

The Undoing Effect: How To DIG Yourself Out Of The Danger Of Pressure

Undoing The Pressure That Prevents You From Happiness, Empowerment & Achievement



What Is Pressure?

Pressure is experienced in your brain and physical body when there is a perceived "do or die" situation and you believe that your survival depends on the outcome of your performance or actions. Pressure is experienced in life events in two separate scenarios (as high pressure moments or compounding pressure situations) but is experienced in the brain and physical body the same way.

Examples Of High Pressure Moments:

- delivering a presentation,
- giving a speech,
- scoring the final touchdown,
- performing well in a job interview,
- writing a test,
- organizing an event,
- saying the right thing at the right time
- saying the right thing at the right time
- meeting a deadline
- making a decision,
- seeing a doctor
- meeting a financial advisor
- making a first impression
- leaving your house in the morning with children

Examples Of Compounding Pressure Situations:

Example #1:

- you get a promotion
- you buy a house
- your husband's company restructures & he's packaged out
- your child is diagnosed with ADHD
- your dog dies
- your in-laws respond poorly to the news of these events
- your gym membership cost increases
- you struggle to impress key people in your new role
- you begin losing sleep

Example #2:

- you open a business with limited start up funds
- your website crashes right before your launch date
- your husband gets promoted and has to work longer hours
- your child starts having daily nightmares
- your father's girlfriend goes bankrupt and moves in with him
- your friend is diagnosed with cancer
- a crisis hits and changes the technology needed for your business to run efficiently
- you begin gaining weight

Helping You Believe In Yourself
So The World *Believes In You*

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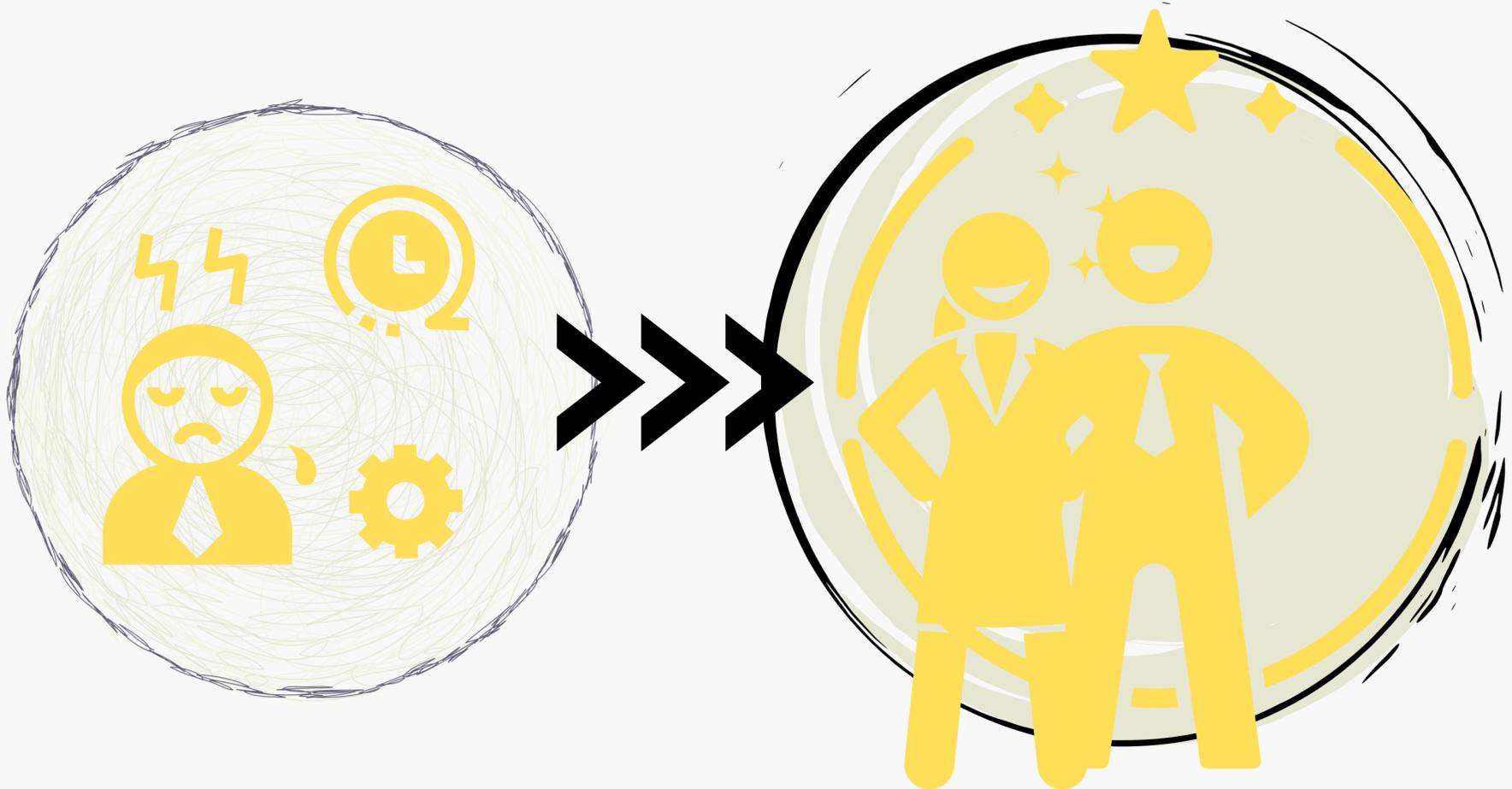
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Why Does Pressure Undo Performance & Potential?

When pressure is experienced in the body, there is a rush of neurochemicals that flood your blood stream. From a simplistic perspective, your body is having a knee-jerk reaction to the "do-or-die" situation. This neurochemical reaction sends blood flow away from your brain, preparing your body to fight or flee the situation. This response steals vital oxygen from the brain, making it harder to make good decisions and perform optimally.

Pressure moments often feel twice as hard, if the action is not something you have not repeatedly practiced or performed.

Compounding Pressure Situations are perceived as ten times as hard, because they compile on top of each other.



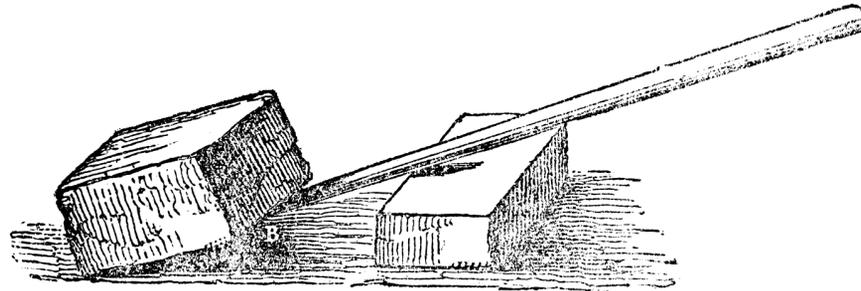
When You Have Tools To DIG Yourself Out Of The Danger Of Pressure

While most people focus on bouncing back from the aftermath of pressure, I believe creating levers to change how one experiences pressure in the moment is more effective. This prevents the build up of accumulated pressure moments and compounding pressure situations from getting out of hand. **When you understand how to handle pressure moments while they're happening, you can thrive, make great decisions and feel confident while navigating work and life situations.** This ultimately leads to you being able to thrive, increase happiness, empowerment & achievement despite imperfect conditions, change or crisis.

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"DIG" An Easy To Use Acronym To Undo The Negative Effects Of Pressure So You Stay Empowered Despite Imperfect Conditions, Change Or Crisis

D = Decide What To Focus On

When you feel pressure mounting, you have a choice to let the sensations overcome you or you take action to overcome the sensation proactively. While you cannot control the neurochemical reaction, you can decide what to focus to on.

1. Acknowledge Your Body's Response
2. Breathe To Bring Oxygen Back To Your Brain
3. Decide What Is Most Important
 - a. Ask Yourself, "What is most important right now?"
 - b. Ask Yourself, "What is most important so I can take a proactive step forward?"

I = Identify What You Have Control Over

When pressure is mounting, it can feel like you have no control, but there is always something you have control over. By identifying what you have control over, your brain shifts out of reactionary mode and into problem solving mode. This switch is instrumental because it enables you to feel powerful rather than helpless. Identifying what you have control over sets you up for a host of motivational benefits and performance results.

Use these questions to help:

1. What am I trying to control, that I actually cannot control?
2. What do I actually have control over?

G = Get Growing By Finding Your Positive Opportunity

When you focus on the positive opportunity rather than the pressure, you can undo the physical stress and anxiety. Psychologists call this, "the undoing effect". When pressure mounts, a quick burst of positive emotions broadens your thinking capacity, improves your focus and helps you function at a better level.

Use these questions to help you see the positive opportunity:

1. What is good or going right for me today?
2. When have I made good decisions and taken actions that created great results?

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Want Help Creating Pressure Levers For Your Organization So You Retain More Talent, Maintain Productivity & Can Sustain the Uncertainty of COVID-19?

Schedule a time to discuss your needs using this direct link:
<https://andrecarterconsulting.com/consult>



Prefer to learn more about compounding pressure during crisis?

Click here instead:

<https://buildingbetterorganizations.com/neuroscience-during-crisis-video-series>

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