How Stressed R U

You know the story about the frog--Put him in boiling water and he'll jump out but put him in cool water and gradually heat it and you'll have boiled frog. Stress creeps up on you the same way. Try to replace the Stressed actions with Relaxed actions.



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Relaxed Posture – Open, natural posture without <u>tensio</u>n in the body.



Clear Thinking – Ability to focus and think clearly without mental fog.



Good Sleep – Sleeping soundly and waking up feeling refreshed.



Positive Outlook – A generally optimistic attitude and an ability to handle setbacks with ease.



Balanced Emotions – Emotional stability, able to manage frustration, sadness, or anger appropriately.



Efficient Productivity – Managing tasks and responsibilities without feeling overwhelmed.



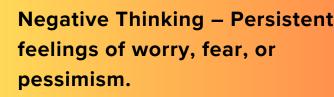




Tensed Posture – Hunched shoulders, clenched fists, or a stiff body.

Racing Thoughts – Difficulty focusing, thoughts constantly jumping from one thing to the next.

Sleep Disturbances – Trouble falling asleep, waking up frequently, or feeling tired upon waking.



Emotional Reactivity – Heightened sensitivity, reacting strongly to minor frustrations or setbacks.



Procrastination – Avoiding tasks due to overwhelm or lack of motivation.



Healthy Appetite – Eating regular, nutritious meals without overeating or skipping meals.



Social Engagement – Enjoying interactions with friends, family, or colleagues without feeling drained.



Physical Health – Regular exercise, healthy breathing patterns, and no chronic aches or pains.



Clear Communication – Expressing thoughts and needs easily, with good listening skills. Irregular Eating Habits – Either eating too much or too little, or craving unhealthy foods.



Social Withdrawal – Avoiding social situations or feeling drained after socializing.



Physical Symptoms – Experiencing headaches, muscle tension, digestive issues, or heart palpitations.

Irritable Communication – Snapping at others, difficulty expressing oneself clearly, or withdrawing in conversation