

BREAK THE STRESS LOOP

When stress affects several parts of life at once, the answer is not fixing everything. Find one place where the loop is easiest to interrupt.

STRESS → LOWER CAPACITY → ROUTINES GET HARDER → MORE STRESS

WHAT THE LOOP CAN LOOK LIKE

Stress → less energy → less movement → more tension

Stress → disrupted appetite/routines → lower energy → less capacity

Stress → trouble sleeping → greater emotional reactivity → more stress

YOU ONLY NEED ONE PLACE TO INTERRUPT IT.

■ Move for 5-10 minutes	■ Eat something nourishing
■ Drink some water	■ Step outside
■ Breathe slowly for 2 minutes	■ Protect tonight's rest
■ Ask someone for support	■ Do one thing less

THE EASIEST PLACE FOR ME TO INTERRUPT THE LOOP TODAY IS:

BROKNOPEN REMINDER

You do not need more willpower. You may need more support, more recovery, or a smaller next step.

Small is not the same as insignificant.