



PERSPECTIVE ... SEARCH FOR EVIDENCE

Everyone has a natural “fight or flight” response to things that feel threatening. When it switches on, it can make it harder to think clearly, notice your real feelings, and solve problems.

The difficulty is when this response activates for problems that aren’t actually dangerous. You feel overwhelmed, and it’s easy to miss the fact that you’re not in real danger—you’re just under pressure.

Give yourself a moment. Breathe, step back, and look for evidence about what’s really going on. That calm check-in gives you the best chance of working it out.

