Pro UK Consultants' Guide to Dealing with Pressure

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Even the most successful leaders in business can struggle with pressure. Pro UK Consultants offer their motivating guide on how to stay calm in stressful situations.

Entrepreneurs and business owners can face several challenges that are stressful and test their patience, but Pro UK Consultants believe it is incredibly important to stay calm. Not only does it affect the workforce but the ability to manage emotions and remain calm under pressure has a direct link to business performance. Recent research has proven that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control.

Not only can stress affect performance but it can also wreak havoc on a person's physical and mental health. Prolonged stress can cause degeneration in the area of the brain responsible for self-control. As soon as stress continues beyond a few moments into a prolonged state, it suppresses the brain's ability to develop new cells. As well as this, stress increases the risk of heart disease, depression, obesity and decreases cognitive performance. Fortunately, the bulk of stress is subjective and something that can be controlled. Top performers have well-honed coping strategies that they employ under stressful circumstances. Pro UK Consultants has offered their top tips to keeping calm.

Avoid Asking "What If?"
"What if?" statements add fuel to the fire of stress and worry. Things can go in a million different directions, and the more time spent worrying about the possibilities, the less time is spent focusing on taking action that will instigate calm and keep stress under control. Pro UK Consultants understand that asking "what if?" will only take them to a place they don't want – or need – to go.

Stay Positive
Positive thoughts help make stress intermittent by focusing the brain's attention onto something that is completely stress-free. Give a wandering brain a little help by consciously selecting something positive to think about. In moments where things are going badly and the mind is flooded with negative thoughts, identify one positive thing that happened in the day, no matter how small, and focus on that. Pro UK Consultants say that the point is to have something positive to focus on when thoughts turn negative.

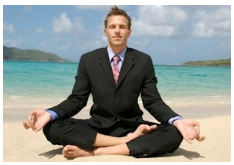
Disconnect
Regular time away from work can keep stress under control. People who make themselves available to work 24/7 expose themselves to a constant barrage of stress. Take time away from social media, emails and switch phones off to give the body a break from a constant source of stress.

Sleep
Whilst asleep, the brain literally recharges. Self-control, attention, and memory are all reduced when we don't get enough – or the right kind – of sleep. Sleep deprivation raises stress hormone levels on its own, even without a stressor present. Pro UK Consultants says not taking the time to get a decent night's sleep is often the one thing keeping people from getting things under control.

Use a support system
Don't tackle everything alone. To be calm and productive, people must be able to recognise their weaknesses and ask for help when needed. This means tapping into a support system when a situation is challenging enough to feel overwhelmed. Something as simple as talking about worries will provide an outlet for anxiety and stress and supply a new perspective on the situation. Most of the time, other people can see a solution because they are not as emotionally invested in the situation. Asking for help will mitigate stress and strengthen relationships.

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