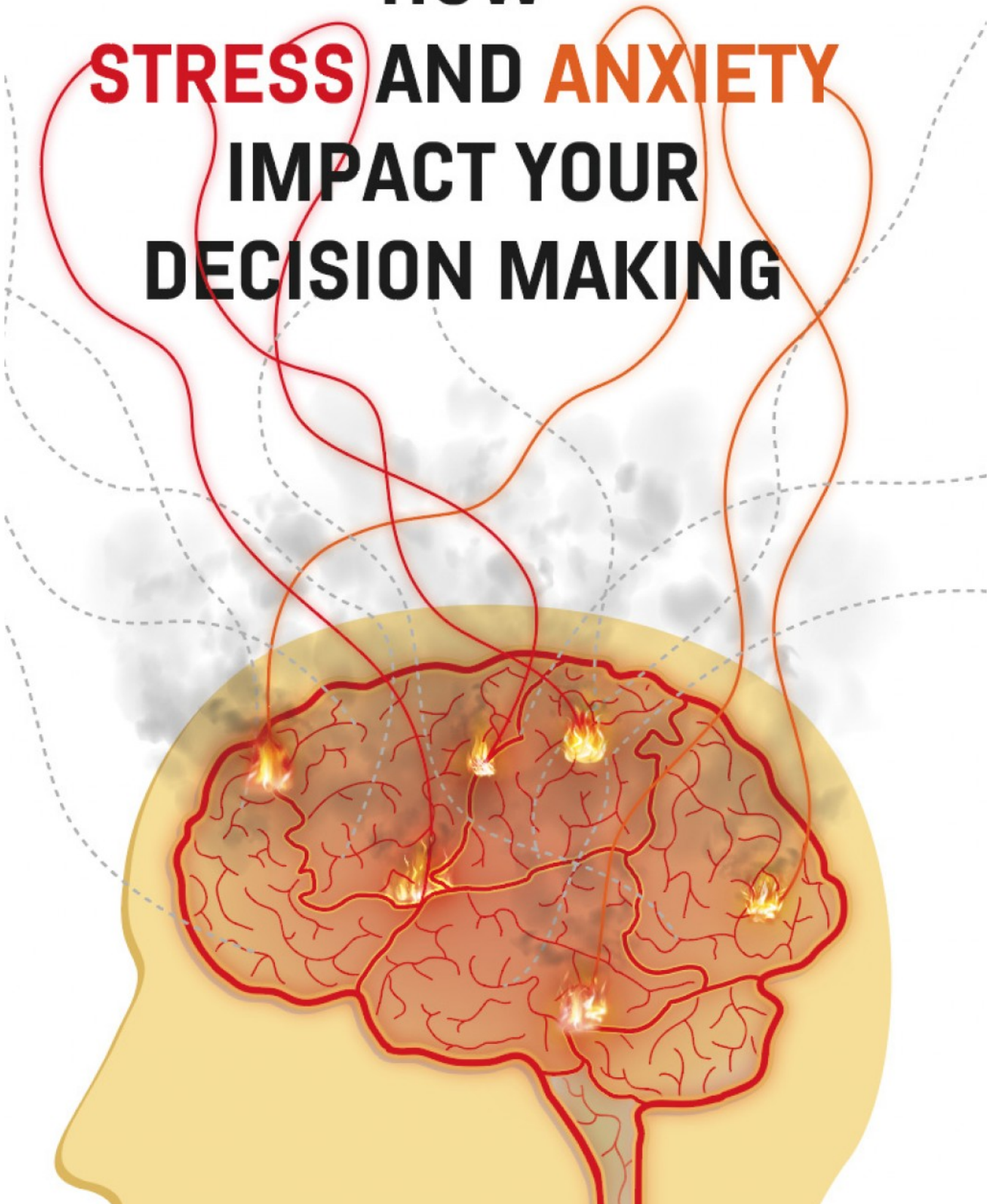


How Stress and Anxiety Impact Your Decision Making

It's not just WHAT a person thinks, but HOW they think, that makes a difference in the outcomes they generate, says award-winning author Steven Howard.

STEVEN
HOWARD

HOW STRESS AND ANXIETY IMPACT YOUR DECISION MAKING



Palm Springs, Aug 13, 2020 ([IssueWire.com](https://www.IssueWire.com)) - Caliente Press announces the publication of *How Stress and Anxiety Impact Your Decision Making*, a new book from award-winning author Steven Howard.

Adults make tens of thousands of decisions a day – up to 70,000 according to research. Yet far too many of these decisions are made under emotional duress, stress, anxiety and pressure. When this happens, the rational control center of the brain is no longer in charge, having been replaced by the emotional control center.

In today's pandemic world, everyone is under greater prolonged stress, which puts more pressure on our brains and our decision-making processes. More than ever, people need help learning how to respond, rather than react, to the increased pressures of lockdowns, working from home, and distance learning for children. The tips and techniques in *How Stress and Anxiety Impact Your Decision Making* will help people make better decisions and generate better outcomes.

“You do not have to emotionally react to events, situations, and people,” notes author Steven Howard. “Better decision making and better thinking – and thus better outcomes – can be yours. The key to doing so, especially for important decisions that lead to a more productive and happier life, is in knowing how stress and anxiety impact your decision making.”

[*How Stress and Anxiety Impact Your Decision Making*](#) provides useful and easy-to-implement tips and techniques for taking control of your emotions and thoughts, so that you can respond, instead of reacting, to life's daily challenges.

The book is also quite timely, considering all the prolonged lockdown stress and anxiety people around the world are feeling, combined with the angst over the social disruptions and political divisiveness we are witnessing today. From a workplace perspective, stress, anxiety, pressure, deadlines, tiredness, and relationships with co-workers can all lead to various levels of emotional hijacking.

In addition, prolonged stress — such as what almost everyone is going through today — has adverse effects on the brain's self-regulation control center. This is why we are seeing reports of increased alcohol abuse, binge eating, and domestic abuse as worrisome side effects of the pandemic shelter-in-place and lockdown policies.

The core concept of *How Stress and Anxiety Impact Your Decision Making* is that it is not just *what* a person thinks, but *how* they think that makes a difference in the outcomes they generate.

“Stressed-out people fall prey to binary choice decision making,” notes Howard, “which limits the options they take into consideration. A mindfulness breather, or what I call a Purposeful Pause, enables your conscious thoughts to hold sway over unconscious, instinctive, and automatic responses. This leads to better decision making and more desirable outcomes.”

The book provides a range of techniques for preventing emotions from hijacking the rational, cognitive resource of the brain, thus enabling everyone to make better decisions, think more rationally, and reduce emotional meltdowns and outbursts.

The book is available on [Amazon in both paperback and Kindle formats](#).

About Steven Howard

[Steven Howard](#) is an award-winning author of 21 leadership, management, and professional development books. His most recent works include *Better Decisions Better Thinking Better Outcomes: How to go from Mind Full to Mindful Leadership* and *8 Keys to Becoming a Great Leader: With leadership lessons and tips from Gibbs, Yoda & Capt'n Jack Sparrow*.

He is well-known and recognized for his truly international perspective, having lived in the USA for over 30 years, in Singapore for 21 years, and in Australia for 12 years. He currently resides in Southern California.

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