

WORKSHEET

Working Under **PRESSURE**

Be At Your Best
When It Matters



Working Under Pressure: Be At Your Best When it Matters

Working under pressure is the status quo in much of the world. While some people handle pressure better than others, we all have the capacity to enhance our skills and perform well under pressure.

Ask yourself these questions to gain a better perspective of your situation.

1. When am I most likely to feel anxious in my personal or professional life?

2. How does my body react to stress?

3. How is my mind affected by stress? How would I rate my ability to concentrate and focus?

4. What techniques can I use to be more mindful at home and at work?

5. What techniques can I use to relax? What has worked for me in the past?

6. Have I made poor decisions in the past when under pressure? What are they?

7. How can I make better solutions in the future when I'm feeling uncomfortable?
