TAKING A MOMENT FOR SELF-CARE CAN HELP YOU STAY EFFECTIVE AND CALM ON THE JOB.

Focus Yourself

Slow your racing thoughts by counting backwards by three in your mind from 100 (100, 97, 94, etc.).

THE SCIENCE BEHIND WHY THIS WORKS

Our thoughts can race when we are stressed; conversely, we can become hyper focused and unable to think about anything other than immediate demands. Neither of these allows us to effectively problem solve. Focusing in a structured way and engaging your brain in a distracting and somewhat challenging task can disrupt unhelpful patterns. When you can settle your thinking, you can return to present demands with greater capacity to analyze situations and make decisions.