

Charity Accountants' ONLINE CONFERENCE

— FOR CHARITY PROFESSIONALS —

22-23 September 2021

Beyond Finance

Wellbeing

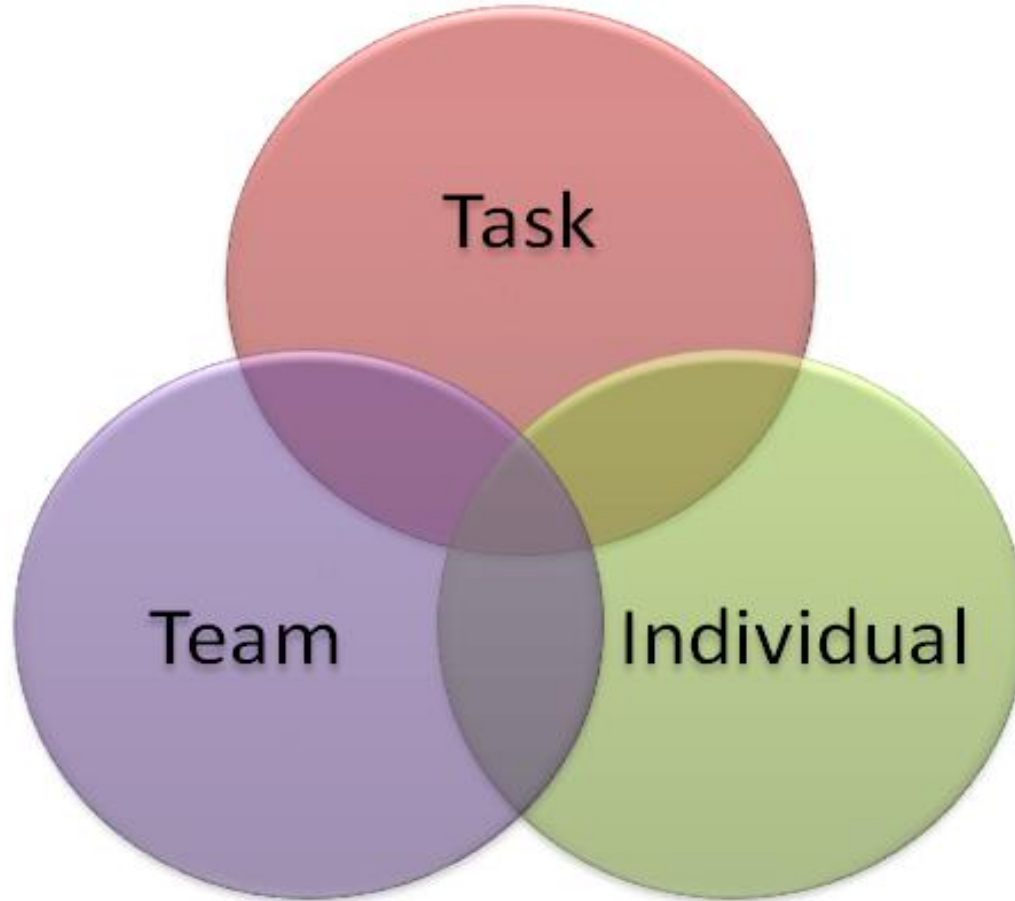
Eileen Browne - Training Consultant, DSC

WELLBEING

Definition:- Oxford Dictionary

The state of being comfortable,
healthy and happy

Action Centred Management



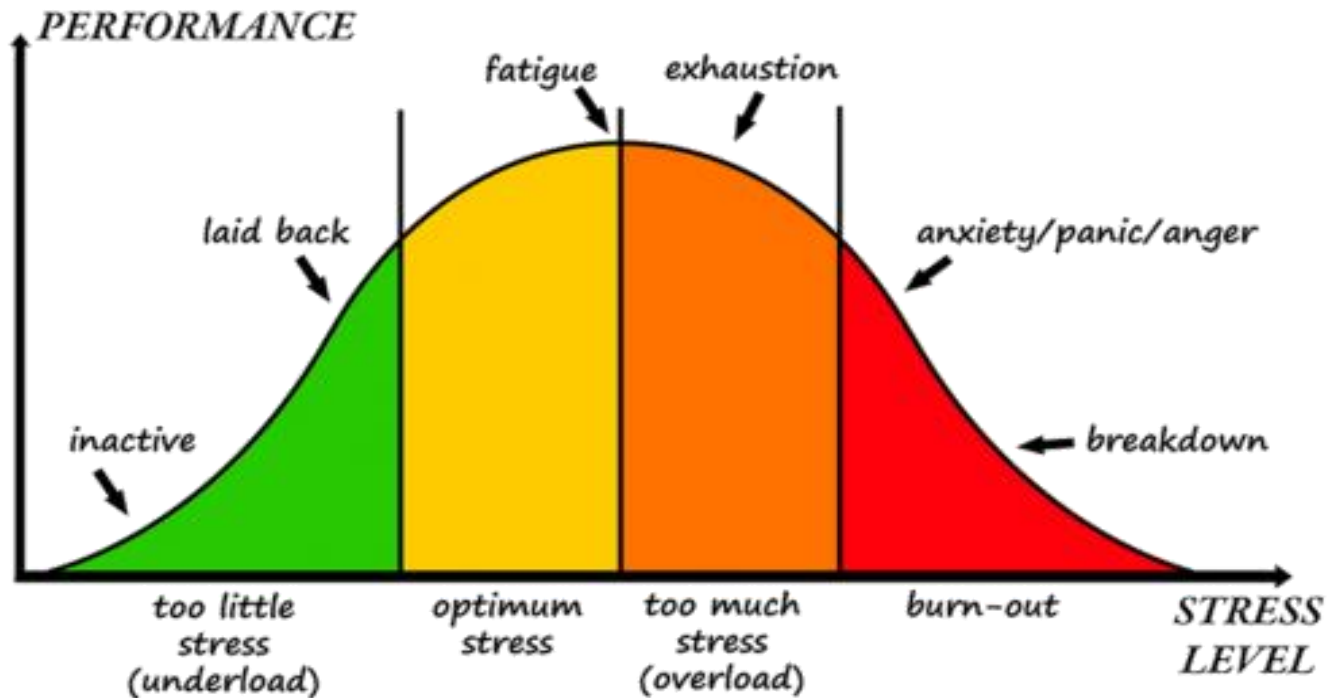
What Am I For?

- Fundamental
- Outcome
- Requirement



Understanding Stress

STRESS CURVE



Symptoms of Stress

Physical Symptoms

- Exccema
- Changes in heart rate
- Increased risk of heart disease
- Muscle tension
- Increased sweating
- Nausea
- Butterflies in stomach
- Reduced immune system

Emotional Symptoms

- Negative or depressive feeling
- Disappointment with self
- Increased emotional reactions – more tearful, sensitive or aggressive
- Loneliness, withdrawn
- Loss of motivation
- Lack of confidence
- Lack of commitment

Symptoms of Stress

Mental Symptoms

- Confusion
- Indecision
- Unable to concentrate
- Poor memory

Behavioural Symptoms

- Changes in eating habits
- Increased drinking, smoking or drug taking
- Mood swings
- Changes in sleep patterns
- Twitchy, nervous

- **BE PERFECT**
High quality output, thorough, reliable
- **HURRY UP**
Achiever, be task orientated, get things done, be busy
- **TRY HARD**
Be enthusiastic, put in lots of effort, welcome new challenges
- **PLEASE PEOPLE**
Put other's need before your own
- **BE STRONG**
Self-sufficient, helpful, calm, logical, reliable under pressure

From Inner Critic to Inner Coach



Possible Triggers

- Increased level of demand
- Challenge and support imbalance
- Lack of control
- Lack of clarity
- Accountability for people, performance, budgets
- Time pressures and deadlines
- Change and uncertainty
- Poor relationships (internal and external)
- Anxiety about events beyond your control
- Insufficient working and living space
- Financial problems
- Family changes: birth, death, marriage, divorce.....

MY ROLES

MOTHER

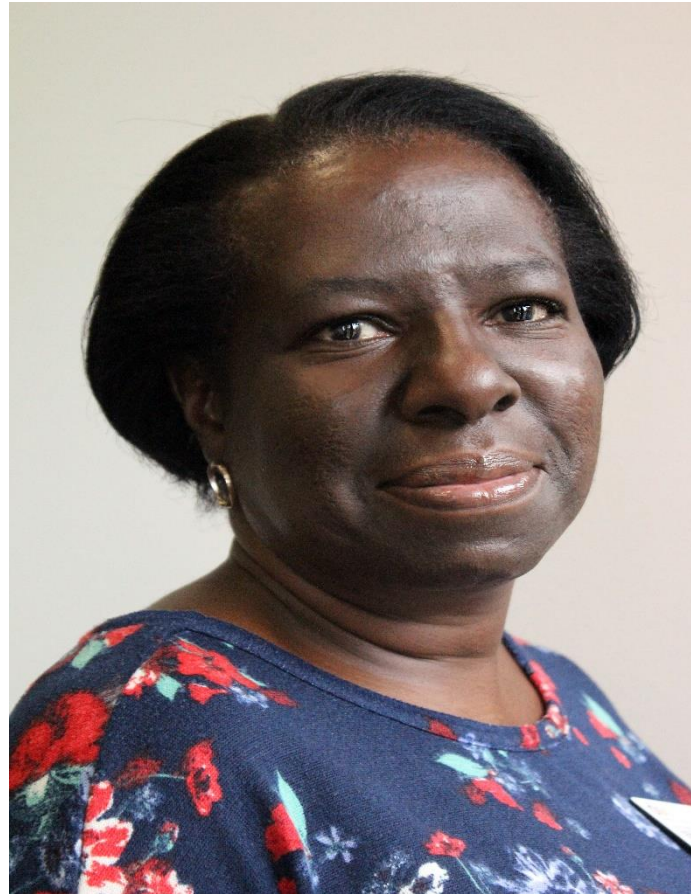
VOLUNTEER

NFL FAN

FRIEND

TRAINER

COACH



“PARTNER”

EMPLOYEE

DAUGHTER

MANAGER

SISTER

AUNTIE

Action

What will I do to take control?

5 year study – University of Georgia
100 people
100 years of age
4 common characteristics of resilience

| | |
|---|--|
| OPTIMISM A POSITIVE VIEW | ENGAGEMENT ACTIVE INVOLVEMENT |
| MOBILITY DOING SOMETHING | ADAPTABILITY ACCEPT CHANGE AND LOSS |

- A ction
- C onnections
- E njoyment

Some days it is OK if you
only help one person

And some days it is OK if
that person is you.

Thank you for attending DSC - Wellbeing At CAC 2021

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