

# Stress is a perception



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## Training notes

Ask the group to look at the picture and identify the **old lady** and the **young lady** – some people will get both, some will struggle to see one over the other, some people will not see one for ages and then finally they see it

Help them out by pointing out the two ladies if people cannot see them –

- the **old lady** has a fur coat collar, big nose and big chin, red lips and white head scarf
- the **young lady** is facing away and has a feather coming out of the front of her hair, her chin is the old lady's nose and the old lady's mouth is a choker necklace.

The picture is used to demonstrate that we all have different perceptions of the same thing. **Stress** is the same: it is our perception of the pressures.

We all react differently and we all see the same situations in different ways, that is why one colleague may be experiencing stress and others are not

People feel little stress when they have the time, experience and resources to manage a situation. They feel great stress when they think they can't handle the demands put upon them. Stress is therefore a negative experience. And it is not an inevitable consequence of an event; it depends a lot on people's perceptions of a situation and their real ability to cope with it.