

Voix Essentielles

Learn how to deal calmly with difficult and/or anxiety-provoking situations to maintain a high level of performance.



You often feel trapped in the daily routine, or that you're going round in circles with no way out.

It affects your sleep and stops you from appreciating the positive things that are happening in your life.

Sometimes it makes you so anxious you feel sick (stomach ache, headache, palpitations, high blood pressure, dizziness...).

But above all, it blinds you to the situation and prevents you from looking at it calmly to find solutions.



**see our
advice
sheets**

Our advice

- Get into the habit of breathing deeply: breathe in, drawing air into your abdomen. Hold and count to 3. Breathe out and release the air with the toxins. Repeat the exercise 5 times. This exercise will enable you to oxygenate your body and to relax.
- Focus on finding solutions rather than problems. Remember that where your attention is focused, your energy follows.
- Listen to music. Choose music that you like and listen to it often. Dance or move while listening to it. Let yourself be carried away into a world of joy and hold on to that feeling because it creates a sense of power within you.
- Meditate: close your eyes and think of happy moments. Savour them. Next, visualise the solutions you want to bring to your problems and define your strategy to achieve them.
- Always bear in mind the nobility and importance of the work you do: all the lives you touch, the people you help, comfort, save. Remember that you matter, because you make people on the margins of society exist.
- Let your vulnerability show: it's a strength.
- Be proud and hold your head high.
- Keep listening to your heart and don't hesitate to ask for help from the authorities.
- Never give up. Success is at the end of the road and failures are only steps towards your success.
- Celebrate every success, no matter how small.

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