

Emotional Health

Vibrant You Health Challenge ~ Nov., 2025

Between stimulus and response lies a space. In that space lie our freedom and power to choose a response. In our response lies our growth and our happiness.
Victor Frankl via Steven Covey...or something like that.

Effects of Stress *Circle applicable words*

On your body: Headache, muscle tension/pain/spasms, chest pain, fatigue, changes in sex drive, disruption to your digestive tract (poor digestion, stomach aches, diarrhea, constipation, etc.), sleep issues, immune suppression.

On your mood: Anxiety, restlessness, lack of motivation or focus, memory issues, depression/sadness, feeling overwhelmed, excessive grumpiness/anger,

On your behavior: Under or overeating, angry/violent outbursts, drug or alcohol abuse, avoiding friends and social situations, lethargy/avoid exercise.

Action Plan

1. ID the emotion. _____
2. Acknowledge the emotion.
3. What is the purpose of this emotion?

4. Compassion and curiosity for and about the emotion.
 - a. Is it still serving you? _____
 - b. Is it still keeping you safe? _____
5. Intention. What do you do next?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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