Balancing Priorities

Diana Ong

Jacqueline Alden
Change can be disorienting
Cambridge - a period of transition
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The three circles model

Threat and protection

Soothing and connection

Drive and achievement
Physiology

**Threat system:**
Adrenaline, Cortisol

**Drive system:**
Dopamine

**Soothing system:**
Oxytocin, Endorphins
Threat and drive dominating the soothing system

- Threat and protection
- Drive and achievement

Soothing
How we can create more threat

- Catastrophic thinking
- Unhelpful comparisons
- All or nothing thinking
- Mind reading
- Selective attention to negatives
- Use of imperatives “should/must/ought”
When ur stressed out but you play it cool
Too many opportunities
Exaggerated threat, burnout and unhelpful soothing

Threat

Soothing

Drive and achievement
Protect your sleep
How to regain balance

Which inner dialogue is more helpful:

Critical, complaining, punitive, harsh?

Warm, nurturing, encouraging?
Self management strategies

• Look after yourself: sleep, eat well, have fun…
• Encourage yourself often.
• Set yourself small, achievable, daily goals.
• Structure can be very helpful.
• Choose your friends wisely.
• Don’t be afraid to ask for help sooner rather than later.
Be strategic

• Engage in self-reflection.
• What difficulties have you encountered when studying in the past?
• What can you do to prevent this happening again?
• What helps you with studying?
• If you could do one helpful thing now, what would it be?
Sources of support

- Friends and family
- Tutor
- Supervisor/Director of Studies
- College Nurse & Chaplain
- Student Union
- Counselling Service
  - Website (self-help resources)
  - Groups and workshops
The UCS is based at:

• 2-3 Bene’t Place - part of Lensfield Road

• Opposite the bike shop

• Open 9am – 5pm Monday to Friday - (Tuesday and Thursday to 7.30pm)
Above all…

have

fun!