



# Finding Your North

## Confidence Under Pressure Toolkit

September 2022



The ability to manage your emotions and remain calm under pressure has a **direct link to your performance.**

Research conducted with more than a million people, found that **90% of top performers are skilled at managing their emotions** in times of stress in order to remain calm and in control.

**One of their greatest gifts is the ability to neutralise difficult situations.**

## It makes your brain stronger

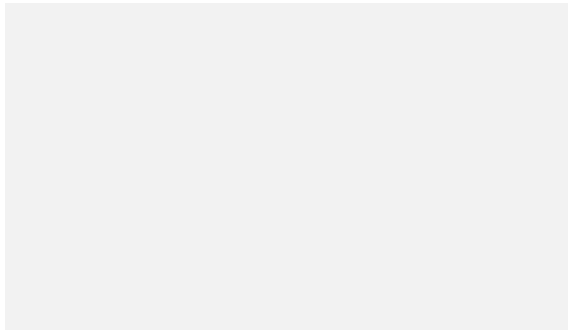


The idea that we grow through adversity is not new. Our stress response doesn't end when our heart stops pounding. In fact, other stress hormones are released to help you recover from the challenge. These stress-recovery hormones include DHEA which is classified as a neurosteroid. In the same way that steroids help your body grow stronger from physical exercise, **DHEA helps your brain grow stronger from psychological challenges.**

# Control & Influence



Control



*Wish I  
were healthier*

No Control

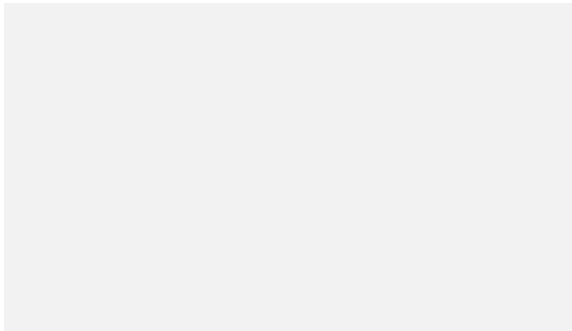
*The economy  
Other people's beliefs  
Other people's behaviours*

No Influence

*High level decisions  
on my projects*

Influence

Control



No Control



No Influence



Influence

# Control & Influence



Control

No Control

No Influence

Influence

## Control + Influence

The things within your control and influence **you must take action on**, whether that means killing the task, changing the parameters, or delegating

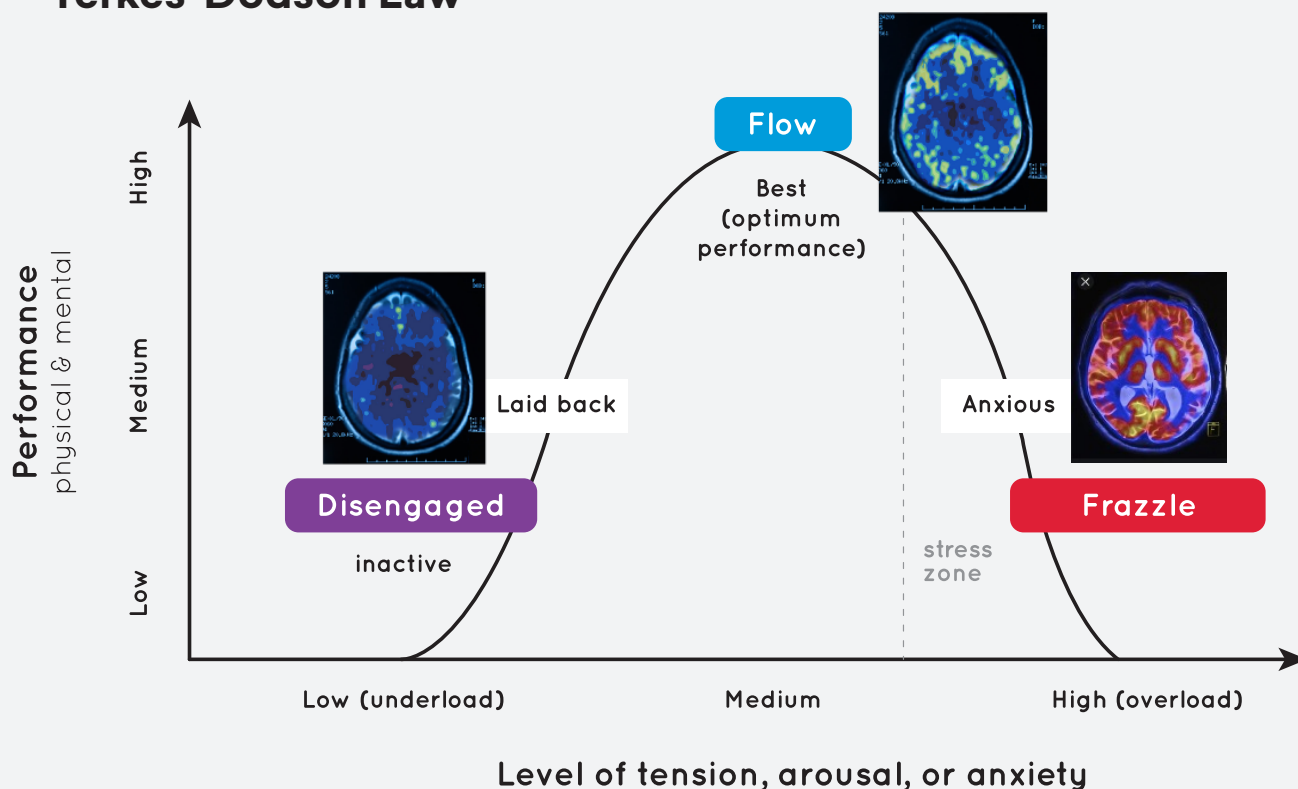
## No Control + No Influence

For the situations that are both out of your influence and control, **you need to really LET GO of the situation and any related anxiety.**

## No Control + Influence

Things you can't control but have some influence over **you must influence but then let go** – it's important to acknowledge that you can't control the outcome.

## Yerkes-Dodson Law





## Getting out of frazzle

When you're in a frazzle state, you should physically and mentally take a step back – go for a short walk to clear your head and change your environment.

Once you're calmer, one of the most helpful things you can do next is to break things down into smaller component parts:

- Identify 3-4 big tasks
- Put them in logical order
- Then ask yourself the following questions:

### Do I have the capacity to do all of these tasks?

- If yes, then plan what needs to happen first.
- If no, work out what you can delegate or who you can bring in to help you.

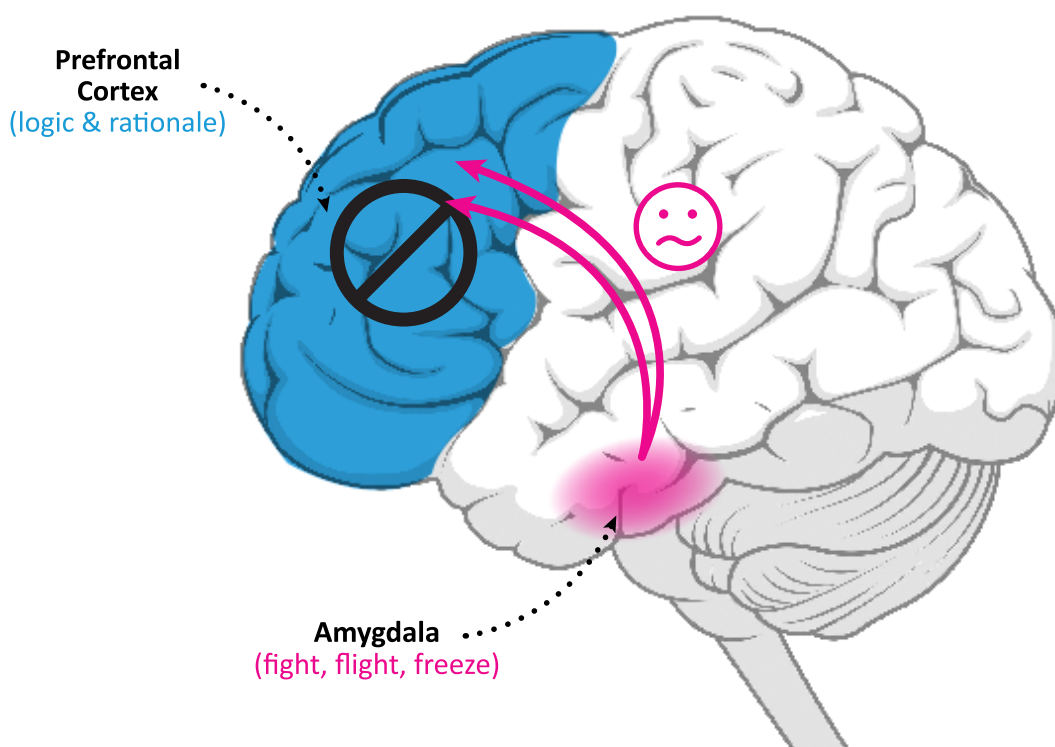
### Do I have the time?

- If yes, put in order of priority.
- If no, see which tasks you can renegotiate time-lines on.

### Do I have the capability?

- If yes, put in order of priority as above.
- If no, see who or what you can bring in to help.

## The Amygdala Hijack



# How to 'take back' your amygdala



## Meditation

Even after just 8 weeks you can create new neural pathways in the brain and strengthen the pathway from the PFC back to the amygdala (the calming pathway)



## Breathing

4-2-6 technique to center yourself and return your heart rate to normal, reducing the likelihood of adrenaline being released into the body



## Counting

The fastest way to get your pre-frontal cortex back online is to give it a logical task. Counting backwards forces it to work a bit harder



## The Silent Scream

A fast way to use physiology to disperse any built-up adrenaline and tension to return the body to a calm, collected state

## In conclusion

### Don't try to eliminate stress

If you change your mind about stress, you can change your body's response to it

### Focus on what you have control over

Focusing your efforts on where you can actually make a difference, reduces the likelihood of unnecessary stress and enables action.

### Stress can be a good thing!

Stress can challenge us to learn and do more, ultimately leading to growth and progress

# Thank you

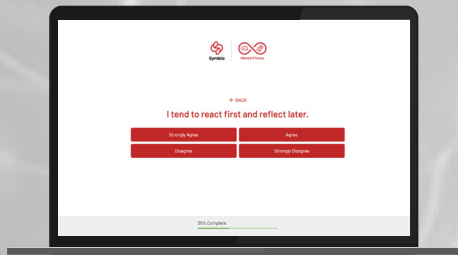
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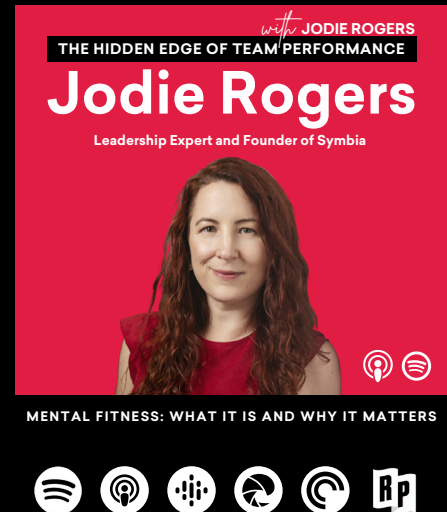


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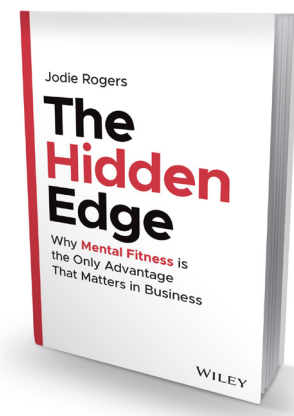
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