



CAROLINE  
WEBB

how to have a  
**good  
day**<sup>®</sup>

[CAROLINEWEBB.CO/LIVE](https://carolinewebb.co/live)

WEDNESDAYS AT 10AM ET

EPISODE 5

**How To Steady Your Nerves**  
**by Reframing Them**

# Steady your nerves by reframing them

## KNOW YOURSELF

- Get to know your physical patterns when you're feeling nervous – what is a good first sign that your stress hormones are rising?
- Practice spotting it in yourself as quickly as you can

## DEFINE THE CONTEXT

- Remember: stress hormones sharpen focus, attention, alertness
- When you notice them rising, tell yourself:  
"Aha, this is my brain and body getting me ready to rise to the challenge!"



**Find the recording  
and materials at:**

[carolinewebb.co/live/episode-5](http://carolinewebb.co/live/episode-5)

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