

Date	Day	Watch:	Tick when done	Tasks to do once you have watched the video	Tick when done
The Upward Spiral Action Plan On-line Course Unit One: Accessing Your Own Helpful Stress Response Physiology					
	Day 1	Watch the 'Welcome and Introduction to Module 2' Video (4 minutes)			
	Day 2	Watch 'The Physiology of the 'Challenge' response and the 'Tend and Befriend' Response' (11 minutes)		<p>If you haven't done the 'Defrag Action Plan' on-line course, prior to doing this one, complete pages 3, 4 and 5 of your 'Upward Spiral' WRAP Plan, as it is important to have clear goals with regard to how you want to be when you have moved up your upwards spiral.</p> <p>For those who have completed the 'Defrag' course, you might like to revisit, and if appropriate, tweak these pages.</p>	p. 3, 4 & 5
	Day 3	Watch 'Changing Our Perception of Stress' (12 minutes)		<p>On P. 6 of your WRAP Plan, explore your current self-talk regarding stress, and whether you could develop your ability to access the helpful 'Challenge' response to stress by recognising the resources this response to stress offers you.</p> <p>Experiment with including an acknowledgement of the helpfulness of your body's response to stress in a daily gratitude practice.</p>	p. 6
	Day 4	Watch 'Focussing On Resources' (6 minutes)		<p>On page 7 of your WRAP plan identify other 'resources' that you have available to you – what are abilities, skills and supports to help you address challenges and stressors you may be facing. It is useful to identify these when we are feeling clear, calm and focussed as once we start to get caught up in unhelpful stress thinking, we may have trouble remembering what these resources are.</p>	p. 7

Unit Two: Knowledge is Power: Avoiding 'Stress-Thinking'					
	Day 1	Watch 'The Brain In Emergency Mode' (13 minutes)		Complete page 8 of your WRAP plan identifying your common 'stress-thinking' or 'fight-flight-induced' thinking patterns, and give them a 'title'.	p. 8
	Day 3	Watch 'More About 'Stress Thinking'' (11 minutes)		Add any further 'stress thinking' patterns you have identified from watching this video to your WRAP plan, page 8.	p. 8 contd
	Day 5	Watch 'Urgency and Rushingness' (12 minutes)		<p>Complete p. 9 of your WRAP plan, identifying the signs that let you know you have got caught up in 'rushing' and identify what you can do (including things you can say to yourself) that will help you to regain perspective and access a clearer, calmer and more focussed mind-space.</p> <p>For some of you, the 'rushing' may not involve doing a lot. For some of you, you may be experiencing exhaustion and procrastination as part of feeling overwhelmed or anxious. But you may still notice that there is a strong feeling that you 'should' be doing a lot of different tasks or 'should' be attending to a lot of different responsibilities even if you don't feel able to do a lot of them. Because the 'drive' is the same, whether you are rushing around 'over-achieving' or feeling overwhelmed and unable to get started, you may still find this exercise beneficial.</p>	p. 9

Unit Three: Finding Your Calm In The Midst of Busy-ness'					
	Day 1	Watch 'Addressing the Gremlins in the System' Part 1 (11 minutes)		<p>If you identify with the idea of being 'over-responsible' complete page 10 of your WRAP Plan, answering the questions "If you don't want to continue to be "over responsible", who do you want to be? What do you feel fits better with your values and ideals?"</p> <p>Also try out some of the 'Everyday Focus' strategies:</p> <ul style="list-style-type: none"> • Check in with yourself – Are you putting yourself 'first equal'? • In situations where you get caught up in feeling over-responsible, ask yourself 'Would I rather be 'over-responsible' or happy' • Do a pie chart • Ask yourself "Who made you prefect of the world?" 	p.10

Day 3	Watch 'Addressing the Gremlins in the System' –Part 2 (9 minutes)		<p>If you identify with any of these gremlins complete the section at the bottom of P. 11 of your WRAP Plan, outlining your plan for addressing them and/or your 'implementation intentions' for when you notice them popping up.</p> <p>Consider the following: If you feel you get caught up by the FOMO gremlin, consider:</p> <ul style="list-style-type: none"> - Practice the 'Notice and name' technique – “there is FOMO”, or “there is excitement” or “there is temptation” or “there is the urge to say yes” - Experiment with JOMO (the Joy Of Missing Out) - how it would feel to have the extra space in your life that you will have if you say 'no' to this opportunity - Ask yourself whether there are other times that you could take up this opportunity, if it still seemed important in the future, or other ways to have this experience - Remember your wellbeing intentions and your 'personal why' - put the tempting activity or project up against your more important priorities and values - Beware of the word 'just' and 'fitting things in' or 'squeezing them in' <p>If you feel you get caught up by the 'Fear of Upsetting or Disappointing Others' gremlin, consider:</p> <ul style="list-style-type: none"> - Learning and practicing Mindfulness to enable you to 'be with' uncomfortable feelings without them getting into the driver's seat of your life - Learning assertiveness skills <p>If you feel you are caught up in a 'not-good-enough' dynamic, consider:</p> <ul style="list-style-type: none"> • Getting help from a counsellor or life-coach ● Learning Mindfulness - compassion and acceptance are important aspects of Mindfulness and critical for building self-acceptance and self-esteem <p>Or you may wish to start with watching some youtube clips or reading some books on the topic e.g. Brene Brown's talks or books.</p>	p.10 & p.11
Day 4	Watch 'Acknowledging and Accepting Feelings' (9 minutes)		<p>On p.12 of your WRAP Plan, identify some of the unhelpful feelings that commonly come up in your everyday life, and the sorts of situation that trigger these feelings. By identifying these ahead of time you are more likely to remember to experiment with the 'notice and name' strategy.</p> <p>Experiment with holding a clear intention to notice and name your feelings, in a non-judgmental and 'observer stance' kind of way.</p>	p.12

			Consider learning Mindfulness. Experiment with Journalling.	
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Unit Four: 'Upward Spiral' Strategies					
	Day 1	Watch 'Identifying Early Warning Signs' (5 minutes)		Complete page 13 and 14 of your WRAP plan, identifying your very earliest warning signs of when you are getting off track.	p.13 & 14
	Day 3	Watch 'Tips for Reducing Stress, Overwhelm and Anxiety' (14 minutes)		<p>Experiment with the strategies outlined:</p> <ul style="list-style-type: none"> ● Focus on what you want, not on what you don't want ● Dr Dike Drummond's 'Life Hack - Watch his video here ● "Don't get ahead in the flowchart" ● "It takes as long as it takes" ● Focus on the process, not the outcome ● Consciously Zoom Out ● Close 'open loops' <p>Add any of these strategies that you find helpful to P. 27 of your Upward Spiral WRAP Plan (Things that take less than 10 minutes) or jot down on the back page of your Plan (p. 29) – 'Useful Strategies, Tips and Techniques' (or page 18 and 20 of your 'Defrag' WRAP Plan)</p>	
	Day 5	Watch 'Accessing the 'Tend and Befriend' Response' (9 minutes)		<p>On page 15 of your WRAP Plan: Each day, add in a goal and reflection on helping others. Through consciously doing this in writing for a week or so, you might find that you are more consciously able to tap into this stress response during your everyday activities. If you find the practice of writing your goals and reflections useful, you might like to continue with it on an ongoing basis.</p> <p>And remember, small acts can be just as powerful as big ones for accessing the 'Tend and Befriend' response, and the beneficial serotonin, dopamine and oxytocin.</p>	p. 15

Unit Five: More 'Upward Spiral' Strategies

	Day 1	Watch 'Using Your Body To Change Your Mind' (12 minutes)		<p>Experiment with the techniques mentioned in the video:</p> <ul style="list-style-type: none"> - Awareness of posture (particularly notice the postures of feeling stressed and feeling overwhelmed) - Conscious smiling - Open arms, palms facing forward - Changing the posture of urgency and rushing-ness - Smiling to breathe more easily <p>Download the e-book "Relax, Re-energise, Refocus" for some further strategies for changing your state 'in-the-moment'.</p> <p>Add any of these strategies that you find helpful to P. 27 of your Upward Spiral WRAP Plan (Things that take less than 10 minutes) or jot down on the back page of your Plan (p. 29) – 'Useful Strategies, Tips and Techniques' (or page 18 and 20 of your 'Defrag' WRAP Plan)</p>	
	Day 3	Watch 'The Squeegee Breath' (11 minutes)		<p>Experiment with using the Squeegee breath multiple times each day. If you find it helpful, add it to your WRAP Plan, (P. 27 of your Upward Spiral WRAP Plan - Things that take less than 10 minutes) or jot down on the back page of your Plan (p. 29) – 'Useful Strategies, Tips and Techniques') or page 18 and 20 of your 'Defrag' WRAP Plan.</p>	
	Day 4	Watch 'More Strategies for Dealing With Your Stressors' (18 minutes)		<p>Review your list of 'Pressure Points and Triggers' on Page 6 and 7 of your Defrag WRAP Plan. I have also included this section in your Upward Spiral WRAP Plan (page 16 & 17) for anyone who didn't do the Defrag course, or for anyone who wants to redo their list in light of current circumstances.</p> <p>On Page 18, identify whether you engage in 'Maintaining Behaviours' in relation to any of them (that is, behaviours that you engage in that may not have 'caused' the problem, but help to keep it going).</p> <p>Also on P. 19 of your WRAP Plan, identify any areas of avoidance or procrastination which affect your ability to live a rich and full life, consistent with your values. In addition, identify the consequences of this avoidance.</p> <p>When the time is right, you might choose to work on these – but as I said in the 'Defrag' course, I encourage you to tackle only one or two major changes at a time.</p> <p>And keep reminding yourself about your priorities, in order to avoid getting caught back into over-stress and overwhelm.</p>	<p>p.16 & 17</p> <p>p.19</p>

Unit Six– Pulling It All Together

	Day 1	Watch 'Don't Be A Lone Wolf' (14 minutes)		
			<p>On Page 20 and 21 of your WRAP Plan - it may be helpful to do a bit of a 'stock-take' exercise regarding some of your current relationships. This may help you to clarify which relationships you wish to invest more energy in, and which you wish to invest less in. It can also be useful to reflect on what ways you are able to be a good 'corner four' friend, colleague, manager, partner or parent.</p> <p>If you already have a 'change buddy' relationship established, initiate a 'review' conversation with your 'change buddy' to discuss how you each prefer to be supported and challenged. Consider adapting the ORS and SRS measures as a way of checking in with each other each time you meet. If you don't already have a 'change buddy' relationship established and would like to do so, complete page 22 of the WRAP Plan.</p> <p>Experiment with strategies for being able to see your struggles as being 'part of the human condition' as this reduces how stressed we feel about them. Be aware that we tend to under-estimate others suffering and over-estimate our own. Remind yourself that we cannot compare our insides with other people's outsides as people are generally very good at putting on a mask. Be open to becoming more aware of other people's suffering, and to being more open about your own.</p> <p>Experiment with reminding yourself 'Just like me, this person knows what suffering feels like'. It can also be very helpful to evoke thoughts of wellbeing for the other person and yourself by repeating to yourself a phrase such as 'May we all know that we are not alone', 'May we all know our own strength', 'May we all find peace' – or whatever phrase would be meaningful for you. Use Page 23 in your WRAP Plan to reflect on this.</p> <p>We all have many areas of our lives where we are 'less than perfect' and with regard to some these areas we end up feeling bad when we 'fall short'. It can be helpful, as part of deciding what is most important in life, to stop beating ourselves up for being 'less than perfect' or 'falling short' of our own preferred standard (or the standard we think others are holding us to). Use p. 24 of your WRAP Plan to consciously review the areas of our lives where you feel you often 'fall short' and consciously give yourself permission to be 'less than perfect' in these areas.</p>	<p>p.20 & p.21</p> <p>p.22</p> <p>p.23</p> <p>p.24</p>

	Day 2	Watch 'Getting Back Up – What To Do When Things Turn To Custard' (8 minutes)	<p>When you have a 'lapse' and you become over-stressed or overwhelmed , experiment with the strategies outlined in this video:</p> <ul style="list-style-type: none"> - Notice and Name (“There is frustration. And there’s some resentment. And there’s some despair. And there is that panic sensation. And there’s the rushingness and urgency feeling”). Remember to be kind and understanding of yourself when you do this. - Remind yourself ‘it is as it is’. Aim for acceptance, forgive yourself and move on. Remind yourself that it’s OK not to be perfect, that you are not alone, and that it’s OK to reach out for help. - Calm yourself down with diaphragmatic breathing or one of the other deep physiological relaxation techniques. - Be aware of the ‘Abstinence Violation Effect’ – the ‘back at square one’ feeling. Remind yourself that you are <u>not</u> back at square one, calm down and get yourself back ‘onto the wagon’ as soon as possible. - Get things into perspective <ul style="list-style-type: none"> o Has anyone died? o In a month’s (6 month’s, a year’s) time, will it matter? o Drop the comparisons o Do something that helps uplift you o Tap into your favourite words of wisdom o Use some of the strategies from the e-book ‘Relax, Re-energise and Refocus’ - Re-engage with the task at hand - Pat yourself on the back for having picked yourself up and got back on track <p>On page 25 of your WRAP Plan identify the steps that you will take any time things ‘turn to custard’ or you find yourself getting caught in overwhelm and over-stress, that will help you to get back on track.</p> <p>Also, remember that it is O.K. to ask for help. If you completed the ‘Defrag’ course, you might want to revisit p. 13 and 14 in your Defrag WRAP Plan. For those who didn’t do the Defrag course, these pages have been included as p.26 and p.27 of the Upward Spiral WRAP Plan.</p>	<p>p.25</p> <p>p. 26 & p. 27</p>

	Day 3	Watch 'Wrapping Up Your WRAP Plan' (4 minutes)		<p>For those of you who completed the 'Defrag' course, revisit your Success Log on p.5 of your Defrag WRAP Plan, and add in any further positive changes or successes. For those who didn't do the 'Defrag' course, this page is included as p. 5 of the Upward Spiral Action Plan.</p> <p>For those of you who completed the 'Defrag' course revisit p.18 and 19 of your Defrag Course WRAP plan – add in any additional strategies that you plan to incorporate into your daily and weekly routine, and ensure that you have plans for some longer 'chilling out' and 'enjoying yourself' experiences in your plan for the coming 12 months. For those who didn't do the 'Defrag' course, this page is included as p. 28 and p.29 of the Upward Spiral Action Plan.</p>	<p>p.5</p> <p>p.28 & p. 29</p>
	Day 4	Watch 'Summing Up and Where To From Here?'(7 minutes)		This is the end of our 'Upward Spiral' journey together. I wish you all the very best as you move forward, upwards and onwards.	