

Peace by Piece: Micro-Wellness Toolkit

✗ MYTH

If you're exhausted, you're not trying hard enough.

✓ TRUTH (TRANSLATED)

Chronic stress drains nervous system resources over time.

✗ MYTH

Rest should automatically make you feel better.

✓ TRUTH (TRANSLATED)

The nervous system must feel safe to fully rest and repair.

✗ MYTH

Low energy means low motivation.

✓ TRUTH (TRANSLATED)

Motivation depends on available physiological energy—not mindset.

✗ MYTH

You need to push through fatigue to rebuild stamina.

✓ TRUTH (TRANSLATED)

Recovery happens through gradual regulation, not force.