

UNDER LOAD

Your wellbeing news you can use! From TOM V1.



**YOU'RE NOT LOSING FOCUS.
SOMETHING ELSE IS HAPPENING**

**If you're context switching
across multiple priorities,
making high-stakes
decisions with incomplete
information, and moving
through back-to-back
meetings...**

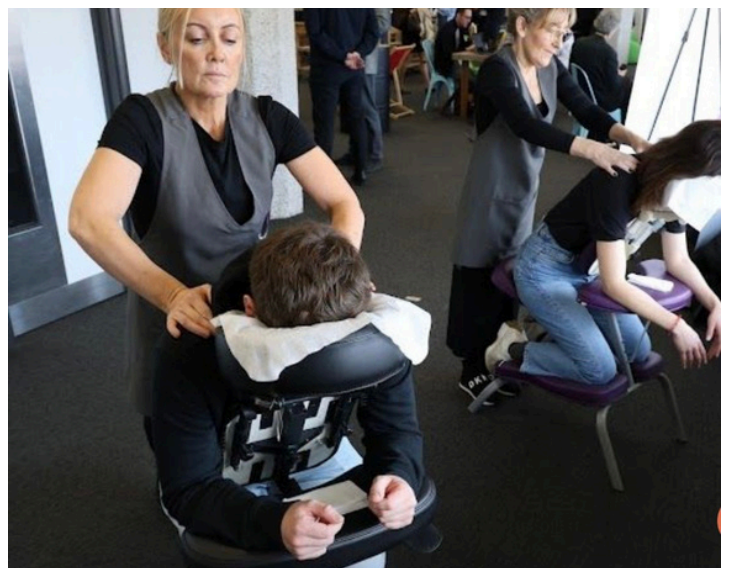
**...IT'S NOT SURPRISING YOUR THINKING STARTS TO LOSE SHARPNESS!
YOUR COGNITIVE CAPACITY IS BEING DEPLETED.**



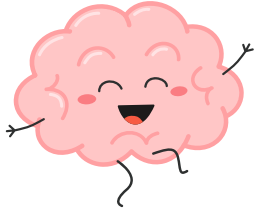
**MOST PEOPLE ASSUME THIS IS JUST WORKLOAD.
IT ISN'T.**

WHAT'S ACTUALLY HAPPENING

**Your nervous system is
repeatedly pushed into a
high-alert state.
That response is useful in
short bursts.
But when it runs
continuously, it doesn't just
make you tired!
It changes how you think.**



TOM@THEOFFICEMASSAGE.CO.UK



YOU MAY NOTICE:

- Decisions feel heavier than they did earlier
- Your focus narrows without realising
- Clarity takes longer to return
- You default to faster, more reactive thinking



THERE'S A BIOLOGICAL REASON FOR

THIS:
Even mild, sustained stress reduces access to your clear-thinking (executive) brain.

The part responsible for focus, decisions, and complex thinking

This isn't about capability.



IT'S ABOUT ACCESS TO YOUR BEST THINKING, AND HOW THAT FLUCTUATES.

WHY PUSHING HARDER DOESN'T FIX IT

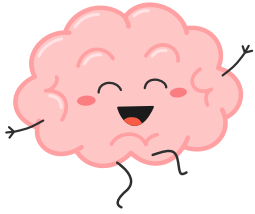
The default response is to power through:

- Concentrate harder
- Stretch the day longer
- Push past the resistance

But effort doesn't reset your system.

It often keeps you in the same cognitively overloaded state... just for longer.

TOM@THEOFFICEMASSAGE.CO.UK



THE SHIFT MANY LEADERS MISS



YOUR BEST THINKING ISN'T ALWAYS AVAILABLE ON DEMAND.

It depends on your nervous system state in that moment.
When you recognise that, something changes.

You stop trying to push harder—
and start looking at what actually restores access to clear
thinking.

**BECAUSE THE STATE YOU BRING INTO A DECISION
DIRECTLY SHAPES THE QUALITY OF THAT DECISION.**

SIMPLE TIP

STEP AWAY FROM YOUR SCREEN
DROP YOUR SHOULDERS AND JAW
TAKE 3-5 SLOWER BREATHS, IN FOR 4 AND
OUT FOR 6

EVEN SMALL SHIFTS LIKE THIS CAN BEGIN TO
BRING YOUR THINKING BACK ONLINE.



TOM@THEOFFICEMASSAGE.CO.UK