



**Workshop kona ba jestaun stress:  
Teknika hodi maneja stress iha servisu fatin mos  
iha uma**

**Stress management workshop:  
Techniques for managing stress in the workplace and at  
home.**

**Mana Dillyana Ximenes**

**Bemvindu / Welcome**

**10 mins**

**Grupus Servisu Interese Iha Area  
Psycholojia Timor-Leste**

**Timor Leste Psychology Interest  
Group**



Manyhands International



Southern Cross Psychology



Deakin University Australia

**Historia kona ba grupu nee iha  
tinan kotuk**

**Bemvindu Husi Presidenti of the  
Timor Leste Psychology Interest  
Group**

**History of group from last year  
Welcome from the President of the  
Timor Leste Psychology Interest  
Group**

**Sumariu kona ba Programa no  
Aprejentador/a**

**Outline of program and speakers**

## **PROGRAM**

**9.30-10.45 am: Bemvindo no Introdusaun** Welcome and introductions

**10-45-11.15 am: Snek.**

**11.15-12.30 pm: Teoria kona ba stress no hatan liu husi dalan psikolojia.** Theories of stress and coping from psychology (**Prof John Toumbourou**)

**12.30 – 1.30 pm: Lunch**

**1.30 - 2.45 pm: Tekniku foun nebe uja hodi jere stress** (**Ruth and John Rudge, Southern Cross Psychology**). Current techniques for stress management

**2.45 - 4.00 pm: Tekniku hodi hatan responde husi isin lolon hasoru stress.** Dealing with bodily responses to stress (**Kim Dunphy, Many Hands International**)

**4.00 - 4.15 pm: Snek**

**4.15 - 5.00 pm: Identifika ema sira ne'ebé interese atu harii Grupu Traballu ba Psikololojia iha Timor-Leste.** Where to from here: How do we promote psychology? Future activities .

**Formulariu evaluasaun feedback.** evaluation feedback form

**Introdusaun kona ba Livrus Notas**

**Introduction to the workbooks**



# **Etika Psycolojia**

**Loron ida nee fahe informasaun  
pesoal**

**ita sei hahu hodi aseita regulamentu  
balun iha fatin nee**

**Psychology ethics**

**There will be opportunities today to  
share personal information**

**We will start by agreeing on some  
“house rules”**

**Saida deit mak ita sei kualia sai iha grupu  
nee sei la fo sai iha fatin seluk no ba ema  
seluk.**

**Usa ita nia tempu servisu pesoal balun  
maibe mos sei nafatin konfidensial**

**Whatever someone decides to disclose is  
confidential to the group  
Safety.**

**Use your time to do some personal work  
but stay safe.**

**ami sei konvida ita atu bele fahe ita nia informasaun pesoal balun. Lalika hatete sai se ita hanoin katak nee la bele.**

**imi bele dehan- hau prefere hodi kompleta actividade nee kona ba ema ida seluk nebe hau kunese.**

**We will invite people to share personal information**

**Don't share personal information if you are not sure.**

**You can say – preferred to complete that activity thinking about another person I know**

## **Introdusaun**

**Ita boot nia naran no Organizasaun**

**Saida mak ita boot hakarak aprende iha  
loron ida nee?**

**Karik ita boot ka ita boot nia organizasaun  
iha recursu ka assistensia nebe suficiente?**

## **Introductions**

**Your name and organisation**

**What would you like to learn today?**

**Do you or your organisation have resources  
or assistance available?**

**nuudar psycholog ita koko hodi aumenta ita nia  
konsiensia ba oinsa hodi hanoin no iha sinti  
pesoalmente no oinsa ita hetan influensia liu husi  
ita nia relasaun sosial. iha ejersisiu tuir mai nee ami  
sei husu ita hakarek ita boot sira nia resposta rasik  
iha notas nee no fahe saida mak ita boot hakarak  
atu ema barak iha grupu atu hatene**

**As psychologists we try to increase our awareness  
of how we think and feel privately and how we are  
influenced socially. In the exercises that follow we  
will ask you to write your answers privately in your  
workbook and then share what you would like to  
with the wider group.**

**Favor hakerek ita boot nia resposta ba perguntas premeiro iha livru notas nee. Depois ami sei husu ita atu fahe ba ema seluk. (se karik ita hanoin nee diak mos atu fahe ema seluk)**

**P1 “Buat tolu nebe mak halo hau stress?”**

**P2 “Buat tolu nebe ajuda hodi hatan ho diak hau nia stress?”**

**Please write your answer to the first question in the workbook. Later we will ask you to share (as much as you feel safe to with others)**

**Q1 “Three things that cause stress for me? “**

**Q2. “Three things that help me cope with stress ?“**

**Halo diskusaun iha grupu kiik kona ba  
ita boot nia resposta**

**Please discuss your answers in small  
groups**

**Halo diskusaun iha tomak kona ita boot  
nia resposta.**

**Please discuss your answers with the  
whole group.**

Record answers



**10-45-11.15 am: Snek.**

# Teoria kona ba stress no hatan liu husi dalan psikolojia

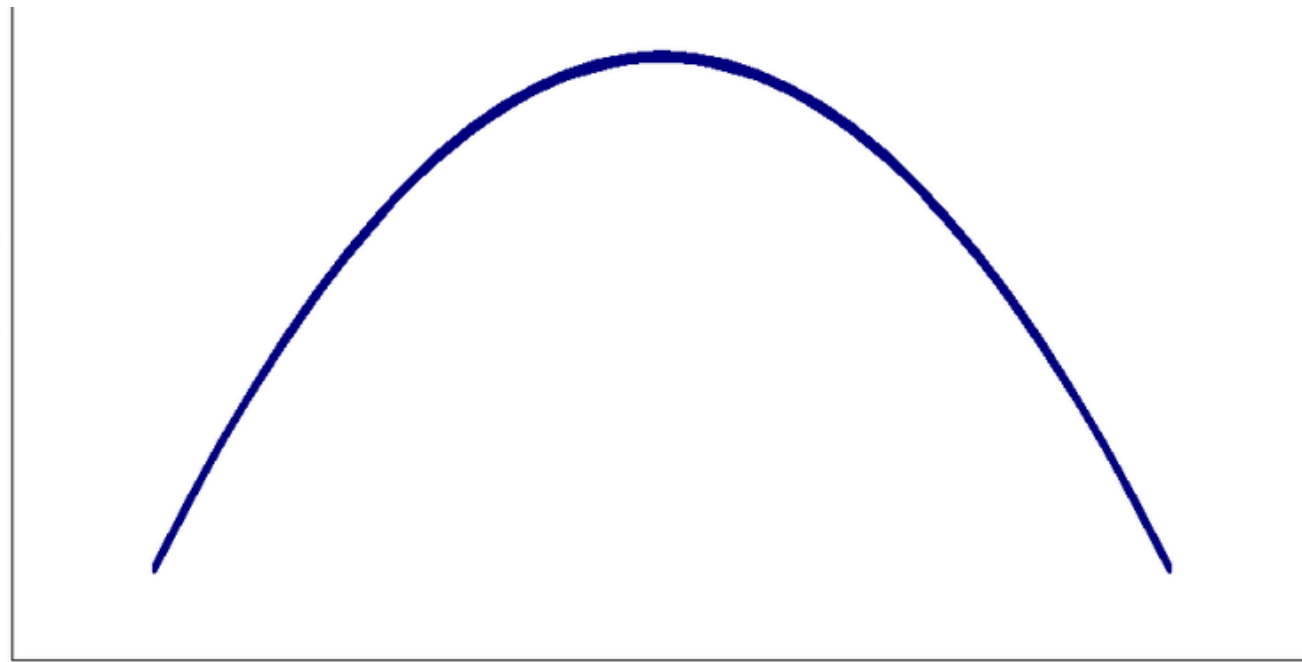
## Theories of stress and coping from psychology

Professor John W Toumbourou, PhD

Chair in Health Psychology,  
Deakin University Australia



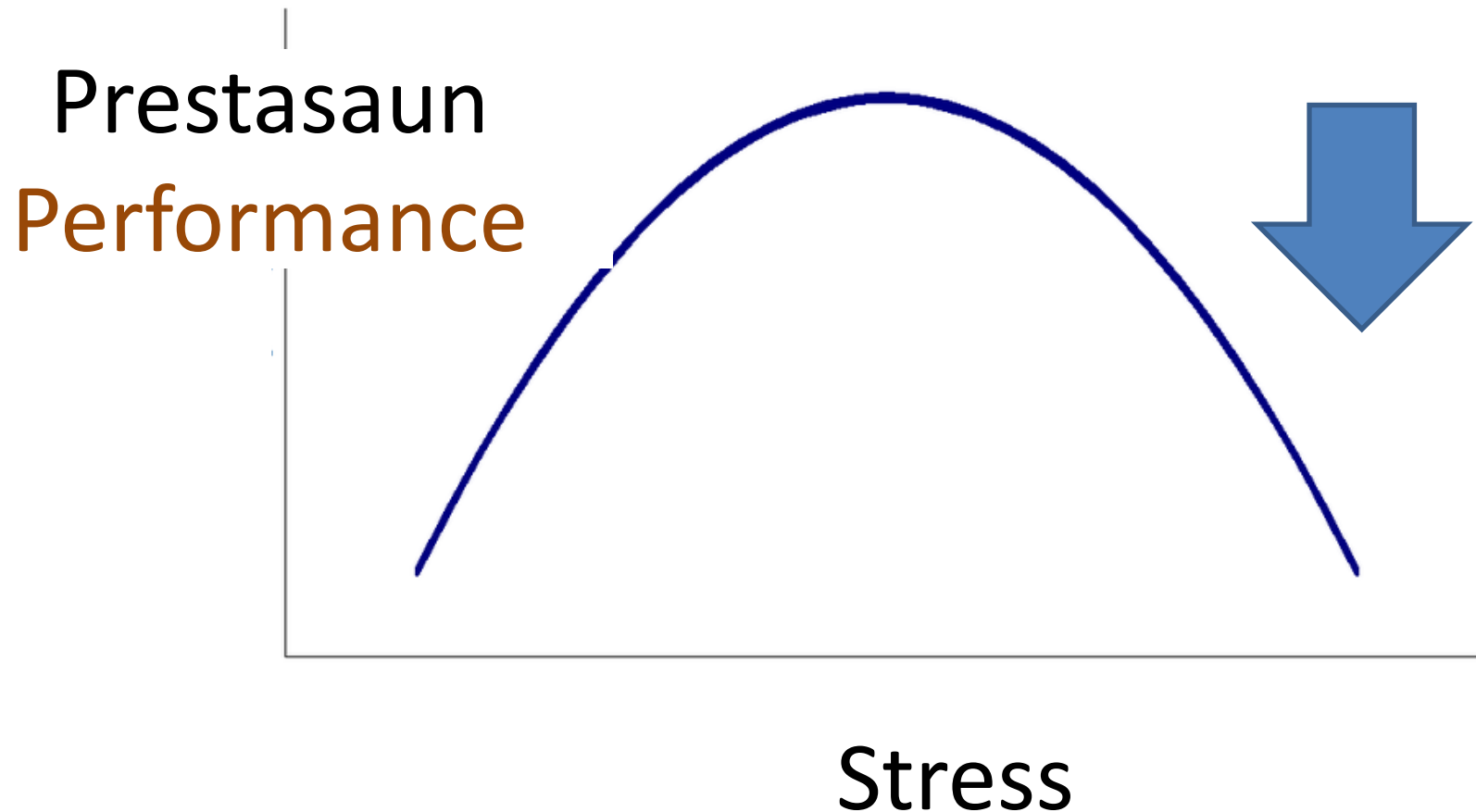
Prestasaun  
Performance



Stress

**P3. Sinal no sintoma saida sei mosu banihira  
iha stress makaas liu?**

**Q3. What are the signs and symptoms when  
there is too much stress?**

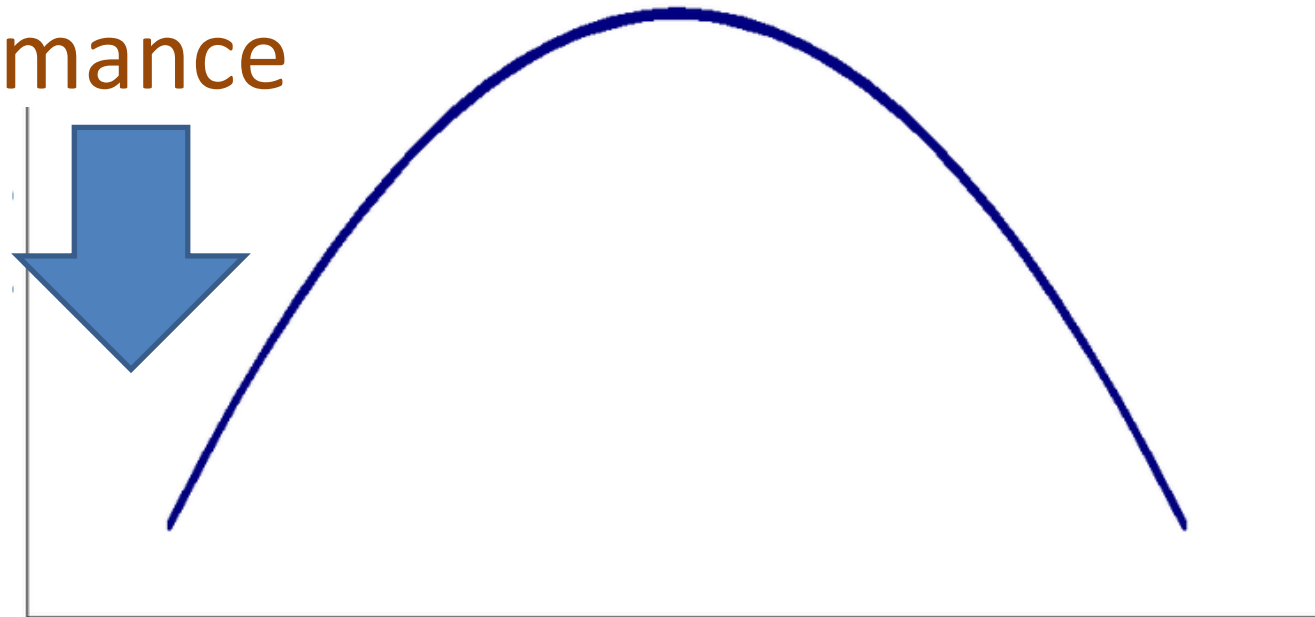


**P4. Sinal no sintoma saida sei mosu bainhira iha stress uituan deit?**

**Q4. What are the signs and symptoms when there is too little stress?**

Prestasaun

Performance



Stress

**Estudu Psycholojia “diferente Individu”**

**Psychology studies “individual differences”**

**P5. Iha numeru tuir mai nee  
ita boot iha skala nebe:**

**Q5. What number are you on  
the following scales:**

**P5a. Q5a**

**Hau ladun sinti  
Stress**

**Hau stress  
dala barak liu**

**I rarely feel  
stressed**

**I am often  
stressed**

**1 2 3 4 5 6 7 8 9 10**



**P5b. Q5b**

**hau bele hatan risku  
nee**

**I enjoy taking  
risks**

**1 2 3 4 5 6 7 8 9 10**

**hau preferere sinti  
diak**

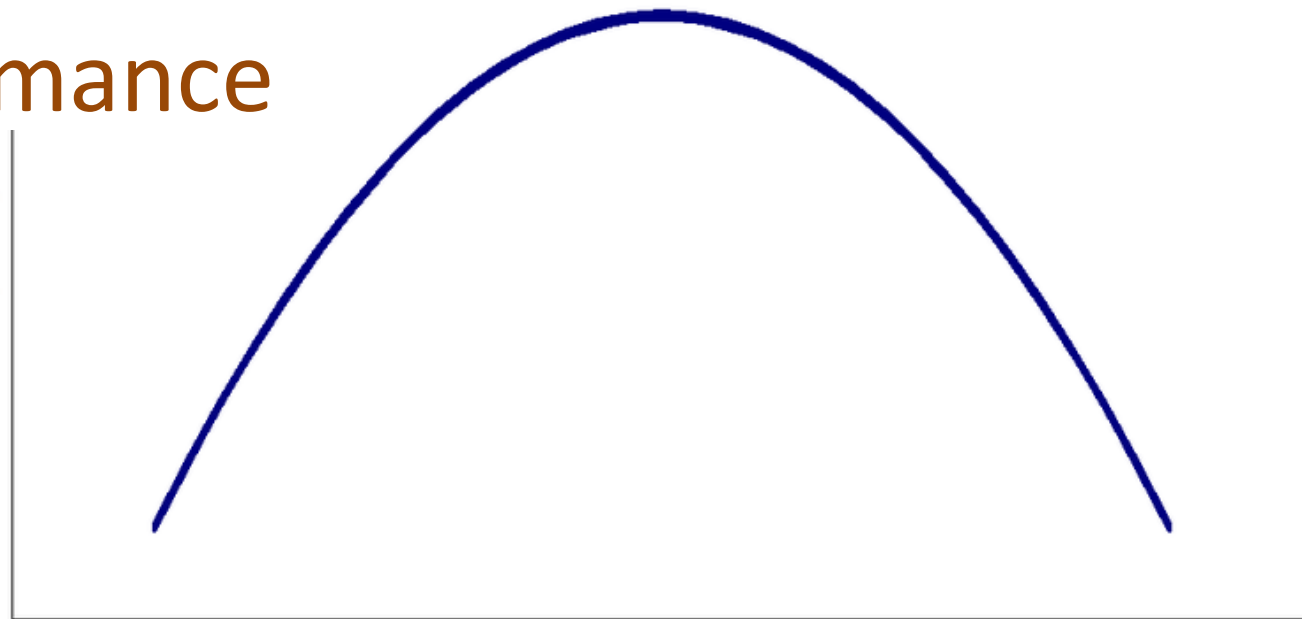
**I prefer feeling  
safe**

**Ita ida-idak iha  
“personalidade” nebe  
diferente**

**We each have a  
different “personality”**

**Tensaun stress la hanesan ba ema ida-idak**  
**The stress curve is different for different individuals**

Prestasaun  
Performance



Stress

**ita persija hatene ita nia  
forsa hodi haksolok no  
suksesu**

**We need to understand  
our strengths to be happy  
and successful**

**P6. Saida halo stress bele  
iha?**

**Q6. What causes stress?**

**Stress eventual**

**Stressful events**

**stress**  
**eventual**  
**stressful**  
**events**



**stress**  
**emosaun**  
**stressful**  
**emotions**

**stress**  
**eventual**  
**stressful**  
**events**



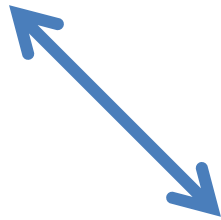
**stress**  
**emotional**  
**stressful**  
**emotions**



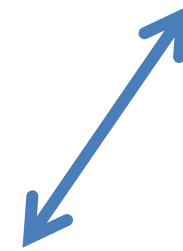
**stress**  
**eventual**  
**stressful**  
**events**



**stress**  
**emotional**  
**stressful**  
**emotions**



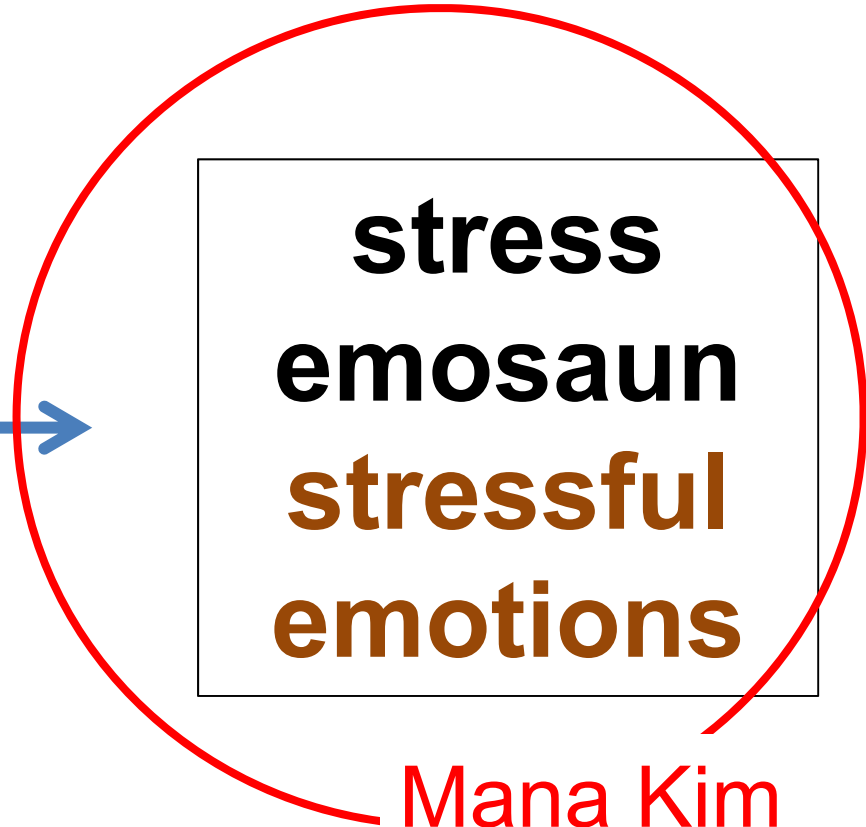
**hannon**  
**thoughts**



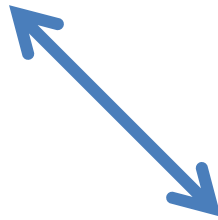
**stress**  
**eventual**  
**stressful**  
**events**



**stress**  
**emosaun**  
**stressful**  
**emotions**



Mana Kim

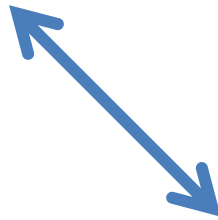


**hanoi**  
**thoughts**

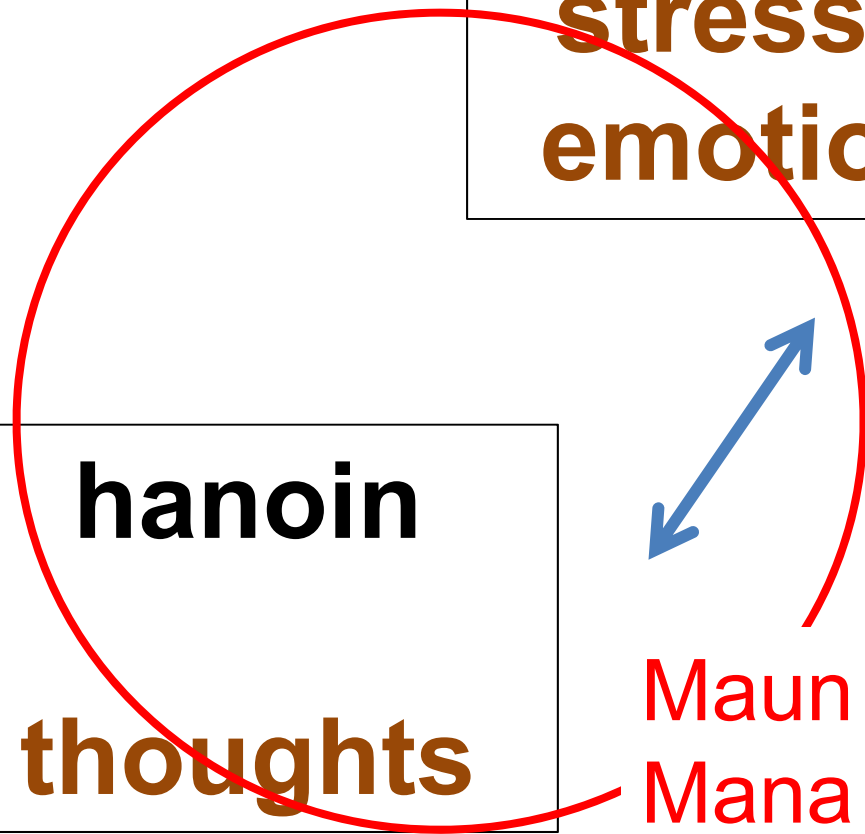
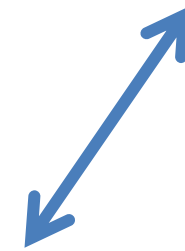


**stress**  
**eventual**  
**stressful**  
**events**

**stress**  
**emosaun**  
**stressful**  
**emotions**



**hanoin**  
**thoughts**



Maun John  
Mana Ruth

**P7. Stratejia saida mak  
bele hatan hodi hatun  
eventu nebe halo stress.**

**Q7. What are some coping  
strategies to reduce  
STRESSFUL EVENTS?**

**Evidensia saida mak sei  
hatudu hodi hatun eventu  
nebe halo stress ho efetivu?**

**What does the evidence  
show to be effective in  
reducing stressful events?**

September 2000

Objetivu Dezemvolvimentu Milleniu husi Nasoens  
Unidus

**United Nations Millennium Development Goals**

Delivering on the Global Partnership  
for Achieving the Millennium  
Development Goals



UNITED NATIONS

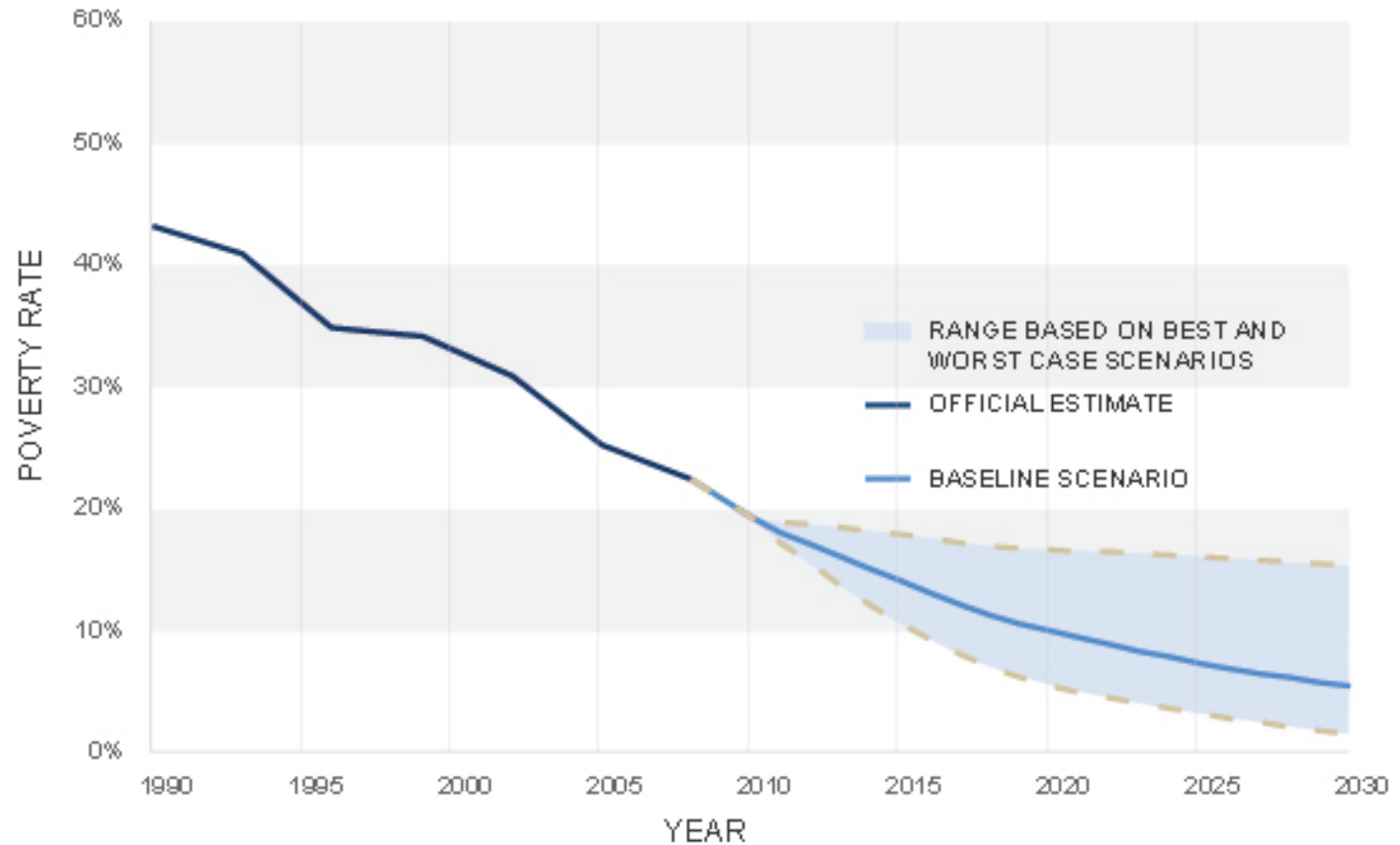
MDG Gap Task Force  
Report 2008

hatun numeru kiak nebe siknifikante  
\$US1 loron ida

reduce extreme poverty \$US1 a day

\$US 1.25  
per day

### Global poverty trajectory based on alternative scenarios for consumption growth and distribution



<http://filipspagnoli.wordpress.com/stats-on-human-rights/statistics-on-poverty/statistics-on-poverty-and-absolute-income-levels/>



Global poverty trajectory based on alternative scenarios for consumption growth and distribution



**Objetivu Nasoens Unidus nia objetivu hatudu efetivu**

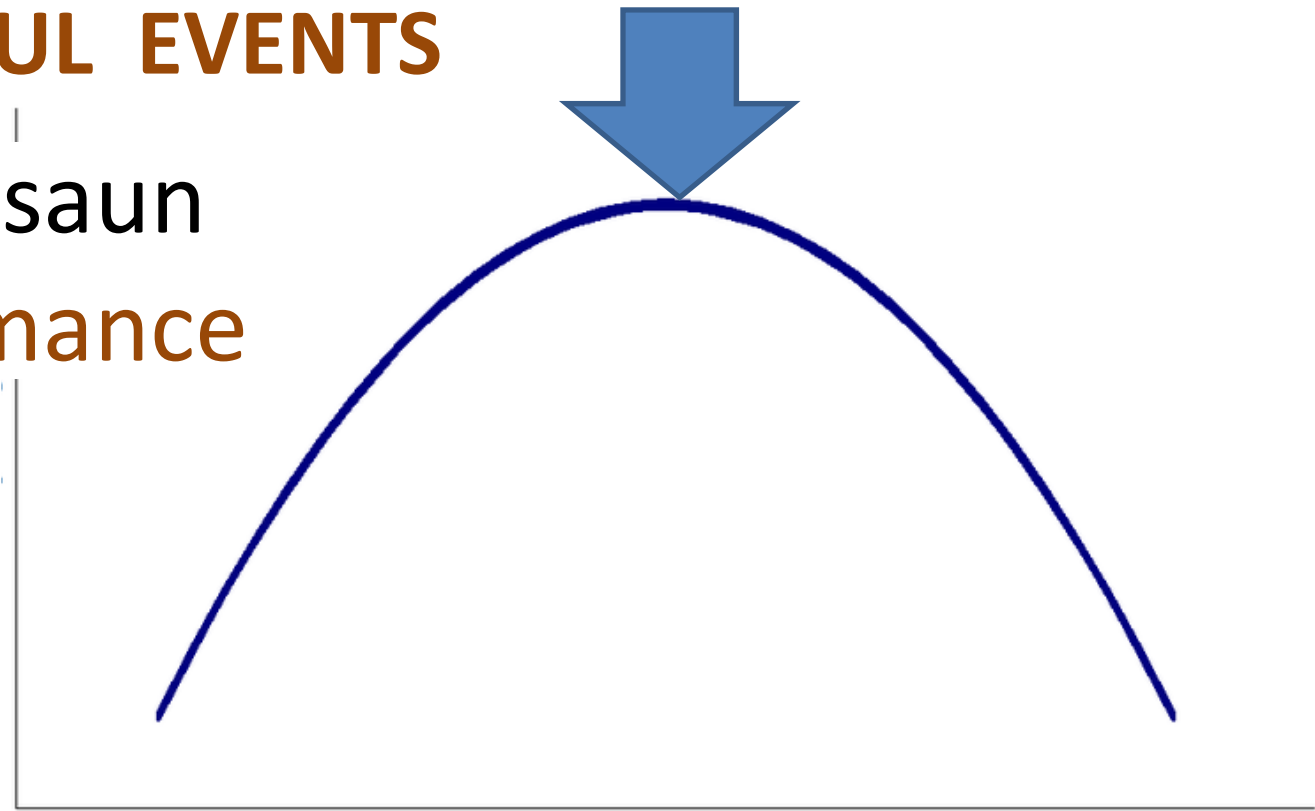
**The United Nation goals are being effectively performed**

<http://filipspagnoli.wordpress.com/stats-on-human-rights/statistics-on-poverty/statistics-on-poverty-and-absolute-income-levels/>

Ita ida-idak persija servisu ho efetivu hodi hatun **STRESS EVENTUAL**

We each need to work effectively to reduce **STRESSFUL EVENTS**

Prestasaun  
Performance



Stress

**Saida mak ita bele halo iha nia  
moris rasik hodi halo servisu diak  
liu tan?**

**What can we do in our own lives  
to work more effectively?**

**Atu halo servisu diak liu tan ita  
bele:**

**- Hadiak plano no jestaun tempu**

**To work more effectively we can:**

**- Improve planning and time  
management**

**Atu halo servisu diak liu tan ita bele:**

**- Hadiak ita nia kostume saude (hahan, ejersisiu,toba, alcohol, no uja tabaco)**

**To work more effectively we can:**

**- Improve our health behaviours (food, exercise, sleep, alcohol. Tobacco use)**

**Atu halo servisu diak liu tan ita bele:**

**- Hadiak ita nia abilidade sosial  
(dezemvolve relasaun positivu,  
aprende kona ba inan aman nebe  
diak, sai lideransa diak)**

**To work more effectively we can:**

**- Improve our social skills (develop  
positive relationships, learn about  
effective parenting, be a wise leader)**

**12.30-1.30: Lunch break.**

**1.30-2.45: Tekniku foun nebe uja hodi jere stress: taumatan, simu malu no komitmentu hakbesik ba terapia (Ruth and John Rudge, Southern Cross Psychology)**

**Current techniques for stress management: mindfulness, Acceptance and Commitment therapy approaches (Ruth and John Rudge, Southern Cross Psychology )**



**2.45-4.00: Tekniku hodi hatan responde  
husi isin lolon hasoru stress**

**Techniques for dealing with bodily  
responses to stress (Kim Dunphy)**

**4.00-4.15: Snek**

**4.15 – 5.00 pm: Eventu ne'e koko atu identifika ema sira ne'ebé interese atu harii Grupu Traballu ba Psikololojia hodi apoia dezvoltamentu ba profisaun psikololojia iha Timor-Leste.**

**Where to from here: How do we promote psychology in Timor-Leste ? Opportunities for studying psychology. Deakin University and Many Hands health promotion partnership , Future activities for the Timor Leste Psychology Interest Group: Grupu Servisu Interese Iha Area Psikololojia Timor-Leste**