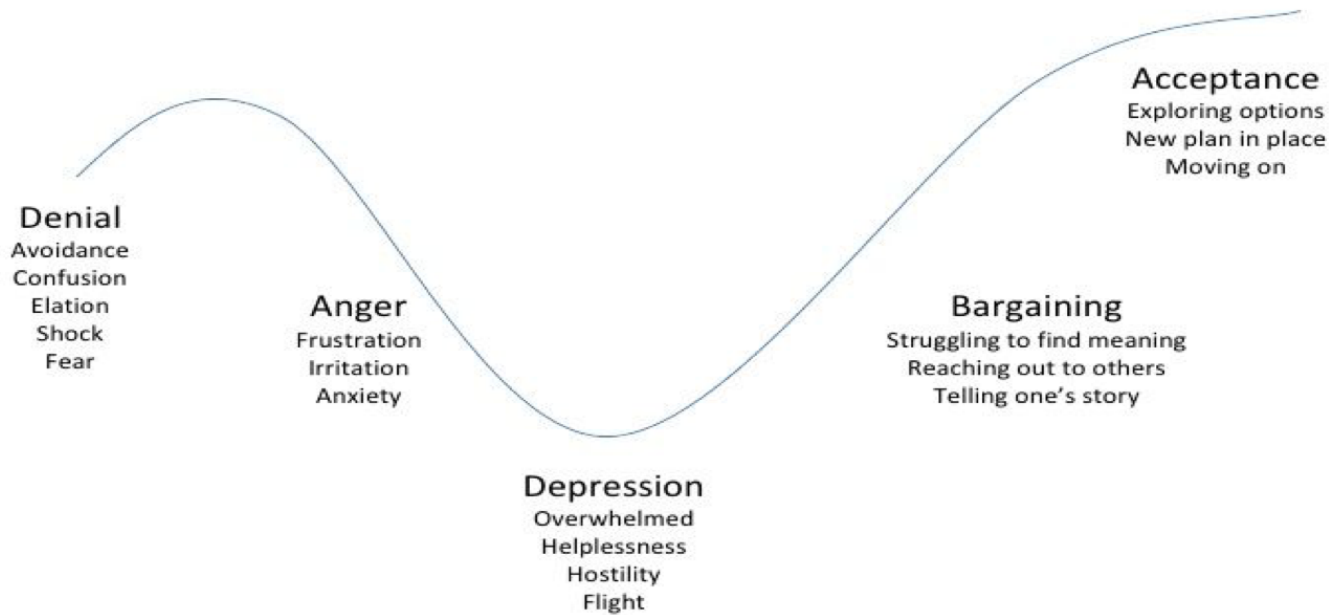


Kübler-Ross Grief Cycle



Information and
Communication

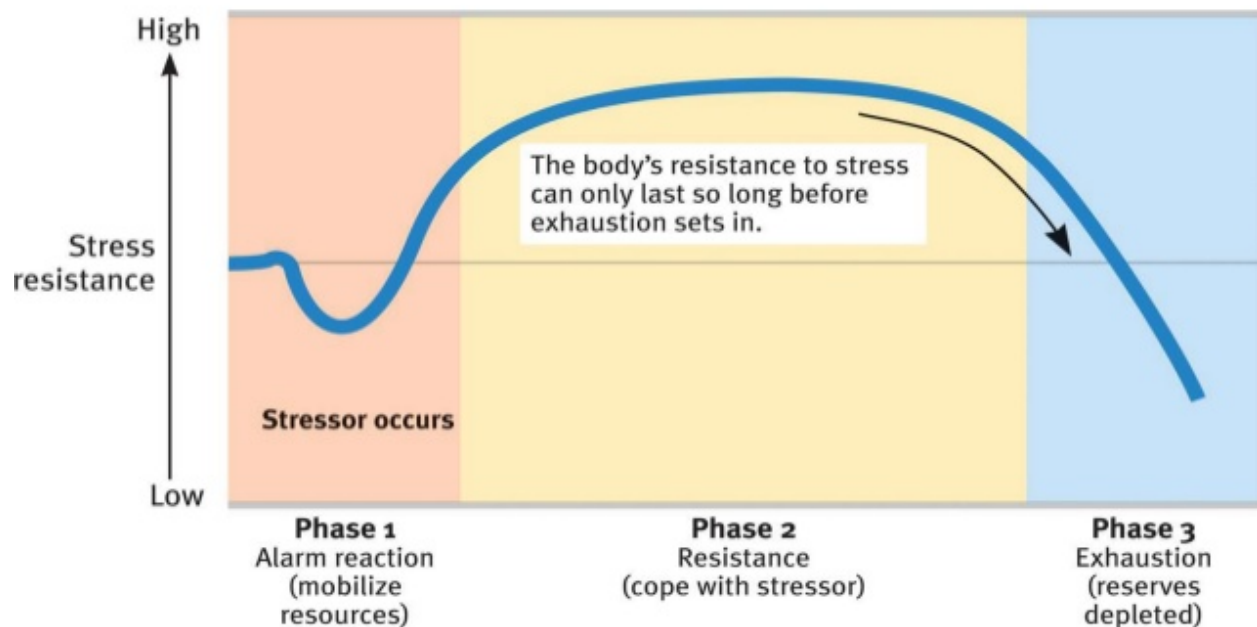
Emotional Support

Guidance and
Direction

General Adaptation Syndrome [GAS]

(Identified by Hans Selye):

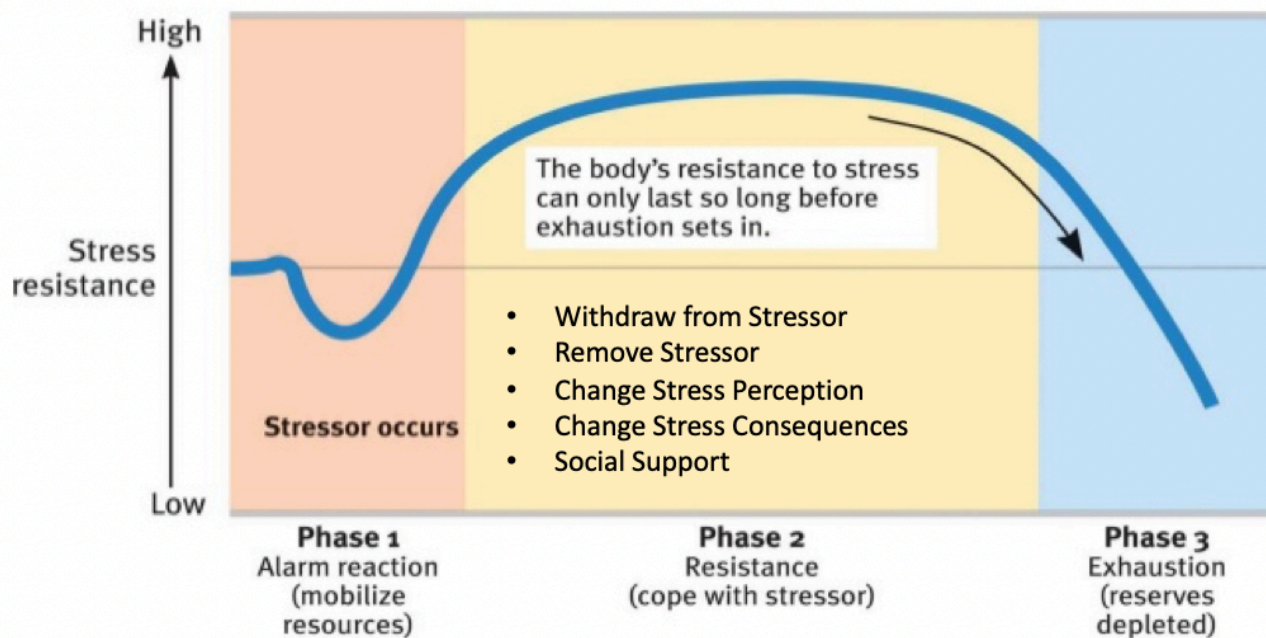
Our stress response system defends, then fatigues.



General Adaptation Syndrome [GAS]

(Identified by Hans Selye):

Our stress response system defends, then fatigues.



Example strategies have been added to this slide in Phase 2

Homework: 3:15 Questions Session 3

As with your previous 3:15's, pick 3 people in your life who you trust to be on your personal development journey. Spend 15 minutes with each of them to reflect on the content from session 3. If they are not the same people you've connected with before, feel free to give them a bit of background on this being a 6-session exploration on personal development and growth.

The Models—share the two models we covered in this session using a personal example. You can refer to the exercise we did together with regards to how these have shown up during the pandemic or you can use examples that came up for you as we shared the models. What came up for you in this process? Where did you gain some insight? How have your perceptions (Session 2) influenced your experiences?

Your Stress Management (Resilience) Strategies—have a look at the strategies you currently use to manage stress. What categories do they fit in? Are there categories that you've skipped or missed? What additional strategies might you add in?

Get Feedback — (we continue to "open" the Johari window, see Session 1) ask for examples on their strategies to manage stress and get feedback on your resilience—how do these individuals feel you manage stress? What is one thing that you do well and one thing that you could do to improve your resilience? Refer back to the values you jotted down (also from Session 1) — how will improving your resilience help keep you aligned with your values?

If your three people are interested in this process, they can access the iicanada.org/events to register for any of the remaining sessions.

Recordings of past sessions can be found at iicanada.org/videos or at the links below..

Session 1: <https://iicanada.org/videos/health-wellness/re-ignite-your-purpose-conversations-munira-part-1-self-awareness>

Session 2: <https://iicanada.org/videos/health-wellness/re-ignite-your-purpose-conversations-munira-part-2-perception-how-you-see>