

# Doing What Matters in Times of Stress: An Illustrated Guide



World Health  
Organization



# **Doing What Matters in Times of Stress:** An Illustrated Guide



**World Health  
Organization**

## Doing what matters in times of stress: an illustrated guide

ISBN 978-92-4-000391-0 (electronic version)

ISBN 978-92-4-000392-7 (print version)

© World Health Organization 2020

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: "This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition".

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization.

**Suggested citation.** Doing what matters in times of stress: an illustrated guide. Geneva: World Health Organization; 2020. Licence: [CC BY-NC-SA 3.0 IGO](https://creativecommons.org/licenses/by-nc-sa/3.0/igo).

**Cataloguing-in-Publication (CIP) data.** CIP data are available at <http://apps.who.int/iris>.

**Sales, rights and licensing.** To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <http://www.who.int/about/licensing>.

**Third-party materials.** If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

**General disclaimers.** The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

# Contents

Preface .....	5
Acknowledgements .....	6
Section 1: GROUNDING .....	10
Section 2: UNHOOKING.....	52
Section 3: ACTING ON YOUR VALUES .....	79
Section 4: BEING KIND .....	99
Section 5: MAKING ROOM .....	107
Tool 1: GROUNDING .....	122
Tool 2: UNHOOKING .....	123
Tool 3: ACTING ON YOUR VALUES .....	124
Tool 4: BEING KIND .....	125
Tool 5: MAKING ROOM.....	126



# Preface

*Doing What Matters in Times of Stress* is a WHO stress management guide for coping with adversity. This illustrated guide supports implementation of WHO's recommendation for stress management.

There are many causes of stress, including personal difficulties (e.g. conflict with loved ones, being alone, lack of income, worries about the future), problems at work (e.g. conflict with colleagues, an extremely demanding or insecure job) or major threats in your community (e.g. violence, disease, lack of economic opportunity).

This guide is for anyone who experiences stress, ranging from parents and other carers to health professionals working in dangerous situations. It is for both people who flee war, losing all they have, and well protected people living in communities at peace. Anyone living anywhere can experience high levels of stress.

Informed by available evidence and extensive field testing, the guide provides information and practical skills to help people cope with adversity. While the causes of adversity must be addressed, there is also a need to support people's mental health.

I hope that you will find this WHO guide useful, and that it helps all readers in their efforts to cope with stress.

Dévora Kestel

Director  
Department of Mental Health and Substance Use  
World Health Organization

(This version of *Doing What Matters in Times of Stress* is a field test version.  
Please provide any feedback to: [psych\\_interventions@who.int](mailto:psych_interventions@who.int))

# Acknowledgements

*Doing What Matters in Times of Stress: An Illustrated Guide* is a component of a forthcoming WHO stress management course, Self-Help Plus (SH+),<sup>1-2</sup> initiated by Mark van Ommeren (Mental Health Unit, Department of Mental Health and Substance Use, WHO) as part of the WHO Series on Low-Intensity Psychological Interventions.

## Content creation

Inspired by his previous work,<sup>3</sup> **Russ Harris** (Melbourne, Australia) created the content of SH+, including *Doing What Matters in Times of Stress: An Illustrated Guide*. This comprised both writing the text and making initial sketches to inform illustrations.

## Project coordination and management

**Kenneth Carswell** (WHO) (2015–2020) and **JoAnne Epping-Jordan** (Seattle, USA) (2014–2015) have managed the SH+ project, including the editing and design of this book.

## Project development group (alphabetical, with affiliations at time of contributions)

At different stages of this project, Teresa Au (WHO), Felicity Brown (WHO), Kenneth Carswell (WHO), JoAnne Epping-Jordan (Seattle, USA), Claudette Foley (Melbourne, Australia), Claudia Garcia-Moreno (WHO), Russ Harris (Melbourne, Australia), Cary Kogan (WHO) and Mark van Ommeren (WHO) contributed to the conceptualization and development of the SH+ project, including this book.

## Illustrations

Julie Smith (Melbourne, Australia) provided all illustrations and artwork.

## Book production

David Wilson (Oxford, United Kingdom) was responsible for text editing, and Alessandro Mannocchi (Rome, Italy) for graphic design.

## Narration of audio exercises

Sanjo Ogunseye (Lagos, Nigeria) narrated the audio exercises that accompany the book.

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_24646](https://www.yunbaogao.cn/report/index/report?reportId=5_24646)

