

# I am calm when others are stressed

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I sometimes wonder if I am immune to stress. I can maintain my composure when others are distressed. My ability to withstand stress is a great strength. I can act confidently when others are too afraid to do anything.

I can take on almost any situation quietly and calmly. **I maintain my inner peace.** Even when my world is turned upside down, I am relaxed and smiling on the inside.

My confidence in myself is a source of calmness in challenging times. It gives me the belief that everything is okay. **Having a high level of self-confidence raises my expectations of the future.**

I am good at reducing my level of anxiety during those rare times I do feel stress. I have several tools at my disposal. I imagine being in my favorite place. I breathe deeply and smile. I call a good friend and have a long talk. There are many things I can do to relax myself during stressful moments. My ability to remain calm is increasing.

I am at my most calm when adversity strikes. **I take a step back, stay strong and grounded, and handle my business.** Stress creates focus.

Today, I am smiling and feeling more relaxed than others. I am allowing my troubles to roll off my back. I am ready to have a great day. I am calm when others are stressed.

## **Self-Reflection Questions:**

1. What are my strategies for dealing with stress? How well do they work?
2. Who is the calmest person I know? How do they stay so calm?
3. What can I do to handle stress more effectively?