



Breath in, breath out

Stress becomes unhealthy when stress and the following 3 strategies are no longer in balance:

1. Rest & relaxation
2. Fun & distraction
3. Structure & punctuality



Because of the hormone adrenaline your body wants to fight, fly or freeze. It makes your muscles tense.



Blood pressure rises.



The breathing is getting shorer and faster.



You get cold sweats.



Your heart rate goes up.



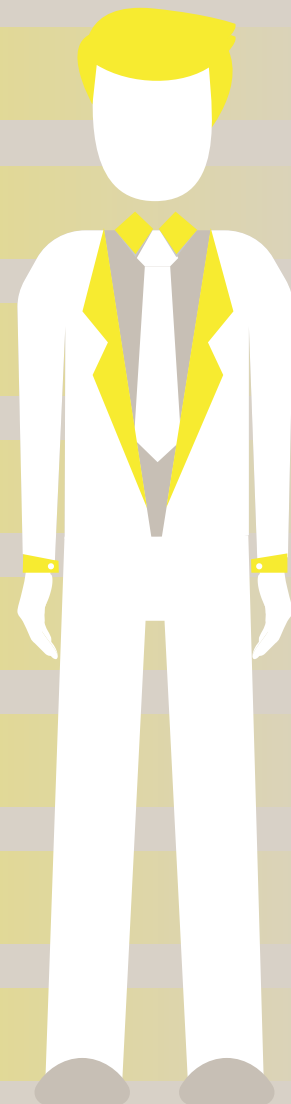
Stress hormones are created (adrenaline and cortisol).



Your digestion is at a lower pit.



All energy goes to your vital body functions to 'survive'.



Burn baby burn! Exercise on low intensity for at least 3 x 30 minutes a week.

Stress does not have to be unhealthy. Nevertheless, 1 out of 10 workers have far too much stress and burnout complaints.

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