Success under Stress Training Summary

1. Be Impeccable for your 50%!
Focus your efforts on being effective at influencing matters you can control, don’t drain time and energy on matters you can’t control. You can always optimize your own physiology, psychology, and problem solving.  *(chapter 2 Success under Stress book)*

2. Balance the On and Off button
Schedule your days with a Sprint then Recovery approach. Use Mental Reset breath and find your own 1, 3, 5 minute strategies. Identify “Off button” activities you can do during busy days and schedule to do them. Schedule time for ‘connect the dots’ thinking in order to see future opportunities.  *(chapter 4)*

3. Act in the service of your Horizon Point
You can control who YOU show up as.  *(chapter 3)*

4. Stay Objective and Fact Based, and Maintain a Growth Mindset  *(chapter 3)*

5. Reduce self imposed stress (e.g., Perfectionism)  *(chapters 6 and 8)*

6. ACT on Interruptions
Value your time and use it intentionally. To eliminate unwanted interruptions divide your interruptions into those you will Accept or Allow; those you can Cut off at the Pass; or Triage.  *(chapter 5)*

7. “It’s not stress management, its self management”
Apply the techniques you learned to stay in a state of focus: Cooling Breath to stay poised instead of reactive. Karate Chop when frustrated! Left Nostril Breathing to wake up rested.  *(Chapters 4,10)*

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Email me with questions, success stories, or how I can help you share these skills with your colleagues!  
*Dr. Sharon Melnick*

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Sharon Melnick, Ph.D. is the CEO of Horizon Point Inc, a certified diverse supplier. A leading authority on business psychology, confidence, and stress resilience, she is available for speaking, training, and executive coaching. Informed by 10 years of research at Harvard Medical School and field tested by over 10,000 trainees, her trainings receive 100% repeat requests by organizations such as P&G, Merck, Moody’s, GE, Sodexo, Coldwell Banker, MetLife, Novartis, and others. She is also a ‘go to’ trusted executive coaching resource for HR professionals, invited back for multiple engagements.

Dr. Melnick is the author of the newly released book Success under Stress: Powerful Tools for Staying Calm, Confident, and Productive when the Pressure’s On. Reach out to Dr. Melnick for your team today.