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Stress management:

Managing pressure

Most work situations bring pressure of some sort or another. Understanding how to control pressure is a major step to preventing it becoming stressful.

Keys to understanding the impact of pressure

- Myths and truths
- The secrets of people who cope well
- Get perception working constructively

When does pressure become stress?

- What happens when things get on top of you?
- A four step system to prevent pressure becoming stress

Put in place some systems

- Working on your pessimism
- Using the language of choice
- Balancing your life and work
- Diet and exercise – why they matter so much

Short term systems

- How to turn off in the moment
- Using rituals and breaks
- Relaxation techniques
- A very quick fix that helps a lot