### How do you handle stress at work?

### Pressure is very important to me. Good pressure—such as having many assignments or an upcoming deadline—helps me to stay motivated and productive.

### Of course, there are times when too much pressure can lead to stress. However, I'm very skilled at balancing multiple projects and meeting deadlines; this ability prevents me from feeling overly stressed.

### For example, I once had three large projects due in the same week, and that was a lot of pressure. However, because I created a schedule that detailed how I would break down each project into small assignments, I managed to complete all three projects ahead of time and avoided unnecessary stress.

### I don't like to let stress take over a situation. Instead, I like to stay focused on the task at hand. For example, if a client isn't happy with our product, instead of dwelling on it, I like to focus on proactively communicating with them. I like to get to the bottom of the issue, troubleshoot it, and then find a common ground that'll allow us to move forward.

### I've found that a healthy amount of stress motivates me to stay on track and work as efficiently and effectively as possible. For example, deadlines are important to me. If my manager doesn't give me deadlines, I set them for myself. That's how I'm able to consistently turn in assignments on time.

### I was recently assigned a last-minute project. Instead of panicking, I took a few moments to outline a schedule and map out my game plan. Then I got to work. I made sure to communicate my progress with my manager so that they could stay in the loop. If any problems came up, I looped them in so we could troubleshoot and continue to make progress. I was able to complete the project on time, and the client was thrilled.