



Pressure

Get yourself a notebook or open a new document on your computer and in your own time, reflect on these points, all material that you need to support this document is available on the sane.works website.

- How have you felt in the last week or so?
- What beliefs are you aware of when you feel stressed?
- What about thought distortions? The stressed mind takes shortcuts.
- What strengths might you overplay when you are feeling under pressure?
- We use both the Hogan Development Survey HDS and the Hogrefe TOP questionnaire..
- Reflect on your psychological drivers. These are things that you feel compelled to do when you are under pressure. You can download a questionnaire and some tips to control these.
- If you are in a spin, do you know how to ground yourself and get back into a calmer state in which you can problem-solve?
- Are you able to control your breathing when you are under pressure? We will be releasing soon a short exercise that we are producing to help you with your breathing.

Sixth Sense runs workshops on this topic that you might enjoy. They are called **Stress Works** and **Resilience Works**.