



## Episode 157: The Power of Pressing Pause

As professionals in high-stakes jobs, we deal with incredibly stressful situations every day. Unfortunately, this stress we face can hinder our ability to do our jobs and responsibilities. Instead of our thriving, productive selves, we might be making decisions from fear and stress or acting without thinking. Don't let stress lead to bad outcomes. Learn a great and simple way to deal with stress in as little as a few seconds. All you need to do is press the pause button.

Pausing for anywhere from 2 to 90 seconds – or longer- gives you the time to think and move from that stressful place into a calmer state of mind. You'll learn the four Ps and how you can use them to make a plan to deal with things that trigger you.

Be ready to press that pause button the next time you feel too stressed and find yourself able to think more rationally and face the world with a clearer mind.

If you want to find out how pressing pause can help you better respond to stress, then tune in to this episode!

### Podcast links

Check out our [Permission to Thrive CPD membership](#) for doctors!

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Dr Jill Bolte Taylor [Ted Talk](#)

Print your own pause button!



### Quote to remember:

*“We are in our stress zone about something for longer than we think we are. And there is a danger that if we try and respond too quickly, well, we are still feeling those emotions and feelings that will make things a lot worse.”*

## What You Will Learn

Stress may be a normal part of the day for any professional. However, that means that you need to be better equipped when dealing with it. When you're able to step away from a stressful state of mind and see the situation calmly and rationally, you'll find that you can lead better and find better outcomes.

This activity helps you formulate a plan you can use whenever you're in a stressful situation. With your plan, you can make sure the actions you make have been thought through. You can make sure that in the end, you'll come out of the experience knowing that you were the person you want to be.

The first P is to Press Pause. In this part of the activity, you'll focus on recognizing when you're in your stress zone and need to press pause. With your own button, you can be sure that you'll be able to take your time to press it whenever you need to.

During your pause, it's important to get back into your parasympathetic nervous system. This means moving from that stressful, panicked state of mind to a calmer, rational state. Once you're back in your parasympathetic, you can truly start thinking things through.

You can also Phone a friend and reflect on the 'Person I want to be' to help you think things through. This gives you a second look from both an outside and inside perspective about the situation. You'll learn how to best act in a way that honours both the person you want to be and the people around you.

Once you've finished the activity, you'll have your stress response plan. Keep it in mind the next time you find yourself in a stressful time.





## Activity: Planning With the Four Ps

### Press Pause

Learn to recognize when you're in your stress zone. Look back and recall a time when you felt ashamed by how you behaved and identify what triggered you. What happened?

How did you feel back then?

Use your answer to be more aware when you're cornered into your stress zone.

How can you press pause? Remember to print off and use your very own YANAF pause button at the end of this workbook!



### Back Into Your Parasympathetic

What can you do to get back into your parasympathetic nervous system? Look for different techniques and practices that you can use to ground yourself. Share your thoughts about each one and which you think would work best in your plan.

Different grounding practices	Your experience practicing

Make sure you've gotten a long enough pause to be able to think rationally. How do you feel now about a recently stressful situation you've gone through?

### Phone a Friend

A close friend or trusted colleague can give you a second look at the situation. Who are the people in your life you trust to tell you the truth? Write their names down below. Then get out of your head and think like your trusted friends. What would your best mate or colleague say or do in your situation?

Your Trusted People	What would they say or do?



## The Person You Want To Be

Check in with yourself and think about how you want to deal with this stress. Imagine you're back in a stressful situation. Reflect and ask yourself these questions.

Who is the person I want to be?

How do I want people to experience me in this situation?

What actions are aligned with my values? How can I be honest, compassionate, and empathetic?

Thank you for taking this time to pause and think amidst your stressful days. Don't forget to press your pause button next time you think you need it!

### CPD time claimed:

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