# 5 Proven Methods That Successful People Use To Help Manage Pressure

For those who work in a high-stress job or field of study, it is important to learn how to manage pressure. In order to get ahead and excel in your field, knowing and practicing healthy coping methods are essential. We have put together a list of the top five methods successful people use to help deal with a high level of pressure on a daily basis.

#1 Understand Your Limits

Being ambitious means that you will push your limits and take on more pressure than usual. However, It is very important that you know when you are bending your limits and when you are about to break. Instead of trying to do everything at once, focus on the mission-critical items to prevent overdoing it and failing under pressure.

#2 Learn to Write Things Down

Keeping a list is one way to stay on task, but it is also important to take notes. Keeping notes and writing things down will help free up your mind to focus on other things which in turn will help you better manage any high-pressure situation.

#3 Stay Optimistic

It is easy to fall into the trap of negative thinking when faced with high-pressure situations. Make an active point to look forward to your success instead of spending time focusing on the hurdles. When you start thinking about all things that can or are going wrong, it only adds to the pressure of the situation. That too without actually helping you move towards implementable solutions.

#4 Practice Meditative Breathing

During times of high pressure or in a sudden moment of crisis, it can be hard to center your thoughts. A quick way to orient yourself under pressure is by practicing meditative breathing. Take a moment to breathe deeply and fully to give your brain time to reset before moving on to a solution. This will help you reduce your stress and give you another tool to help manage pressure more effectively.

#5 Take Smaller Steps

Breaking down larger tasks into smaller ones will make your work more manageable. Not only will this take off the pressure to perform immediately, it will also give you the breathing room you need to succeed. Taking your time and working through a problem in smaller portions will also allow you to avoid preventable mistakes that can undermine your ultimate goal.