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.

Relaxed

STRESSED

Relaxed	Stressed
✓ **Relaxed Posture** – Open, natural posture without tension in the body.	⊖ **Tensed Posture** – Hunched shoulders, clenched fists, or a stiff body.
✓ **Clear Thinking** – Ability to focus and think clearly without mental fog.	⊖ **Racing Thoughts** – Difficulty focusing, thoughts constantly jumping from one thing to the next.
✓ **Good Sleep** – Sleeping soundly and waking up feeling refreshed.	⊖ **Sleep Disturbances** – Trouble falling asleep, waking up frequently, or feeling tired upon waking.
✓ **Positive Outlook** – A generally optimistic attitude and an ability to handle setbacks with ease.	⊖ **Negative Thinking** – Persistent feelings of worry, fear, or pessimism.
✓ **Balanced Emotions** – Emotional stability, able to manage frustration, sadness, or anger appropriately.	⊖ **Emotional Reactivity** – Heightened sensitivity, reacting strongly to minor frustrations or setbacks.
✓ **Efficient Productivity** – Managing tasks and responsibilities without feeling overwhelmed.	⊖ **Procrastination** – Avoiding tasks due to overwhelm or lack of motivation.
✓ **Healthy Appetite** – Eating regular, nutritious meals without overeating or skipping meals.	⊖ **Irregular Eating Habits** – Either eating too much or too little, or craving unhealthy foods.
✓ **Social Engagement** – Enjoying interactions with friends, family, or colleagues without feeling drained.	⊖ **Social Withdrawal** – Avoiding social situations or feeling drained after socializing.
✓ **Physical Health** – Regular exercise, healthy breathing patterns, and no chronic aches or pains.	⊖ **Physical Symptoms** – Experiencing headaches, muscle tension, digestive issues, or heart palpitations.
✓ **Clear Communication** – Expressing thoughts and needs easily, with good listening skills.	⊖ **Irritable Communication** – Snapping at others, difficulty expressing oneself clearly, or withdrawing in conversation