

THE BRENDON SHOW

How to Deal with Stressful Situations

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SUMMARY

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Everyone encounters stressful situations at some point in time. A tough conversation you know needs to be had with a loved one, an anxious meeting at work, a looming deadline—it's inevitable. The key is to prepare for those situations so you can meet them with poise and confidence. In this episode, learn how to anticipate stressful situations that could trip you up and how to truly manifest your ideal outcome.

Follow the teaching points below, then finish the sentence completion section to identify areas in your life where stress is coming from and how your best, most confident self would respond.

TEACHING POINTS

1. Anticipate Difficulties and Ask Others

Always anticipate and ask others how to deal with stressful situations. This is crucial. It sounds simple, but how often do you sit in silence and prepare yourself for difficult situations? Do you seek out advice from others? Just as one studies for a big test coming up, so should you prepare for an event you are dreading. When you anticipate your hardships, you're moving from a place of reaction to action. You'll find yourself having way more control of your day when you anticipate what's to come. That's the first strategy.

2. Plan Your Stress Management

If you know something is going to trip you up, it is essential to plan your stress management. What does that mean? You know yourself. You know what makes you decompress, calm down, and shake off the worries of the day. So the next time you have a stressful situation on the horizon, you need to plan a pre, during, and post stress-management strategy. Think to yourself, "Okay, if I'm going to have a difficult experience in my life, I'm going to plan the day before and after so know I can better manage my emotions." Make a list of things that bring you joy and allow you to decompress and put them into action.

3. Visualize and Role Model

You must practice actively visualizing yourself as being confident and capable in a stressful situation. By visualizing a play-by-play of the scenario in your head, you are setting yourself up for a greater probability of success when the actual moment happens. Try to ignore the thoughts of doubt and insecurity that ring in your head and instead visualize everything going smoothly. If you need an extra boost of confidence and assurance, call up a friend and have them rehearse the conversation with you! Take their feedback and use it to prepare yourself for the stressful situation you will soon be facing. When you put yourself into the actual environment by visualizing the situation, you will go into the real thing with confidence in yourself.

4. Enroll Your Friends

Whatever you do, don't go it alone. Never be scared to ask for help and show people your vulnerability. With almost every stressful situation in your life, you should think: How do I enroll friends or find peers to do this with them so I stay on the journey? Accountability is key, and when you create a tribe that has your best interest at heart, your fear going into a stressful situation won't be so high. When you have a support system involved you're more likely to stay committed, stay consistent, and succeed.

Sentence Completion

Complete the sentences below. As you complete the prompts below, there are no right or wrong answers. Responding authentically and fully is essential to generating and accessing more clarity and momentum in your life.

1

A current stressful situation that I have in my life that I have been anxious about is...

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2

Three things that I can anticipate happening during this stressful situation are...

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3

My stress management routine looks like this...

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4

Two ways that I can better manage my stress is by...

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5

I visualize myself in my stressful situation doing this in order to be successful...

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6

A person in my life that I can role model with is...

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7

One way that I can enroll my friends and family to help me is...

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8

I can help my friends face their own fears by doing this...

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