

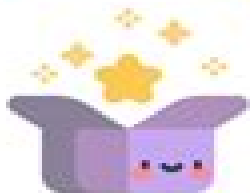
Comment la préparation mentale peut aider à gérer son stress ?

Il existe beaucoup d'outils. Déjà commencer par travailler la source du stress et se poser les bonnes questions :

Je stresse parce que la situation est à enjeux :
EST-CE VRAIMENT LE CAS ?



Je stresse parce que je doute de mes ressources :
QUELLES SONT MES COMPÉTENCES ?



Astuce :

Le faire tout seul est super compliqué ! Trouvez quelqu'un à qui parler (famille, ami...). verbalisez ! Avoir une personne externe qui nous aide à faire le pas de côté change tout !

Secrets No Stress Comment Geacutereacutees Sont Stress

Victor M. Corman



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