

Sweet spot on the Stress Spectrum between Stretch to Snap

Stress is necessary - Its how we grow, expand, learn...when we tip into Flow

Too much and our physical and emotional bodies scream at us.

Practice resiliency, rest & recovery - by yourself and with others.

There is always the courageous choice of love available;

to gracefully pivot - before chaos destroys.

Mindfulness, meditation, music

Gratitude and Grace.

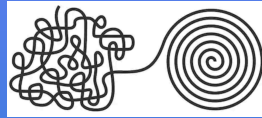
Stretch

Snap

Process of wise discernment



Where am I feeling it?
Where am I sensing it?
What am I thinking about it?
Is it true? Which part?
Is this mine or someone else's?



Where am I on the chaos meter?
What is in my control?
What am I resisting/resenting?
Resiliency & Rest & Recovery?
To whom may I turn for support?

Fill your own tank first,
Generously give away
the excess.



Repair?
Seek "hands on"
healing modalities
and a psychotherapist.



The practice of anchoring into who you are.