

Think of three occasions when you haven't handled pressure well.

When you're really under pressure, what does your typical response look like?

Do you cry, scream, run away, flap around, get angry, depressed, sick or fearful?

Do you head for the refrigerator? Do you not eat?

Do you panic, freeze, stick your head in the sand, or blow your stack?

Take a few seconds to create a list of words that describe your existing 'stress antics'.

Look at the words you've written down and be honest. **How is this strategy working for you?** Is it successfully reducing your stress levels? Is it putting you in the best frame of mind to overcome your challenges?

Or is it making your problems worse?

Do something differently

What can you choose to do in the future that will serve you better? Think of a time when you handled pressure well. What did you do differently then?

For each of your 'stress antics', come up with a 'stress fix' and write it down.

- Head straight for food? Go for a walk.
- Run away from the problem? Chunk the problem into baby steps.
- Flap around? Breathe!

We all have a choice in how we respond to the challenges in our lives.

Next time you feel yourself sinking under pressure, stop for a few seconds and ask:

What simple next step can I take, right now, that will immediately move me away from this, and towards a positive outcome?