

4 Ways to Maintain Calm and Make Decisions Under Pressure



Carlos Laguna
www.carlosthospeaker.com

AGENDA

1. Breathing
2. Grounding
3. 5 P's
4. Attitude



Deep Breathing

- Calms down nerves
- Relaxes muscles
- Better oxygen supply



Deep Breathing

Breathing Exercise

4, 7, 8



Grounding

- Promote calmness
- Improves body awareness
- Improves sleep



Grounding

- ❑ Take a look outside. Count the number of cars or trees.
- ❑ Laugh
- ❑ List really positive things in your life (achievements)



5 P's

**Proper Planning Prevents
Poor Performance**



Proper Planning Prevents Poor Performance

- BAMCIS

Begin the planning

Arrange reconnaissance

Make reconnaissance

Complete the planning

Issue instructions

Supervise



Proper Planning Prevents Poor Performance

- Communication
- Teamwork
- Be prepared for the plan to fail

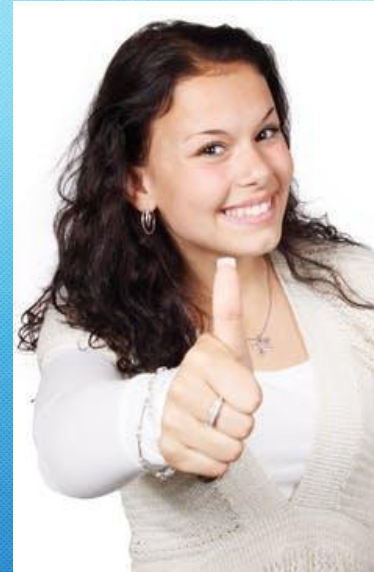


Attitude



Positive Attitude

- Creative thinking
- Energy
- Better self esteem
- Stress elimination



SUMMARY

1. Breathing
2. Grounding
3. 5 P's
4. Attitude



STAY IN TOUCH

Carlos Laguna

carlosthospeaker@gmail.com

(214) 862-7969

www.carlosthospeaker.com

-Sign up for free stress management tips-