How Do You Perform Under Pressure:

1. Same as usual?
2. Worse than usual?
3. Better than usual?
Pressure is a Villain
How Pressure Attacks You

- Disturbs Your Thinking
- Distresses Your Body
- Disrupts your Actions
Pressure Science

- Reduce feelings of anxiety, fear, stress, and embarrassment.
- Avoid distracting thoughts
- Keep you cool, calm, and collected
- Directing your behavior to its best.
Pressure Solutions

1. Befriend the Moment
2. Multiple Opportunities
3. Minimize Importance
4. Anticipate
5. Affirm Self Worth
6. Clench Left Fist
7. Hum a Pressure Tune
8. Use a Holistic Word Cue
9. Write off Pressure
10. Practice Self-Consciousness
Are You in a Pressure Cooker?

1. Frequently feel on alert
2. Feel you have to please others
3. Always feeling you have to produce results
4. Question your capabilities
5. Fear negative consequences if not successful
6. Feel others are counting on you
7. Worry about rejection from others
8. Competitive with others
9. Keep your feelings to yourself
10. Feel you can’t put down the load you are carrying?
Pressure Management

1. Self- Excellence
2. Personal Values & Expectations
3. Interests Not Incentives
4. Gratitude
COTE of Armor

- Confidence
- Optimism
- Tenacity
- Enthusiasm
MAY THE PRESSURE NOT BE WITH YOU!!