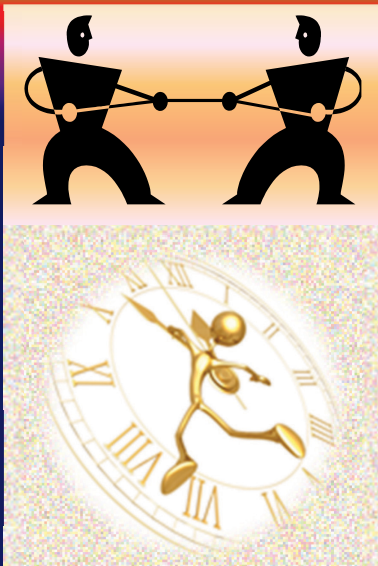


Stress Happens

Time Stress
Money Stress
Relationship Stress
Decision Stress
Mental Stress
Environmental Stress
Performance Stress



Stress creates a tug of war in your body & mind.
It impairs your ability to function.

You were not designed to live in chronic stress.
You were designed to thrive when you take steps to feel better.

Stress Continuum



Distraction (even with healthy behaviors such as exercise, helping others, or meditation) merely addresses symptoms. To change the root cause, the tension stress creates must be managed in the mind.

Suppression is the most common and the most damaging way people respond to stress & unhappiness. Many social norms and expectations teach and encourage suppression.

Just coping, using either healthy or unhealthy behaviors is not enough to optimize outcome. To thrive, to achieve potential, mental tension management is essential.

You can easily do better

Contact us (Happiness1st.com) to develop these life-enhancing skills.

We provide knowledge and skills training which enables any individual to change ingrained thought processes and undesired traits.

We teach skills individuals can use to hone the way they think to produce better outcomes and why the skills are effective. See TRUE Prevention—Optimum Health: Remember Galileo for citations.