



THE
JUBILEE CENTRE
FOR CHARACTER & VIRTUES



LESSON 8

THE JOY OF STRESS

8



SESSION 1

● MY ATTITUDE TO STRESS



STRESS

GOOD OR BAD?

8

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



An exam

A poisonous snake

Having to run a half marathon (13 miles)

A job interview

Learning something new

Conflict with a friend

Having an illness

Moving house

8

**Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility**

STRESS DEFINED



Stress is a threat to the body's balance: it is a call to react and a call to adapt.

Stress seems to have an effect on the brain and body similar to that of vaccines on the immune system. In limited doses, it causes brain cells to overcompensate and thus gird themselves against future demands.

Neuroscientists call this process stress inoculation. What's become lost amid all the advice about how to reduce the stress of modern life is that challenges are what allow us to strive and grow and learn.

John Ratey, A User's Guide to the Brain



SESSION 2

MORALITY AND STRESS

8

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



WHAT'S A MORAL QUESTION AGAIN?

What makes moral questions different from other types of question?

MORAL TOOLS



Character: what are the implications of this action for the kind of person I want to be?

Consequences: if I do this, what might happen to me and others?

Rules, duties, values, principles: are there rules that tell me how to act before I act?

STRESS AND MORAL QUESTIONS



‘The main duty of parents is to protect their children from stress.’

Is this a moral issue? Why?

What are your opinions about this statement?

Using the moral tools (**character, consequences, rules**) can you come up with reasoned arguments about this statement?

STRESS AND MORE MORAL QUESTIONS



Identify one or two other moral questions that stress raises.

What are your opinions about these questions?

Using the moral tools (**character, consequences, rules**) can you come up with reasoned answers to these questions?



IS STRESS IMMORAL?

Time for reasoned answers



SESSION 3

PERFORMANCE VIRTUES AND STRESS

8

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

AIMS



To identify what causes you stress.

To recognise that stress has drawbacks and benefits.

To identify ways of managing stress so that you can use it to strive and grow and learn.

ANALYSING STRESS PART 1



ANALYSING STRESS PART 2



5. How
do I feel
about it
now

6. What
can I
control

7. What
can I do
about it?

ACT



Active

- Work to identify a solution (rather than ruminating on the problem)
- Reach out to others to understand and respond to the situation

Calming

- Practise mindful breathing
- Find a constructive distraction until you are calm enough to respond

Thinking

- Have you fallen into any thinking traps?
- Can you challenge thoughts that are preventing you from responding constructively?

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



SESSION 4

● STRESS IN COMMUNITIES

Civic Virtue

8

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

CAUSES OF COLLECTIVE STRESS



What causes stress in communities?

How do individuals contribute?

- e.g. in a workplace, people who don't do their job properly.

How do organisations/institutions contribute?

- e.g. in a workplace, employers who don't provide good conditions for their employees to work in.

How do actions that cause stress fall short of virtue?

- e.g. not doing your job properly lacks self-discipline.

- **CAUSES OF STRESS 1**
GOSSIP



What are your experiences of gossip?

What are the effects of gossip?

- How does gossip affect communities?

How could each of the virtues be used to counteract the harm done by gossip?

CAUSES OF STRESS 1

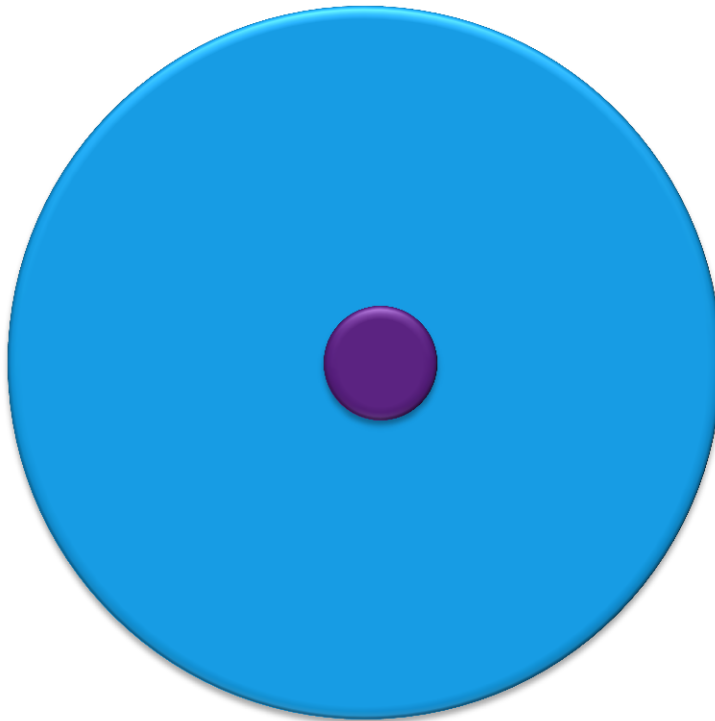
STATUS ANXIETY



How do celebrity magazines affect the following:

- what you think is important;
- how you feel about yourself;
- how you feel about what you have;
- how you feel about your future.

OVERCOMING STATUS ANXIETY



What a snob
would judge
us on.

My identity:
everything
that makes
me who I am.

8

Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility



SESSION 5

REFLECTIONS

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Courage, Justice, Honesty, Compassion,
Self-discipline, Gratitude, Humility

QUESTIONS



Have any of your opinions of stress changed?

Have you developed any new habits for managing stress?

- If so, how effective have they been?
- If not, what are your reasons? Do you need to think again?

Which virtues do you need to be come better at managing stress?

- ...and in learning to manage stress, which virtues will you acquire?