

NOTICE PRESSURE SOONER. MAKE BETTER CHOICES.

Pressure builds throughout the day from many sources. When it overflows your capacity, the risk of a slip increases.

PRESSURE SOURCES

Work/ Study

Deadlines, workload

Relationships

Conflict, expectations, communication

Self-pressure

Perfectionism, guilt, high standards

Health

Poor sleep, diet, low energy

Finances

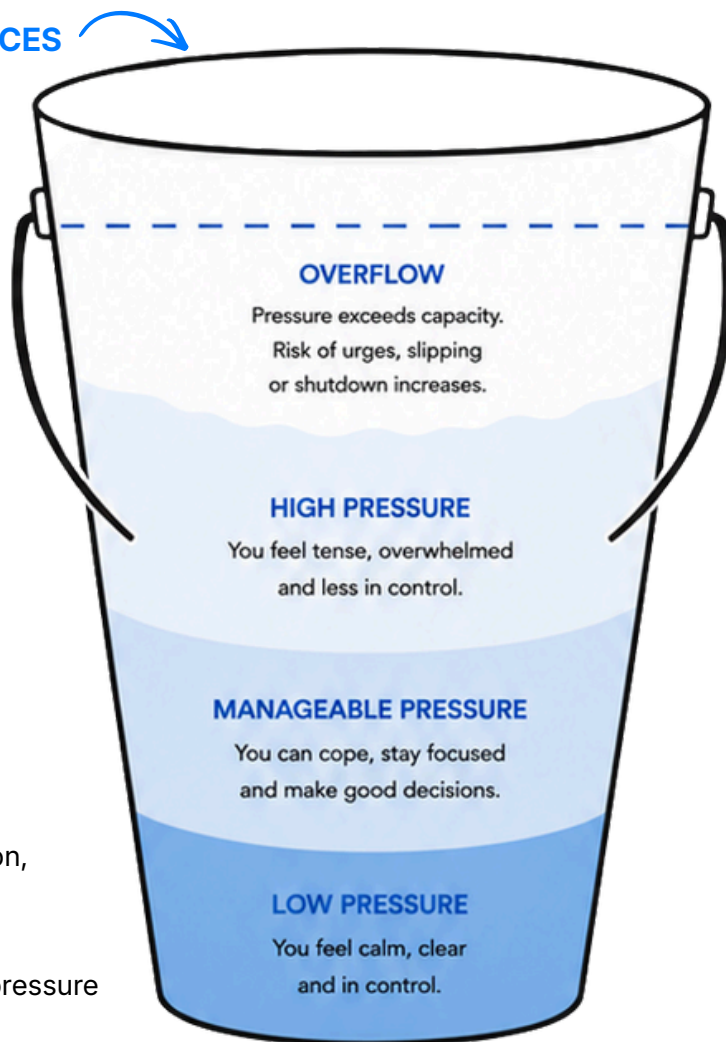
Money worries, financial strain

Environment

Noise, overstimulation, chaos, uncertainty

Other

Anything that adds pressure



THE BIG IDEA

Pressure is a normal part of life. Problems begin when pressure exceeds your capacity to cope.

ABOUT YOUR BUCKET



Pressure builds throughout the day
Small amounts add up. It's normal.



You have a capacity limit
Everyone's bucket is different and changes day to day.



You can lower the pressure
Rest, recovery and good habit reduce what's in your bucket.



The goal is not to avoid all pressure
It's to understand it, manage it and notice when your bucket is getting full.



REFLECT

1. What are the biggest sources of pressure in your life?

2. Which pressures are mostly within your control?

3. Which pressures are mostly outside your control?



APPLY IT

What helps you reduce pressure or empty your bucket?

My plan: When my bucket is getting full, I will



KEY TAKEAWAY

Pressure is a normal part of life. You can't avoid it, but you can understand it, manage it and protect your capacity.

Awareness today creates choice tomorrow.