

## SIGNS & SYMPTOMS

I EAT (A LOT)

NOT SLEEP, LOW ENERGY

IMPATIENCE, IRRITABLE

ANNOYANCE

CLUTTER IN LIVING SPACE

SARCASTIC (VERY)

CRY

DRINK

PRONE TO INJURY

WITHDRAW

ANXIOUS

PHYSICAL - HIVES, HEADACHES

CAN'T TURN OFF MIND

FEEL TRAPPED

# SLEEP

## Causes:

Stress  
To-do list replays  
Replay the day  
Different Scenarios  
New Environments  
TOO TIRED TO SLEEP

## Manage:

- Diet (gluten, sugars, water ... awakens)
- Exercise
- turn off Devices (phone, TV, ...)
- Get permission ♡

## Effects

Groggy  
Tired  
Headaches  
Can't Focus  
Irritable

## Help?

- power naps
- crash + catch up + sleep in!
- music
- meditation or apps, white noise
- distractions
- exercise - run, yoga, dance
- laughter
- friends
- Spa!
- reading (NOT WORK!)
- TV (netflix)
- healthy food
- physical touch (snuggle!)

## awareness

- Sleep app / tracking
- time - routine bed time / decompress time
- (loving) feedback from colleagues → "You're really tired. Please go home."





# FAILURE & REJECTION

IT SUCKS!

Failure for wanting scrim practices  
more than team - Frustration

Embarrassment

Take it personal

Sourcy

Differing definitions of failure

decrease of self confidence

imposter syndrome

Disengaged

Shame

Second guessing  
fear - hesitation

depressing

Less intelligent

decreasing self-conviction

hard to let go

Overextending

How to find a way out  
of our own head

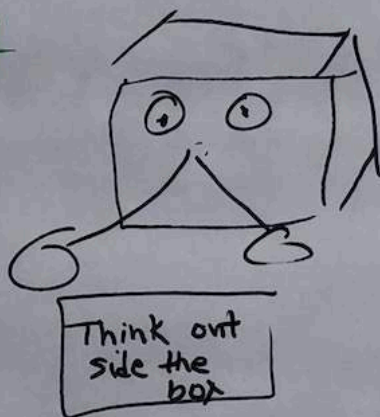
attachment  
disorder  
(~~new~~ opportunity)

hollow

Overcompensate  
out of fear

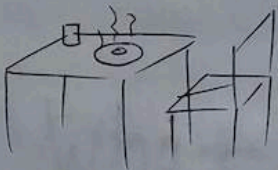
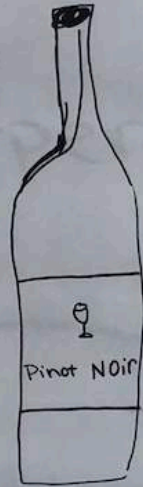
Hard to say 'no'

Sometimes it feels good



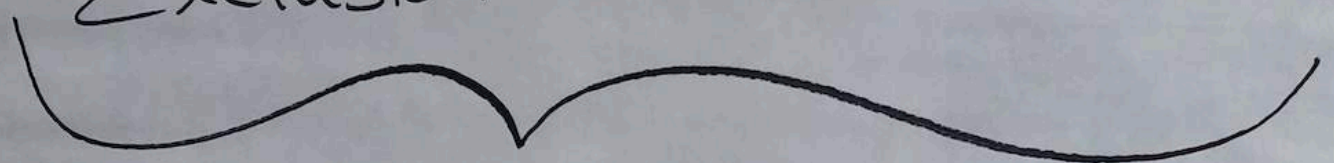


# LONELINESS



Not Socially Acceptable to be  
lonely or unhappy

Isolation } perceptions of  
Exclusion }



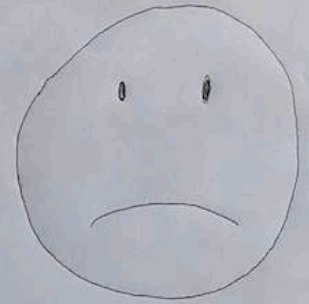
Assumption  
(external + internal)

What is socially acceptable to  
say...do...?

# STRESS & ANXIETY

It SUX.

Makes you sick



it can be encompassing



Stress can lead to distress

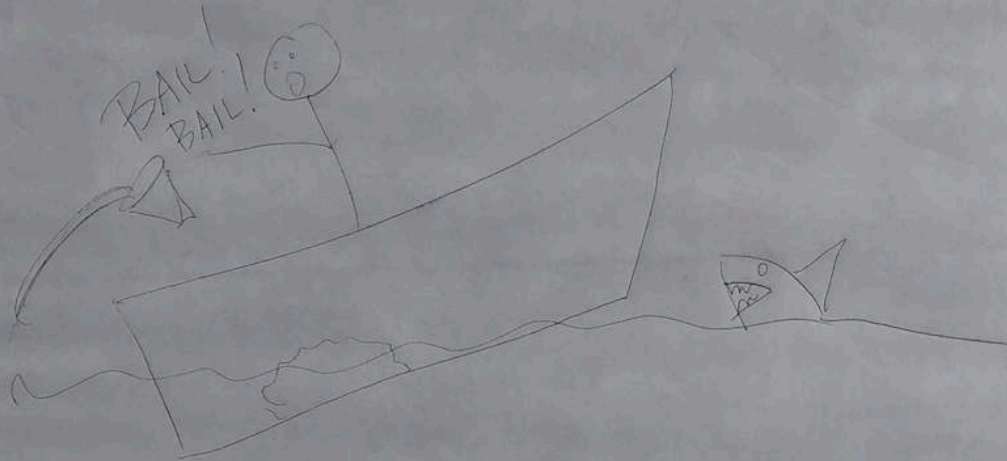
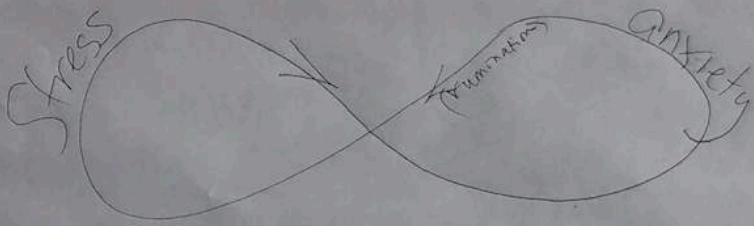


I think I can tolerate more pain/suffering than everyone else = arrogance?



Sympathetic nervous response

- Fight
- Flight
- Freeze



Pet the puppies! 😊