



PERSPECTIVE ... THE BIG THREE

Some challenges hit hard and feel like they'll have long-term consequences. Try a quick perspective check: In a week or a month, will this still feel as big? If the answer is no, that's your reminder that this quest is temporary, and you've got the resilience to handle it.



IS THE PROBLEM
TEMPORARY?



IS THE GOOD THING
SOLID?

Sometimes even good things can trigger anxiety, and we end up sabotaging them rather than risk being hurt later. But good things can last. Challenge yourself to create moments where good things can reach you — you deserve them.

A big part of handling stress is learning to tell the difference between a genuine threat and a challenge you can work through. If you're unsure, check out the Fight or Flight resource - it can help you get perspective.



IS THE
THREAT REAL?