



# Cheat Sheet: Managing Anxiety When Mistakes Are Costly

Stay Calm • Make Better Decisions • Build Resilience



## 1. Understand Your Anxiety

- Recognize triggers that spike stress in high-stakes situations
- Identify physical and emotional signs of anxiety
- Accept that anxiety is natural, not a weakness



## 2. Shift Your Mindset

- Focus on **solutions, not blame**
- Reframe mistakes as opportunities for learning
- Replace “I can’t afford to fail” with “I can handle challenges”



## 3. Practical Stress-Management Techniques

- Deep breathing and mindfulness exercises
- Break tasks into smaller, manageable steps
- Visualize successful outcomes to stay grounded



## 4. Learn from Mistakes

- Reflect on what went wrong without self-criticism
- Capture lessons learned for future improvement
- Treat setbacks as growth, not failure



## 5. Build Long-Term Resilience

- Seek support from mentors or peers
- Maintain a healthy work-life balance
- Develop confidence through preparation and practice



**Pro Tip:** Anxiety is a signal, not a stop sign. By **managing stress and focusing on learning**, you can turn high-pressure situations into opportunities for growth and stronger performance.