MindShift

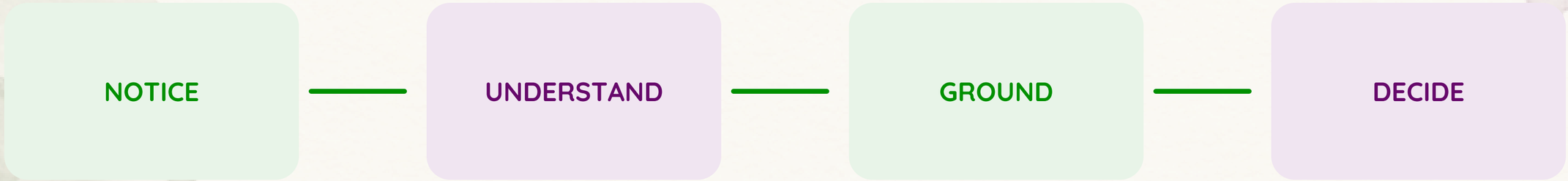
Navigating Stress for Clear Decisions

90-minute interactive session • ages 15–25

Eluks Valmis

Session goals

Notice stress, understand overload, practise grounding—and make clearer decisions.



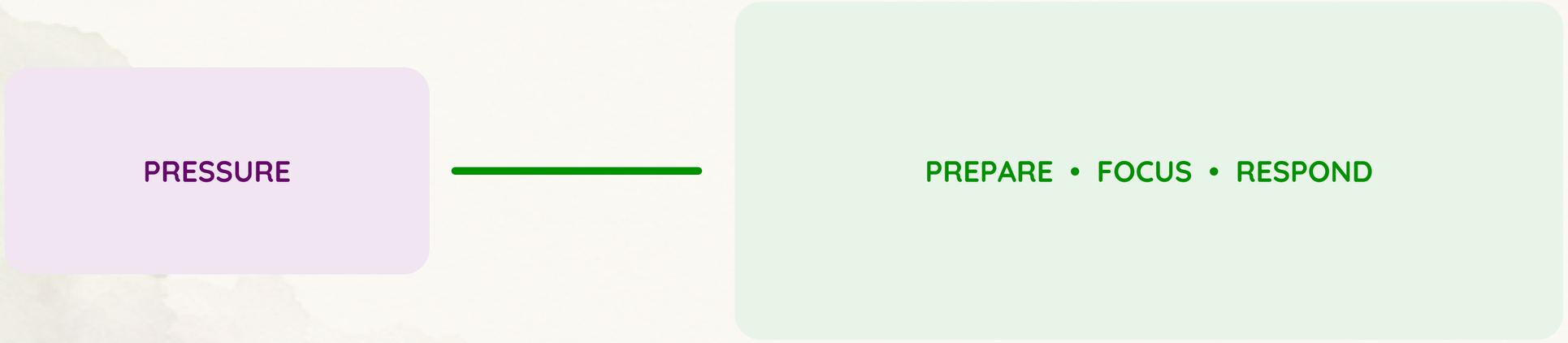
Group agreement

A safer room starts with how we treat each other.

- Respect
- Voluntary sharing
- No judging
- Confidentiality
- Ask for help

Stress is normal

A natural reaction to pressure can help us prepare, focus and respond.



When stress becomes overload

Notice intensity, duration and impact on daily life.

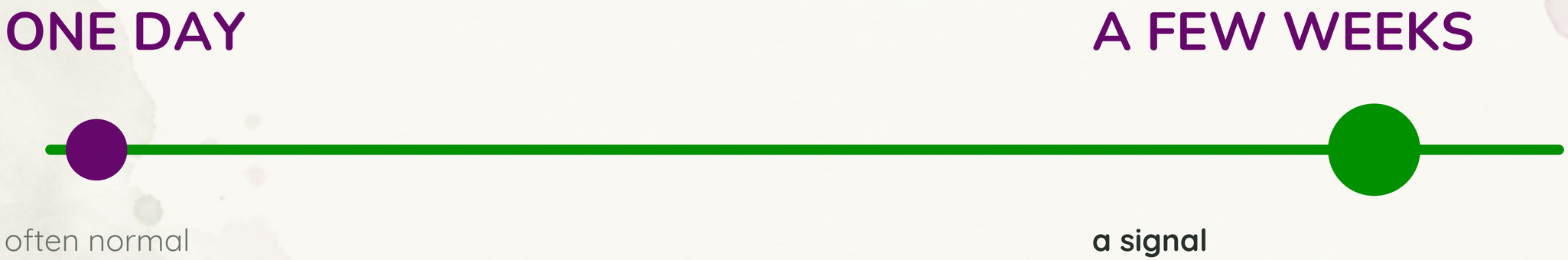
TOO LONG

TOO INTENSE

AFFECTS DAILY LIFE

Time matters

Duration can turn a normal response into a signal worth noticing.



Body signs

Stress often speaks through physical sensations first.

- Tight chest
- Headaches
- Stomach pain
- Tiredness
- Bad sleep
- Low energy

Mind signs

Overload can make the mind noisy, narrow and hard to steer.

- Lack of focus
- Overthinking
- Confusion
- Negative thoughts
- Difficulty deciding

Emotional signs

Different feelings can be different faces of the same overload.

Irritation

Sadness

Fear

Numbness

Tense

Overwhelmed

Behaviour signs

What we do can reveal what we have not yet named.

- Avoiding people
- Procrastinating
- Scrolling
- Withdrawing
- Reacting strongly

Why grounding helps

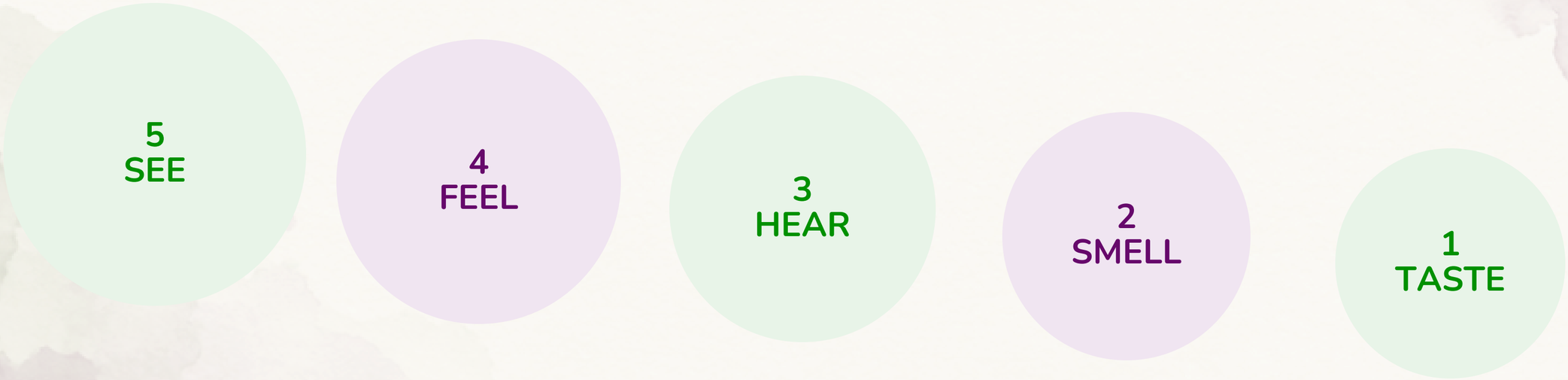
When the mind is overloaded, we start with the body.

OVERLOADED MIND

BODY
FIRST

5–4–3–2–1 grounding

Move gently through the senses—no perfect answer needed.



Body Map

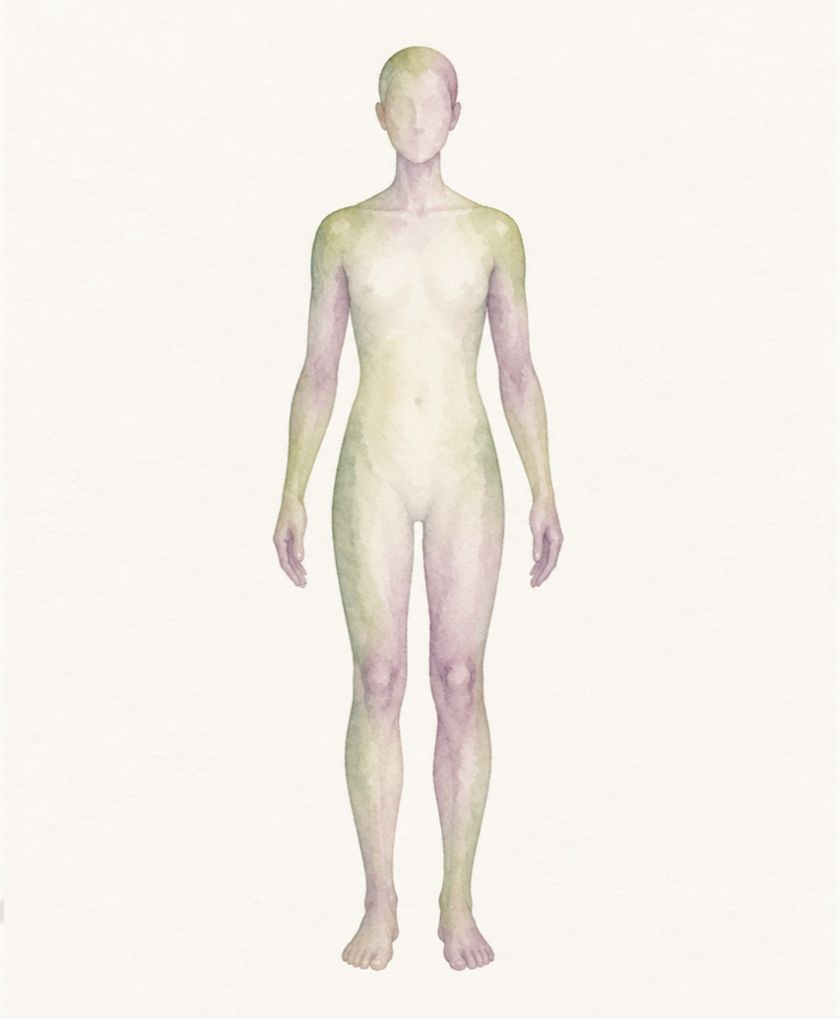
Where does stress show up in your body?

Pause. Notice. Mark what is true for you today.

Body Map worksheet

Add body signs, thoughts and behaviours around the outline.

BODY SIGNS



THOUGHTS

BEHAVIOURS

Your body is not being dramatic.

It is giving you information.

Stress and critical thinking

Overload can make thinking faster, narrower and more negative.

FASTER

NARROWER

MORE NEGATIVE

Career decision scenario

Two options. One tired, tense and unfocused decision-maker.

OPTION A

TIRED
TENSE
UNFOCUSED

OPTION B

Decision checklist

Slow the decision down enough to see what is shaping it.

- [ ] FACTS
- [ ] ASSUMPTIONS
- [ ] PRESSURE
- [ ] TIMING
- [ ] SUPPORT
- [ ] BODY STATE

My Grounding Reset Plan

Make a small plan before you need it.

EARLY SIGNS

_____

CALMING TOOLS

_____

SUPPORT PEOPLE

_____

NEXT STEPS

_____

Closing reflection

Take one useful thing with you.

One sign I will notice earlier...

One tool I will try...