

How Do You Cope With the pressures of life?

SOME THINGS CAN ONLY BE ACHIEVED BY TAKING A DELIBERATE LEAP IN THE OPPOSITE DIRECTION Franz Kafka

How you cope with the pressures of life, whether at work or home life, is a strong indicator of your success

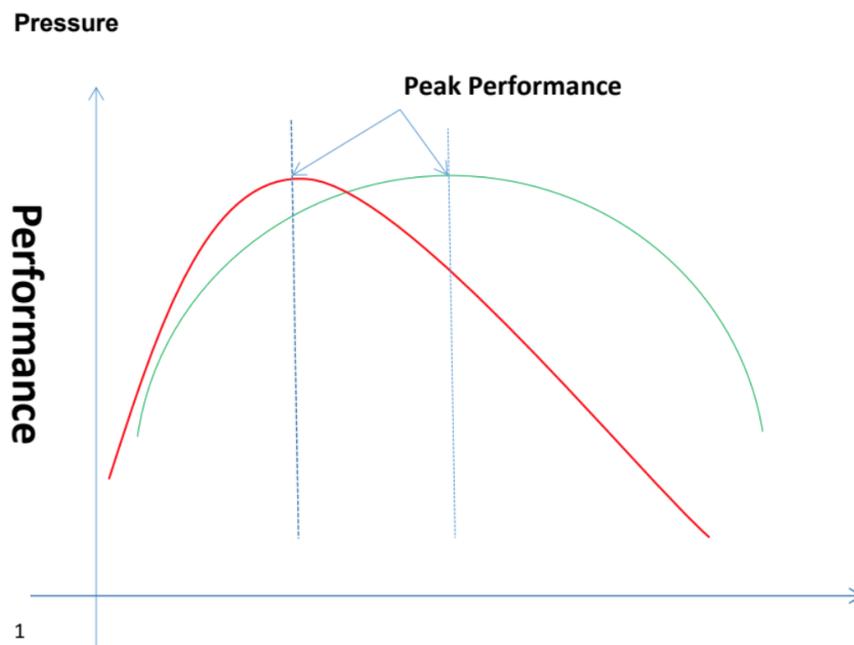
Here are typical reactions to stress:

- Do you cope with stress and anxiety by distracting yourself with activities that give short-term gratification?
- Do you freeze up and feel paralysed with indecision and overwhelm?
- Do you get angry and lash out at those around you and at yourself?
- Do you cope well with pressure, but when the pressure has passed, you can become blocked, unsure how to move forward?

Part of being human means that you need a certain amount of pressure in your life to work at your peak performance level. The challenge is finding just the right amount to motivate you to work, but not so much that you end up feeling overwhelmed.

Not enough pressure in your life, and you will get bored and underperform according to your ability. Too much pressure, and your performance will drop off, leaving you frustrated, overwhelmed, and anxious.

Below is a visual representation of how the ideal amount of pressure should look like.



The green line is a typical performance vs pressure curve. The red line shows a performance pressure curve for people with executive function deficit. It shows that less pressure is required to ensure peak performance; too much pressure can very

quickly lead to some people with executive function deficit becoming stressed, frustrated, anxious, and can also lead to burnout in extreme cases if not managed correctly.

If you start to feel too much internal pressure while reading this book take some deep breaths and calm yourself down. Put the book away for a few days. Let the ideas percolate, and when you are ready to continue with your decluttering work revisit your notes and bring yourself back to where you left off.

Research shows that successful people do not need to possess high IQs or special gifts. Successful people all have one trait in common. It is the ability to face pressure head on. Another way to explain it is emotional self-regulation.