

How to stay calm when you know you'll be stressed

Watch the video. Drag and drop phrases and words in boxes in the correct sentence.

fumbling

on the spot

pulled this number out of the air

clouds your thinking

I'm getting there

in the heat of the moment

in the dead of Montreal winter

shock value

1. I had just driven home, it was around midnight _____.
2. As I stood on the front porch _____ in my pockets, I found I didn't have my keys.
3. It releases cortisol that raises your heart rate, it modulates adrenaline levels and it _____.
4. Now you might be thinking I've _____ for _____.
5. So, the idea of the pre-mortem is to think ahead of time to the questions that you might be able to ask that will push the conversation forward. You don't want to have to manufacture all of this _____.
6. You might change your mind _____, but at least you're practiced with this kind of thinking.
7. So, I'm not completely organized, but I see organization as a gradual process, and _____.