

DK LEADERSHIP

DRIVING SUCCESS *Through Emotional Intelligence*

Performance Anxiety

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Segment #1:

Research

- Anxiety is the #1 mental health issue in North America (University of Toronto)
- Anxiety is always been around – but what’s different is the spike! 41% of the population are at risk for mental health issues (Globe & Mail)
- 58% of employees say that chronic stress negatively impacts their performance (Globe & Mail)
- Anxiety seems to be more common for small business entrepreneurs! Research from University of California found that almost 50% of entrepreneurs had a mental health condition (depression / anxiety) (Inc. Magazine)
- Millennials are 2x more likely to take a stress leave (Globe & Mail)

The Tips

Tip #1: Understand What Causes Anxiety

- Many people think anxiety is ‘bad’ or ‘wrong’ which is simply not true!
- Part of managing emotions is to understand how they work!
- The truth is we have 100’s of emotions and anxiety is simply 1 of them
- The truth that our thoughts (healthy or unhealthy) drive emotions (pleasant or unpleasant)

Tip #2: Understand the Performance Anxiety “Lie”

- Toxic thinking causes performance anxiety (Ex. “I’m ok **IF** I achieve ...” work / sports / school)
- People who struggle with anxiety often struggle with perfection & insecurity – and believe that their self-worth is attached to their achievement

Tip #3: Focus On What You Can Control

- To get emotionally healthy – one must focus on what they CAN control (including their thoughts)
- Our minds are extremely powerful, and the greatest thing we can do is control the thoughts we are telling ourselves (difficult YET possible)!!!!
- If we feed ourselves toxic thoughts: we will feel terrible!
- If we feed ourselves healthy thoughts: we will feel confident, happy & peaceful
- When we focus on what we can control (our thinking + actions) – we will feel empowered

Tip #4: Accept What You Cannot Control

- Many people who struggle with anxiety are living their lives OPPOSITE to Tips #3 & #4 (they focus on what they can’t control and accept what they can control)
- Many people focus on things outside of their control (what other people think of them, future events) and flood their thinking with “What if...”
- It takes discipline to accept things outside of control

Tip #5: Re-Define Failure

- Part of healthy thinking is re-defining failure / negative feedback
- We need to learn from failure – not personalize it. It’s simply data – information to help us learn and grow

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