

ULearnIT Featured Resource

Managing Pressure and Stress to Optimize Your Performance

People react to high pressure differently. Learning to cope with pressure and handling stress are very important, because you don't want pressure to have a negative impact on your performance.

In this course, you'll learn about managing stress and pressure, situations that trigger pressure, and how pressure can become stress. You'll also look at how stress affects you emotionally and physically, and how to respond to it. And you'll also learn strategies for managing stress by ensuring you have the right attitude, taking control under pressure, and using performance management to cultivate a "success mentality." You can then optimize your own performance and prepare to cope with stressed colleagues.

26 minutes

ULearnIT ID (click the link below to access this resource in ULearnIT)
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