Managing Pressure Roadmap

UNDERSTANDING PRESSURE, WORKING WITH STRESS,
AND BUILDING RESILIENCE THAT LASTS.

Stress and Pressure: Knowing the Difference

Understand what's driving your stress response, find the gap between react and respond, and use choose, influence and accept to decide where your energy goes.

The Mind-Body Link — Working With Beliefs

Learn the beliefs-words-body loop, practise reframing your self-talk, challenge the beliefs that hold you back.

Building Resilience

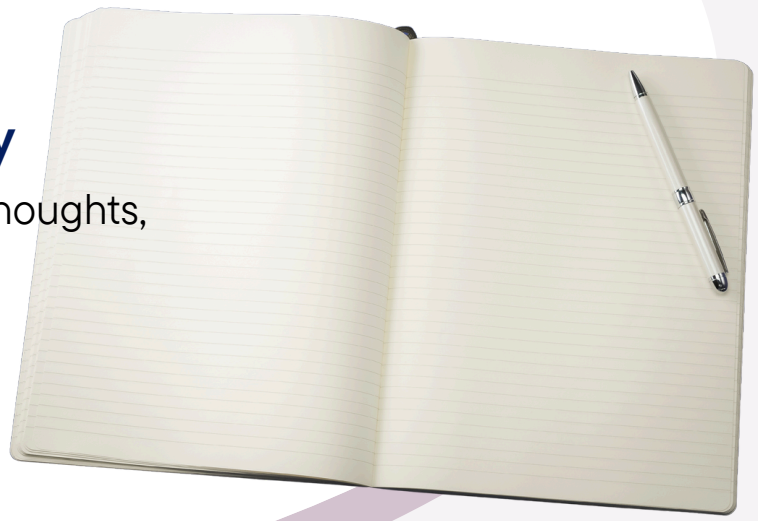
Build a personal toolkit of actions that strengthen resilience, complete the stress cycle, and learn to choose your focus.

Your Self-Care Action Plan

See the whole system in one view, then bring it together into a single, realistic plan you can actually keep.

Plot your map. Record your journey

As you work through this module record your thoughts, insights and plans for the future.



Dr Margaret Collins: info@MargaretCollins.com © 2025 All rights reserved Do not redistribute

How to Use This Module

You can move through the lessons in sequence or dip into the ones that feel most relevant to you right now.

Keep a notebook or digital journal handy. Many people return to these reflections throughout their coaching or development journey — your answers are likely to evolve as you do.

Lesson Flow

Lesson 1: Stress and Pressure — From Reacting to Responding
Understand what's driving your stress , find the gap between react and respond, and use choose, influence and accept to decide where your energy belongs.

Lesson 2: The Mind-Body Link — Working With Beliefs and Body
Learn the beliefs-words-body loop, practise reframing your self-talk, challenge the beliefs underneath it, and use a fast physical reset when you need one.

Lesson 3: Building Resilience
Build a personal toolkit of actions that strengthen resilience, complete the stress cycle, and choose your focus intentionally, with further reading if wanted.

Lesson 4: A Self-Care Action Plan — Making It Sustainable
See the whole system in one view, then bring it together into a single, realistic plan you can actually keep.

Your Outcome

By the end of this module, you'll have:

- Recognise the gap between reacting and responding, and use it deliberately.
- Have a working tool for deciding where your energy actually belongs.
- Know two reliable ways to shift how you feel, in the moment and over time.
- Hold a small, personal resilience toolkit built from evidence, not guesswork.
- Walk away with one concrete self-care plan, not just insight.

Resilience isn't the absence of pressure.
It's the capacity to recover from it, again and again if needed, in a way that's genuinely sustainable.

Dr Margaret Collins: info@MargaretCollins.com © 2025 All rights reserved Do not redistribute

Managing Pressure – Sustaining Yourself

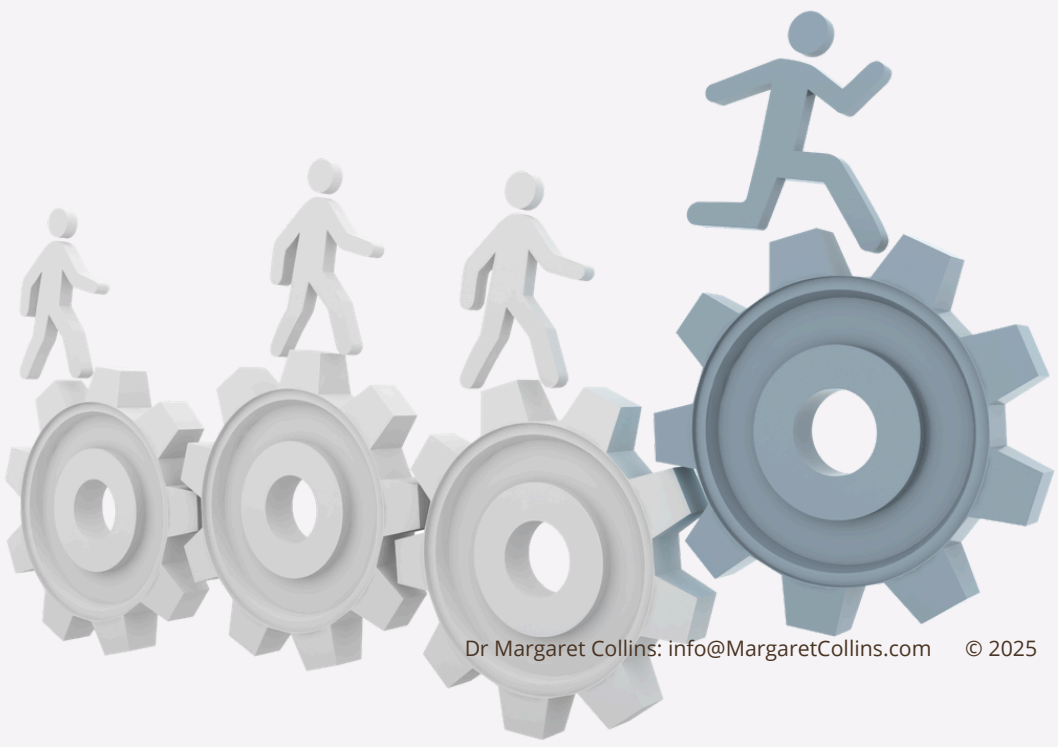
Your roadmap to understanding pressure, working with stress, and building resilience that lasts.

Introduction: Why This Matters

Pressure is not the problem. It's how you hold it, and what you do to recover, that determines whether it builds you up or wears you down.

As a researcher or academic, the demands rarely let up on their own. This module doesn't ask you to want less or need less. It gives you a way to notice the gap between reacting and responding, decide where your energy genuinely belongs, and build the habits that help you recover, not just cope.

> *Remember, this too shall pass…*



Dr Margaret Collins: info@MargaretCollins.com © 2025 All rights reserved Do not redistribute