

What stressors are you carrying?



Uncover your stress, to balance your system

For you to be healthy, your nervous system needs to be in balance. This means there are more things in your life supporting and creating health, than taking away from it. Like the wheel of a bike, when a key area of your health gets out of balance, it knocks all the other areas off course.

There are 3 main areas we lose our health: **thoughts** (emotional stress), **trauma** (physical stress) and **toxins** (chemical stress). When you have too many 'T' stressors in your life, your body shifts into a chemical state of stress known as *fight or flight* where it feels threatened. Your body can no longer switch off, sleep, digest or heal properly until it feels safe again.

Which stressors are you living with? **Remember that a stressor is something that takes energy (it could be something exciting like getting married or moving house) and these build up from birth, so go right back to your start!**

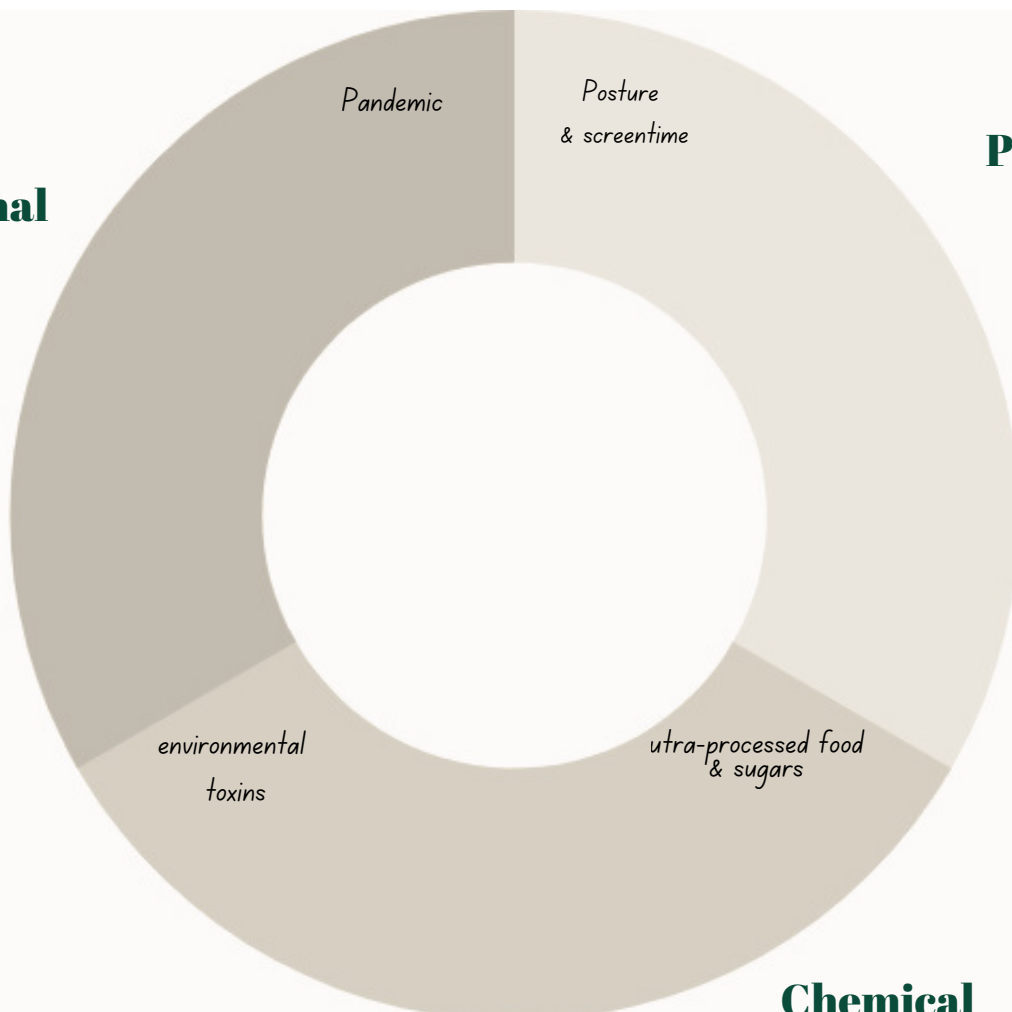
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Think of three threads that can tangle the body's wisdom when pulled too tight.

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**Mental/
emotional
stress**

**Physical
stress**



**Chemical
stress**

Prompts to help & what they mean



What goes in each area?

Physical

Sitting, driving
Posture
ANY accidents (even when you weren't "hurt")
Falls, trips
Work injuries
Sports injuries
Your birth
Carrying Pregnancy
Surgeries
Hospital tests
Knocks to your head
Broken bones
Drunken mishaps
Joint replacements
Any physical injury
Physical work
Intensive exercise

Everything else that feels relevant to YOU

Emotional

Pandemic
Parenting
Childhood trauma
Bullying
Redundancy
Heartbreak / breakups
Loss of loved ones (including pets)
Work stress
Caring for someone
Friend drama / conflict
Planning a wedding
Pregnancy
House moves
Job challenges

Any other situations that create an emotional charge in your life, both positive and negative!

Chemical

Ultra processed foods
Sugars
Recreational drugs
Supplements
Medications and vaccines (short and long term)
Contraceptives
Hormonal support
Alcohol
Smoking & vaping
Environmental toxins
Caffeine
Household chemicals
Chronic inflammation

Anything else you put into your body that requires an effort to process it

Everything you hold on your plate

Think of the pie chart you've filled in as being like a plate, representing all the physical, chemical and emotional stresses you have been holding since birth. You can't change what's happened, but hopefully you can now see why your nervous system might be in some overwhelm - it's been working hard for you all your life!

Rather than take things away, you look to make the plate bigger. That way it can still hold all of your stress, but without putting the system into over-drive. There are many ways to metaphorically "increase the size of your plate" and they are all things that bring your system back into joy, peace and ease. Look out for specific episodes on this on the podcast, or check out the relevant chapters in the book!

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**It's the three 'T's
that quietly shape
your health**

**You are the Answer
book**

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