



# COGNACITY

In conjunction with the Centre for Health & Human Performance

## DEALING WITH CHANGE & UNCERTAINTY

MAXIMISING WELLBEING & PERFORMANCE

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# Overview

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1. Challenging times: COVID-19

2. Defusing Anxiety

3. Functional Behaviours

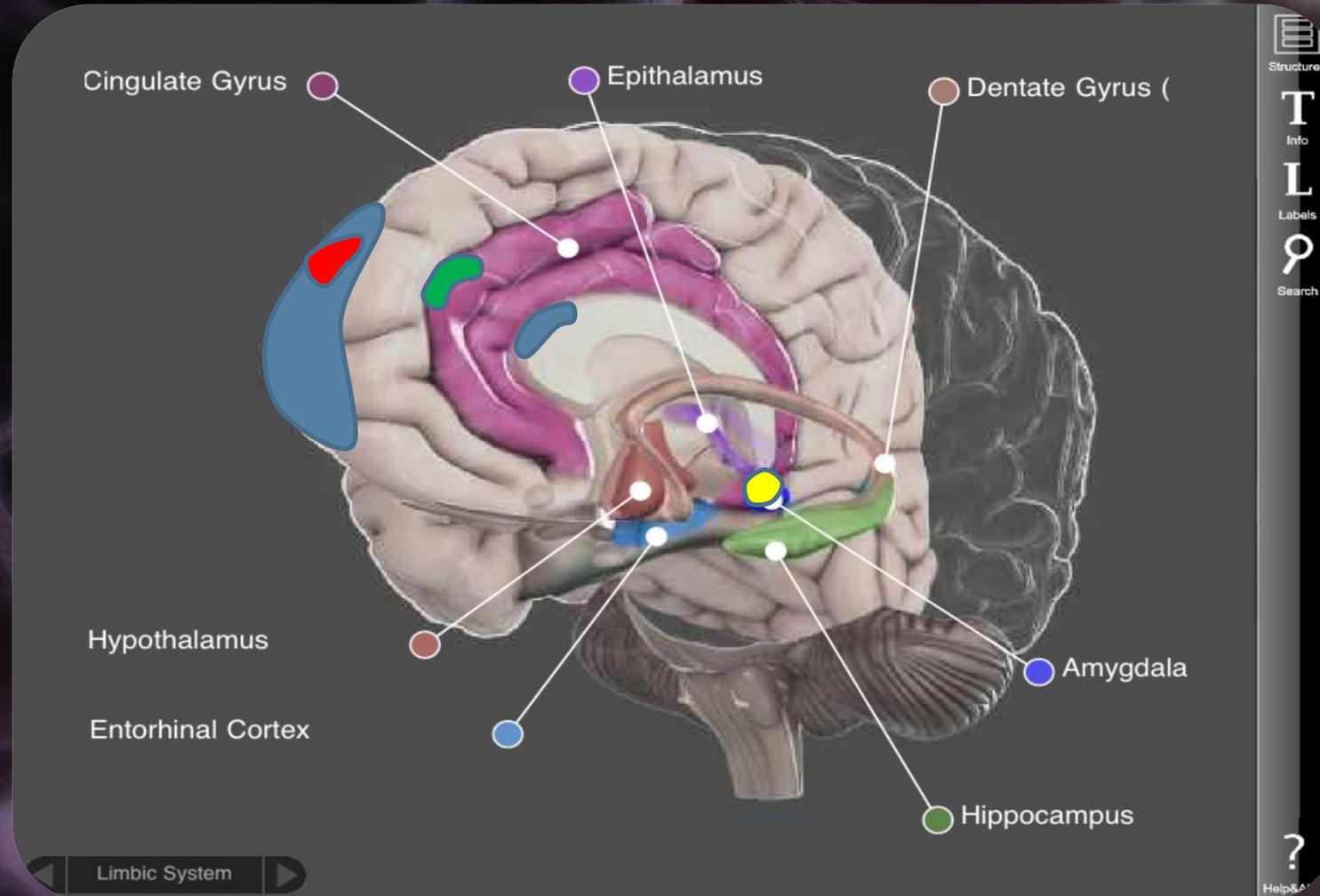
# 1. Challenging Times

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## DISCUSSION:

What are your current biggest challenges/ stressors?

# 1. Challenging Times: Uncertainty



# 1. Challenging Times: Anxiety

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## 2. Defusing Anxiety

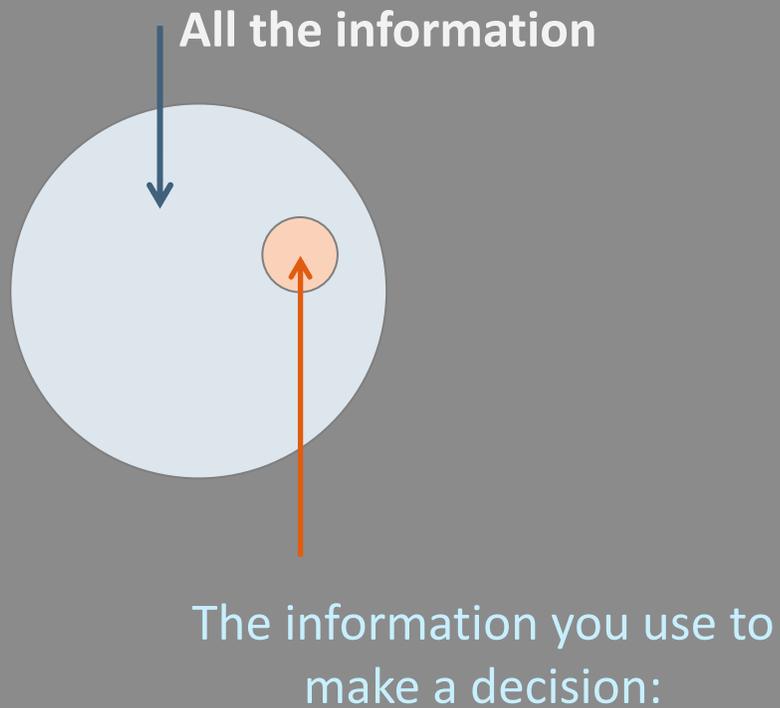
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### Changing the narrative

- a) The WYSIATI Principle
- b) Understanding and Normalising Anxiety

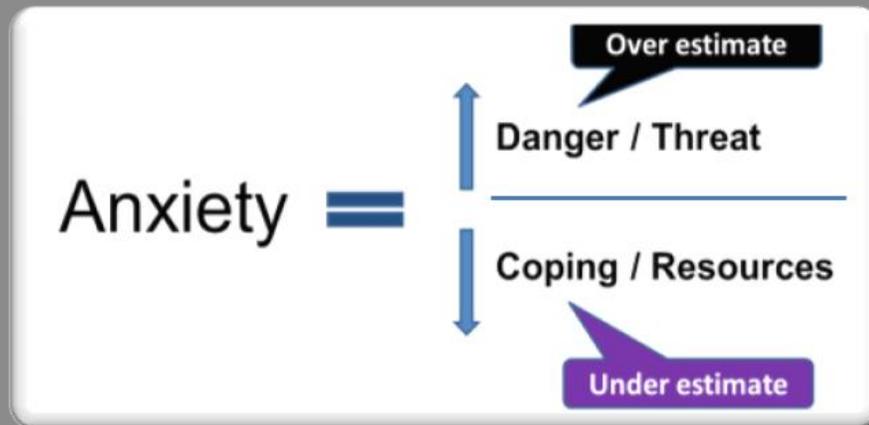
## 2. Defusing Anxiety

### a) The WYSIATI Principle (Availability Bias)



## 2. Defusing Anxiety

### b) Understanding and Normalising Anxiety



- It's normal to feel anxious
- The anxiety equation
- Give anxiety a name
- The 5-senses experience

## 2. Defusing Anxiety

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Taking control

- c) Avoiding the Dark Blanket
- d) Bottom-up & Top-down

## 2. Defusing Anxiety

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### c) Avoiding the Dark Blanket



Emotions drive behaviour

- Frustration: take it out on others
- Anxiety: ruminate about problems
- Depression: avoidance

## 2. Defusing Anxiety

### d) Bottom-up & Top-down



*Behave your way out of thinking*

- Controlled breathing: double-up
- Engage with people and activities

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# 3. Functional Behaviours

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## Building Back Better: Strategies to Consider

### 7 Behaviours to Consider

1. Have a plan (cognitive and behavioural strategies).
2. Mentally adjust to the current (challenging) situation – control the controllables.
3. 'Next job' mentality – work in small increments.
4. Build in regular movement (not just daily training session).
5. Take technology breaks.
6. Mental rotation – get variation in your week.
7. Connect with people.



**Fear does not stop death.  
It stops life.**

**Worry does not take away  
tomorrow's troubles.  
It takes away today's peace.**

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