



# COUNSELING CENTER

## Performance Under Pressure

Feeling the pressure of the semester? Wondering how you'll be able to pull X, Y and Z off? When the pressure and stress is high, our performance can start to decrease, no matter how much we want it to increase. Learn about harnessing stress to your advantage, strategies for when the pressure feels like too much, tools for calming your body so that you can perform, and use this knowledge to prevent burnout.

### **Signs and Symptoms addressed in the Workshop:**

- Decreased performance no matter your effort
- Procrastination
- Decreased Motivation
- Feeling Overwhelmed
- Trouble Sleeping
- Difficulty Concentrating
- Irritability
- Apathy
- Stomach Problems
- Fatigue
- Muscle Tension
- Teeth Grinding

### **Quick coping tips/strategies learned in the Workshop:**

- Increase your awareness of your personal stress signs
- Look for ways to decrease your sense of pressure to perform
- Look for the things you can control
- Learn and practice meditation and mindfulness exercises
- Practice realistic, positive self-talk (think of what a great coach or instructor would say)
- Self-regulate to return to optimal stress
- Take intentional, guilt-free breaks

### **Key Reminders**

- Get to know YOUR stress
- Don't stress about being stressed
- Goal is NOT to eliminate stress

**To learn more, attend the Life Hack: Performance Under Pressure.**

