

Deliberate Calm



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'Deliberate calm' in a changing world

I really enjoyed reading a recent article by Jacqueline Brassey, Aaron De Smet, and Michiel Kruyt, the authors of 'Deliberate Calm: How to Learn and Lead in a Volatile World'. The authors captured so effectively the impatience and intolerance we witness so often in corporate life especially when managers are under pressure. The authors suggest a few steps to follow to remain calm and improve relationships with co-workers which I have included here in case they are helpful for you or your team members.



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'What do we mean by 'deliberate calm'?

Authors Jacqueline Brassey, Aaron De Smet, and Michiel Kruyt, suggest that 'deliberate calm' is when we take a few moments to take stock of a situation and how we feel about it before we react. Understanding what happens when we start to feel stressed and how our behaviour starts to change is the key first step.



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Awareness

We first need to be aware of how stressful events affect us

As we start to be more aware of the situations which we are finding stressful we can start to notice how we react to them and how our behaviour changes in response to the situation.



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Acceptance

Acceptance of our role in the situation

Instead of complaining and asking why others are not changing we can start to think about our role in the situation and how we can take action to influence the outcome we are trying to achieve.



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Recovery time

Taking enough time to rest

Although I personally struggle with this one, the authors discuss the importance of not being overscheduled and taking time to recover when we are facing stressful situations at work. With the 'always on' culture this is often very difficult!



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Deliberate calm

1. Awareness of what situations you find stressful and how you react as a result
2. Awareness of your role in the situation and how you can affect it
3. Taking time out to recover



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I will be trying to bear these in mind next time I encounter stressful situations at work.

I hope you manage to have a relaxing evening and weekend.



Save this for later



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