

How to Stave Off Stress

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3 Ways to Keep Your Cool in Stressful Situations



From client demands and deadlines to the race for partnership - all of us get stressed. Some of us, however, handle it better than others.

DON'T CRACK UNDER PRESSURE!

Research shows that the world's top athletes perform best during times of significant physical and emotional pressure.

Why?

Because experts say they have learned how to **cope with stress** and **maintain composure** even under difficult circumstances. You, too, can develop the same types of skills.

Here are three techniques that you can use to **handle stress more effectively**.

1. Redirect negative thoughts.

Understand that you have a choice about the way you think and that you can alter your mode of thinking. Catastrophizing, overgeneralizing and taking things personally are all negative thought patterns that can be addressed and redirected into a more positive mode of thinking.

Top Lawyer Coach, LLC
601 Penn Street
Fort Worth, TX 76102

817/992-6711
newman@toplawyercoach.com



2. Manage symptoms of stress.

Stress can result in both behavioral and physical symptoms that are often difficult to manage. Relaxation techniques, such as meditation and deep breathing, are extremely helpful in controlling these symptoms.

3. Identify things you can't control.

There are some things that are out of your control. Accepting this as a fact of life allows you to control the amount and the nature of the pressure you feel from conflicting sources.

Pressure and stress have extraordinary powers. Don't let them crush your performance.

Learn to flourish under them - and always keep your cool!

Adapted from [Staying Resilient: Tips for Sustaining High-Level Performance](#), by Graham Jones

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