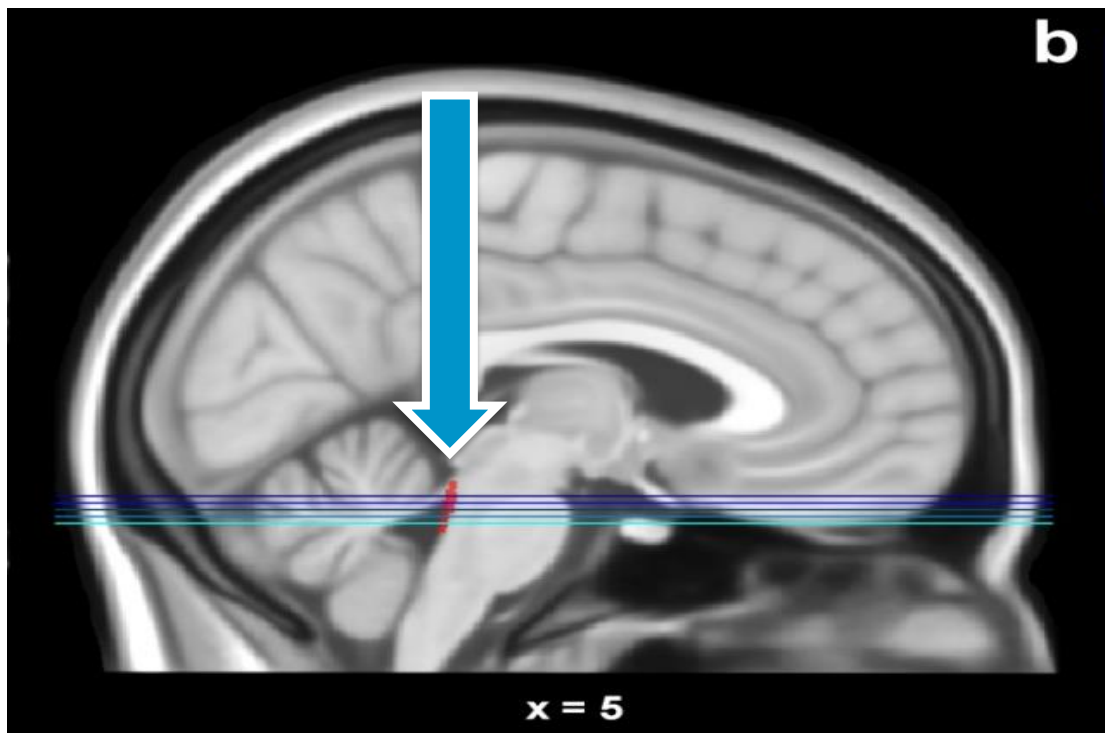
Inspiring Generations

The Campaign for Trinity College Dublin

Learning Objectives

1. To understand how and why we have considerable control over our brain
2. To learn some simple practical techniques for doing so
3. To understand how stress is a form of energy that can be harnessed in a way that benefits us

Exercise 1 - Breathing



Tip

Use Your Breath to Change Your Brain



***The day I'm not nervous is
the day
I quit ... That's the greatest
thing about it, just to feel
that rush.***

Why?

Faster Heart Rate

Sweaty Skin

Dry Mouth

Churning Stomach

Tense

...are all
symptoms of...

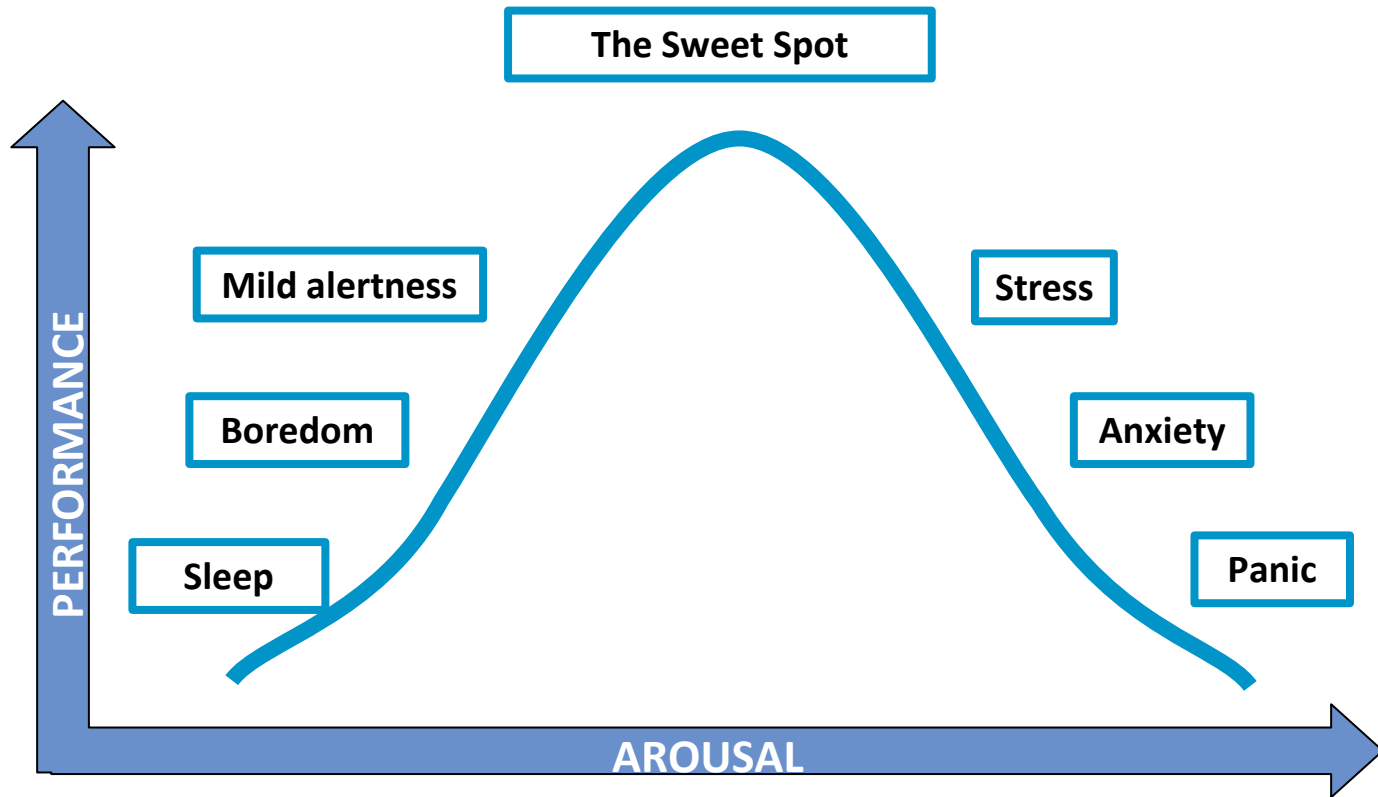
ANXIETY

EXCITEMENT

ANGER

AROUSAL

Exercise 2 - Stressful Situation



Tip

Every time you change task (e.g. answering email to making phone call), take 20 seconds to change your brain chemistry and bring yourself nearer the sweet spot.



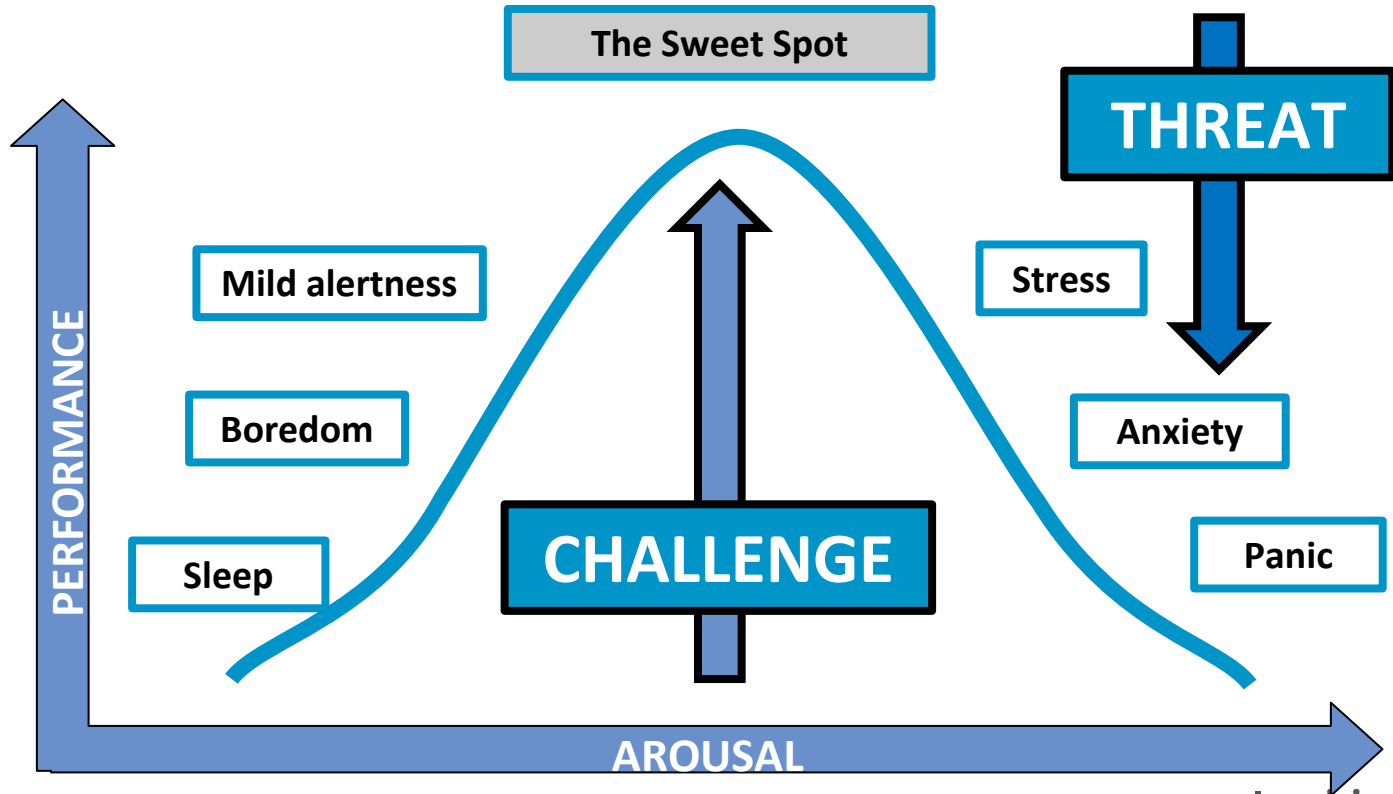
How to Turn Stress into Challenge

External versus Internal Goals

Tip
**Re-imagine the Stress
as a Challenge Rather
Than a Threat**



Exercise 3 – Stress to Challenge Alchemy



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REWARD

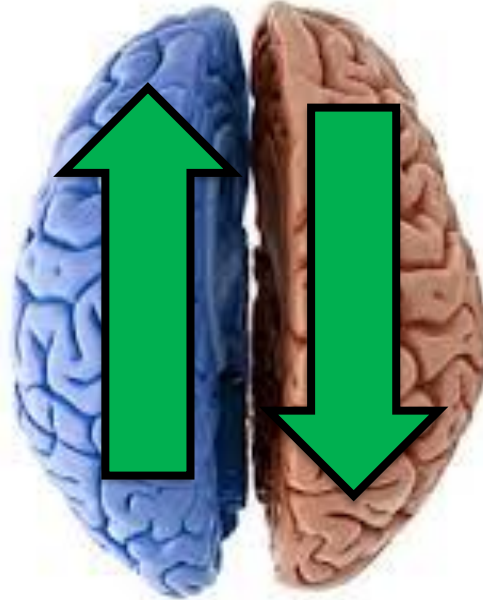
GOALS

OPTIMISM

CONFIDENCE

POSITIVE MEMORIES

BULL MARKET



PUNISHMENT

FEARS

AVOIDANCE

DOUBT

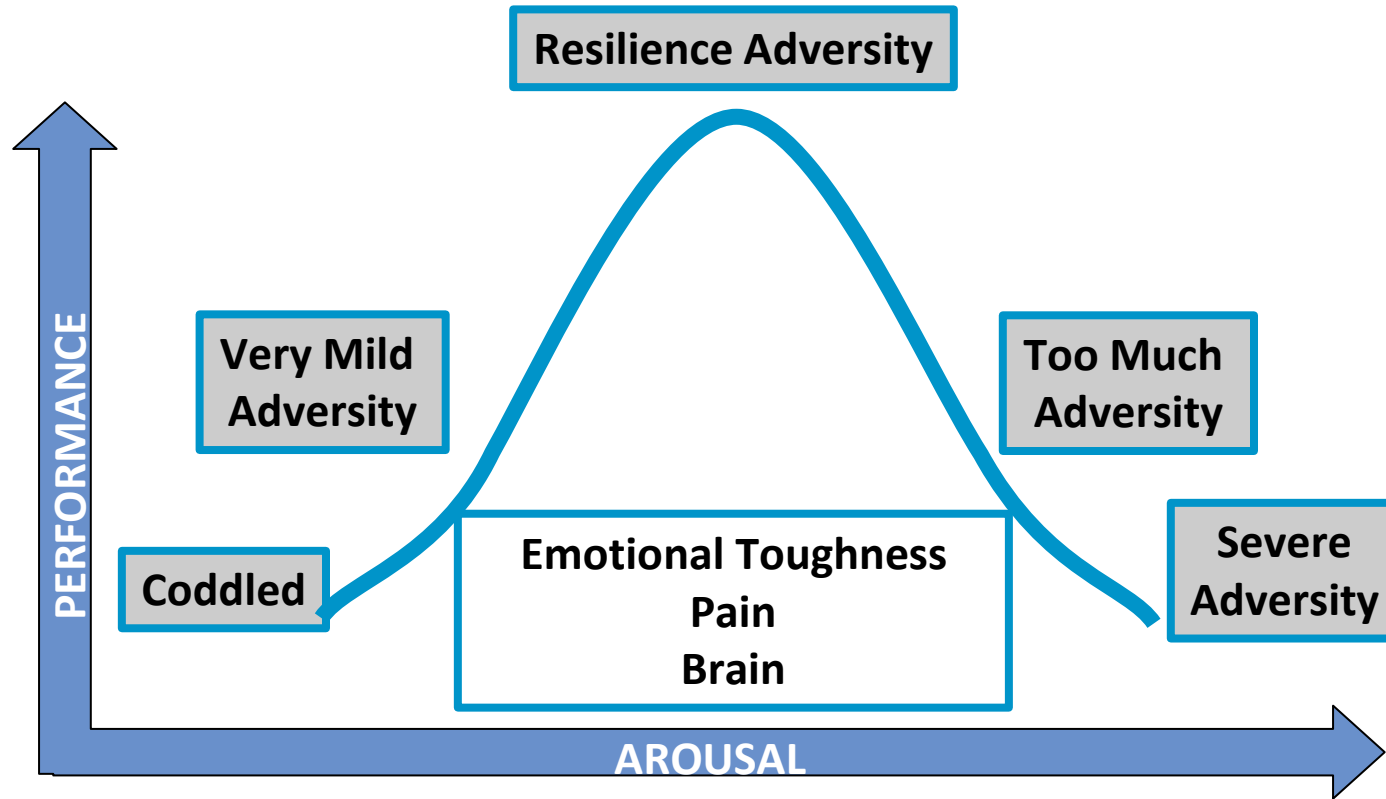
NEGATIVE MEMORIES

BEAR MARKET

Tip
**Harness the Energy of
Arousal By Saying “I Feel
Excited”**







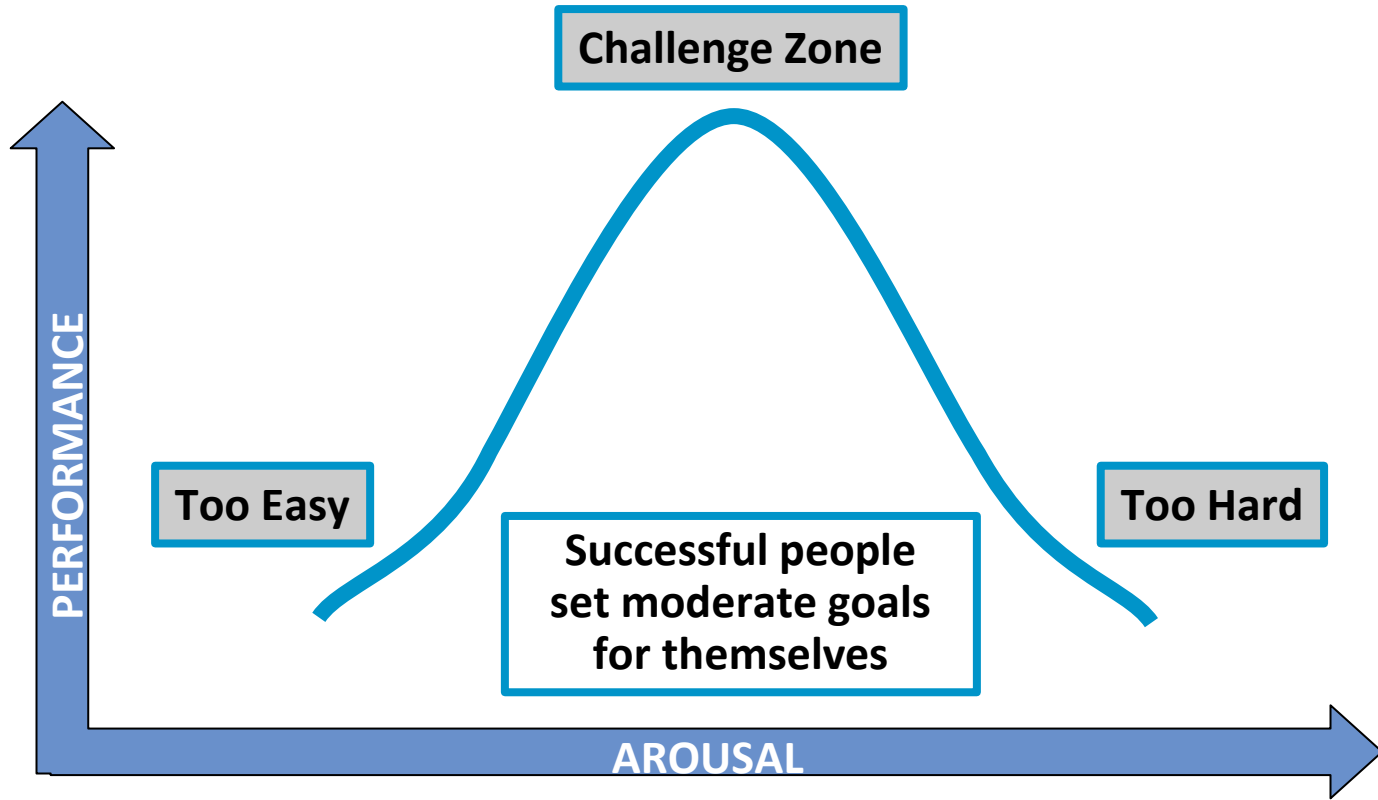
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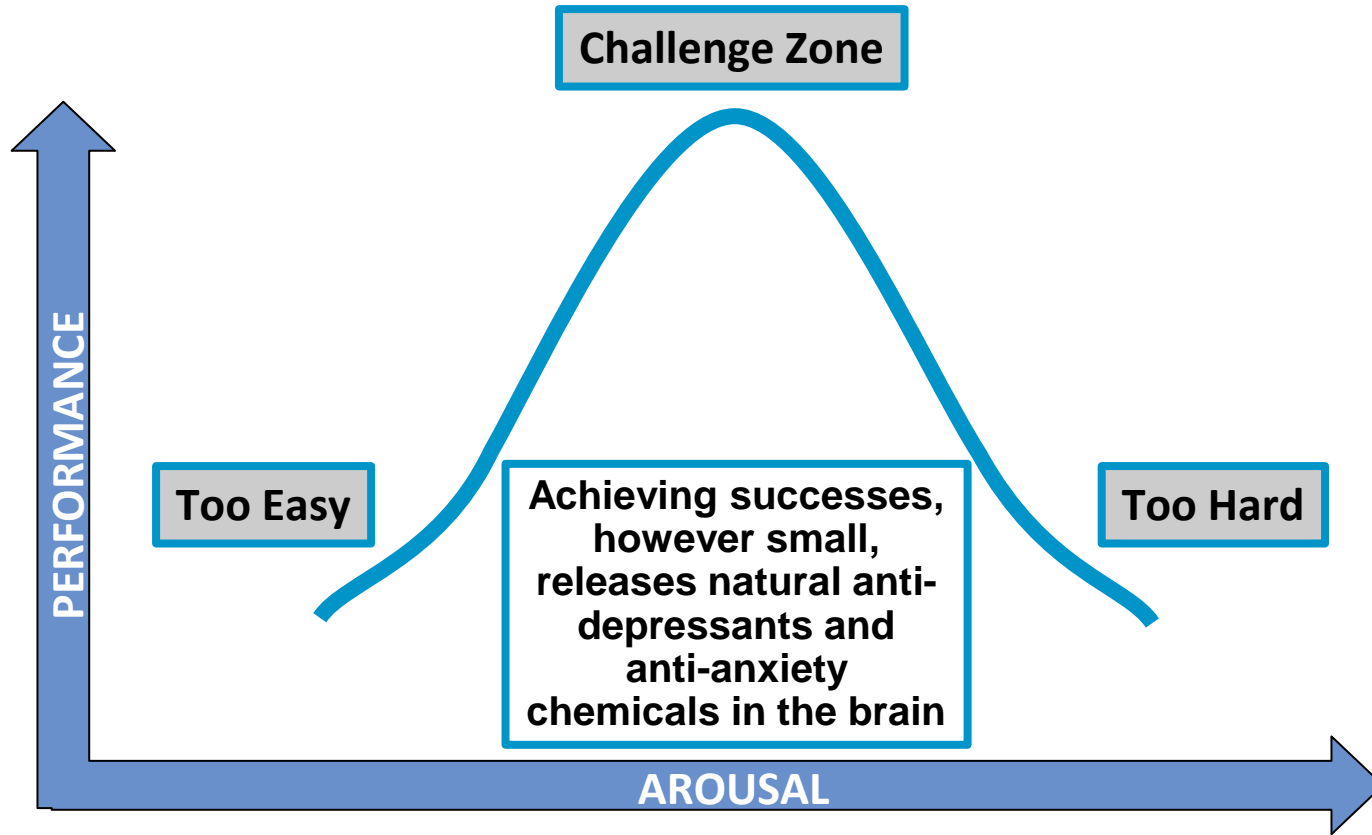
Exercise 4 – Examples of Growth out of Adversity

Tip

**Consider Moderate Stress
as a Form of Vaccination &
a Source of Resilience**







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Tip
**Contrive Small
Successes**





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Thank you



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