

THE POWER OF WORDS

HOW TO BUILD RELATIONSHIPS WHILE BEING STRESSED OUT?



**Co-funded by
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WHAT IS STRESS ?

Stress is a natural response of the body to situations that are perceived as threatening, challenging, or overwhelming. It can be physical, emotional, or mental and often shows up through symptoms like a faster heartbeat, muscle tension, difficulty concentrating or anxiety

Stress can be short-term (motivating)—for example, before an exam or important meeting—or long-term (harmful) when it lasts too long and overburdens the body. Chronic stress may lead to health problems such as insomnia, depression, or heart disease.



In the first situation the stress was short-term, because we thought we were going to be late for our meeting. When we saw our teacher the stress gave us motivation and we started to run faster. In this picture girls captured the moment of relief after catching up with the group.



The second situation shows a long term stress due to being lost in the crowd in the strange city. The girl felt confused and under a lot of pressure, struggling with social anxiety.

FORMS OF COMMUNICATION

1) PASSIVE COMMUNICATION STYLE

People with this communication style may hesitate to express their thoughts, opinions or needs. They often wait for other people to take the lead. They try to avoid conflicts or disagreements, because they are scared to give feedback or address issues directly. They may agree to some things they are uncomfortable with because they are unable to say "no". That person has low self-confidence and don't want to express themselves openly.



2) AGGRESSIVE COMMUNICATION STYLE

People who communicate aggressively tend to try and control conversations and situations. They show their dominance by interrupting others or raising their voice. They may be blunt and direct in their communication which can be picked up by others as tactless and rude. Aggressive communicators often ignore personal boundaries. They also might resist compromise and ensure things are done their way. This communication style can involve insults and personal attacks.



3) ASSERTIVE COMMUNICATION STYLE

People with this style openly express themselves and are often direct. They speak with confidence and self-assurance. Respecting others' opinions, feelings and autonomy is extremely important to them. Assertive people use body language while communicating, for example they maintain eye contact and use gestures. They don't have any problems with saying "no" and setting boundaries when it's necessary.



A SHORT QUIZ

CHECK YOUR COMMUNICATION STYLE:

[HTTPS://WWW.VERYWELLMIND.COM/TAKE-THE-COMMUNICATION-STYLE-QUIZ-7973143](https://www.verywellmind.com/take-the-communication-style-quiz-7973143)

EMPATHY

What is it?

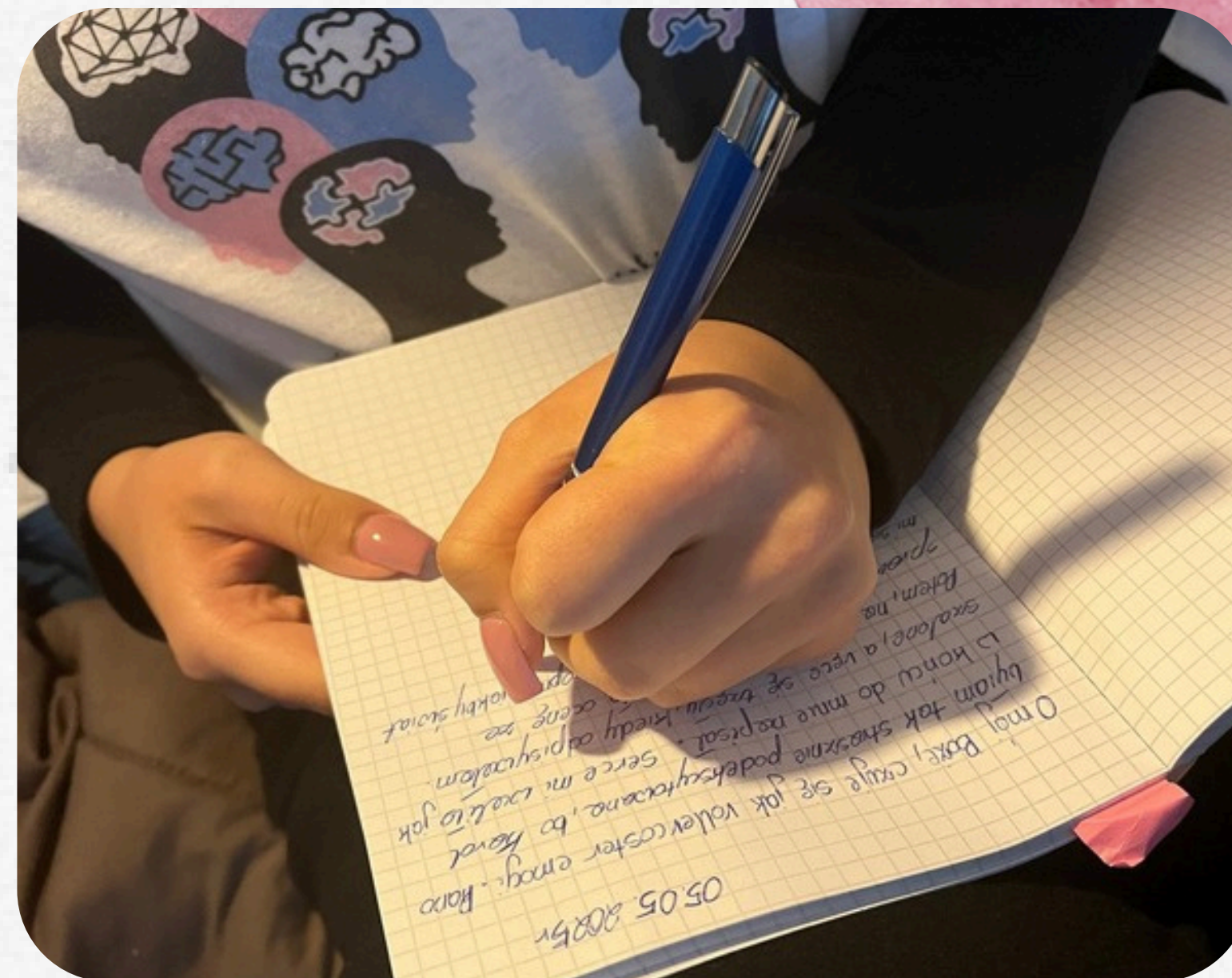
Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling.



WHY IS EMPATHY SO SIGNIFICANT IN BUILDING RELATIONSHIPS?

UNDERSTANDING

When we practise empathy, we become more attuned to our own feelings and better equipped to manage stress and conflicts effectively.



A BRIDGE?

In relationships, empathy acts as a bridge, fostering open communication and trust between partners, friends, and family members.



BENEFITS

Relationships in which empathy is typically displayed show the benefits of closer, warmer, and more equal friendships, as well as the benefits of more satisfying, comfortable, and longer-lasting marital relationship.



EMPATHY- CHALLENGES

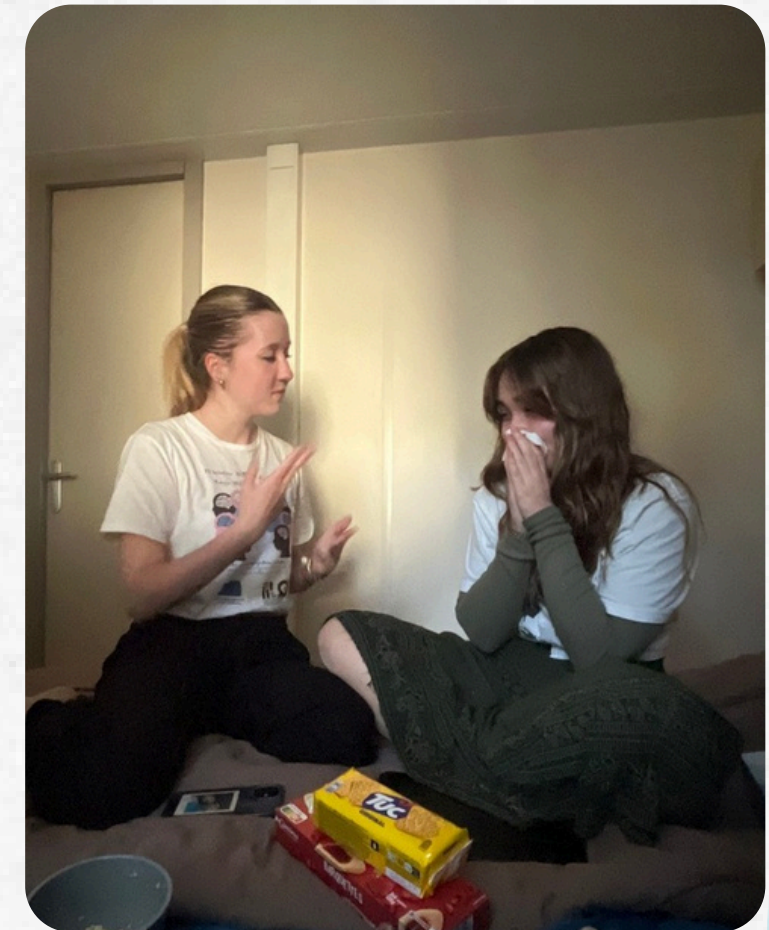
Being the centre of attention

There is a natural inclination among human beings to reframe the conversation around their personal motivation, background, or experience.



Our beliefs

Responding to people's experiences and feelings as opportunities to inject our own perspectives and reflections on the matter instead of making sure the other person is feeling heard and understood.



HOW EMOTIONS IMPACT RELATIONSHIPS?

In our everyday lives, emotions play a huge role in shaping our relationships. For example, the joy of a shared laugh, the comfort of a hug, or the tension of an argument. Emotions influence how we connect with others. However, managing these emotions can be challenging. When emotions get out of control, they can strain relationships and create misunderstandings.



COMMUNICATION WHILE BEING STRESSED

When you are stressed, you are more likely to make a mistake or act nervously. For example when you are at a job interview, you might say something you didn't mean to. This is because of stress caused by a fear of missing an opportunity.

To help with it you can: - take a deep breath - accept your emotions - question your anxiety - try imagining yourself during conversations - think of your "happy place"

HOWEVER, there are also some things that make your stress during conversations worse, so stop:

- trying to guess what others think about you
- avoiding your own needs and boundaries
- taking everything personally
- thinking you always have to be "perfect"
- putting away hard conversations



HOW TO RECOGNISE EMOTIONS?

When we are not aware of how we are feeling, we are more likely to react without thinking about the consequences.

Recognizing emotions is difficult. People express their emotions differently. Some may laugh when they are under stress, others might cry or even have panic attacks. This raises the question: how to tell what somebody is feeling.

SHAME

- Can't look others in the eyes
- Feel sick in the stomach
- Heaviness in the chest
- Shrink yourself and want to make yourself invisible
- Body temperature goes up

ANGER

- Clenched fists
- Heart thumping
- Feeling hot in neck and face
- Feel blood pressure going up
- Throbbing temples
- Tension in body
- Clenched jaw
- Shaking or trembling
- Increased sweating
- Headache

ANXIETY

- Heart beats faster, slower, louder, or skips
- Tension in neck, shoulders, jaw
- Sweaty palms
- Urge to run away
- Upset stomach
- Hard to breathe
- Blushing
- Feel lightheaded or dizzy
- Heaviness in the chest

FEAR

- Butterflies in your stomach
- Shortness of breath
- Dry mouth
- Shortness of breath
- Tension around eyes and mouth

SADNESS

- Empty feeling in chest or stomach
- Lump in your throat
- Aching
- Feel like crying
- Tightness in your chest

THANK YOU FOR YOUR ATTENTION!

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