

## The 'PIC' Formula

An important principle of this course is that it is best to focus on the things that will reduce or minimise the risk of stress-related illness. The formula we are using to help us do this is very important, even more important than the tools and techniques themselves, as you can apply the formula in a general sense to your life, including your life at work. After the course, think carefully about all the ways in which you can apply the formula.

The formula is:

PIC → R

- **P stands for Pressure(s).** Your risk will be reduced if you can address or tackle your sources of pressure, the things that can cause your stress.
- **I stands for 'Individual'.** You can reduce your risk if you can change your perspective, or how you see the situation you are in.
- **C stands for Coping.** You can minimise the risk to you by developing good coping skills. Coping skills do not take away sources of pressure, but can help you cope with or manage that pressure better.
- **R stands for Risk.** The aim is to minimise the risk to your health and wellbeing. We can never really eliminate the risk of stress. Some situations and life events are inherently stressful. Especially when, like buses, many things come along at once, a stress reaction isn't surprising. But we can do a number of things that will minimise the risk. We will be focussing on **P** things, **I** things, and **C** things as research shows that these are the most important things in reducing the risk.

We will all have a different PIC formula. Different approaches will work for different people. Don't feel you have to adopt all the tools and techniques in order to manage stress better. Try things out and find out what works for you, and very importantly, what you enjoy.

Some techniques will impact on more than one area. For example, talking things through with someone provides social support which can help you cope, but can also provide a different perspective on your situation, helping you see things in a different way. Some approaches then can have a double or even triple benefit.