

How successful people stay calm

"How successful people stay calm" by psychologist Travis Bradberry was the most popular post from LinkedIn's "influencers" - the site's pool of 500 contributors including Bill Gates, Barack Obama and Richard Branson.

More than 3 million people have read Dr Bradberry's advice to stay positive, breathe, not drink too much coffee and avoid asking "what if".

How successful people stay calm

1. They appreciate what they have
2. They avoid asking "what if"
3. They stay positive
4. They disconnect
5. They limit their caffeine intake
6. They sleep
7. They squash negative self-talk
8. They reframe their perspective
9. They breathe
10. They use their support system.

Source: <http://www.smh.com.au/business/how-to-stay-calm-and-be-successful-linkedin-gives-workers-14-top-advice-posts-20141210-123vmc.html#ixzz3M7FIHayX>