

FUNSHEET CALM UNDER PRESSURE

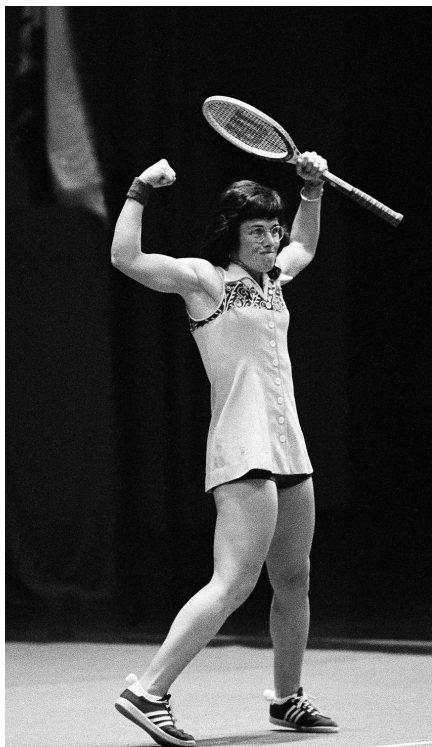


**ABSOLUTELY
WRITE**
WITH ADITI SURANA



CALM UNDER PRESSURE

Bruce Lee referred to calmness as a superpower,



*'Pressure is a **privilege** & It only comes to those who earn it.'*

Billie Jean King, **the legendary tennis player, who has won 39 grand slam titles**

Let's decode 'pressure'.

When do you feel pressured? What makes you feel stressed?

- Pressure Key 1 - 'Embrace the pressure'.

Every situation that stresses you is a gift. It is an indicator of what can still have a hold over you.

Think of 3 situations or people that make you feel pressurising.

Okay. Now that you are in these situations. How do you solve this?
What is the best possible solution?

- **Second Key:** Pressure is inversely proportional to your skill sets.

Pressure = 1/ skill sets

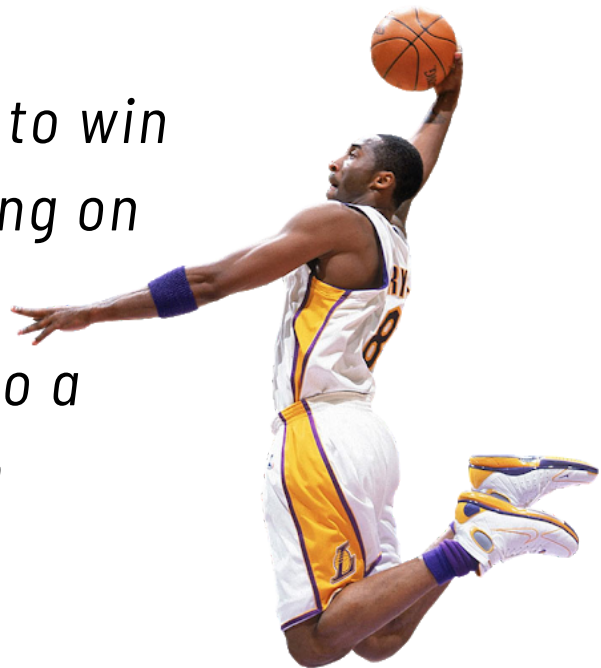
If necessity is the mother of invention, then pressure is the mother of performance. And by avoiding pressure, you are avoiding your own performance, growth and confidence. True or false?

- **Third Key:** Pressure shows you the mirror.

No matter what you think about your confidence, performance and abilities, *pressuring situations actually hold the mirror for you to see the truth.*

"I'll do whatever it takes to win games, whether it's sitting on a bench waving a towel, handing a cup of water to a teammate, or hitting the game-winning shot."

Kobe Bryant, Basketball Legend



Now, if you are willing to play the game then, let's get to how to be calm.

1. Identify the acute pain area.

Think of 1 overwhelming pressuring situation:

- List of 3-4 parts of this situation that are not pressuring.

- *List parts that are actually pressurising.*

2. Grounding routine:

Do you know what grounds you?

- A barefoot walk in the park,*
- Spending time with your pet,*
- An intense yoga or workout session,*
- A singing class,*
- Meditation practice*
- Anything else?*

3. Journaling:

Staying calm and building skills requires **observations, analysis and course correction.**

Physically write your thoughts down.

- Which patterns do I keep repeating?
- What would change if I choose an alternative option?
- What is actually underneath my fears?

4. Graphotherapy:

Like zentangle or doodling, this part of graphology allows you to **calm your mind**. It is a specific technique that allows your body & mind to relax.

Find a free 21 day anti anxiety graphotherapy based journaling workshop here on www.aditisurana.com/writenow



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We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com