

THE 6 MOST OVERLOOKED SOURCES OF CHRONIC STRESS



And why they're quietly wrecking
your brain, sleep and energy.



1

Internal pressure

Constant “doing,” overthinking, and mental loops keep your nervous system on high alert.

Fix it: Breathwork, vagal toning, grounding, and mindfulness.



2

Digital Overload

Endless scrolling, constant notifications, and no digital boundaries fry your focus.

Fix it: Screen-time breaks, digital curfews, and mindful tech use.



3

Boundary Erosion

Always saying “yes” when you mean “no” drains your emotional energy.

Fix it: Practice micro-boundaries daily (short pauses, delayed responses, “let me get back to you”).



4

Unprocessed Emotions

Suppressing anger, grief, or disappointment forces your body to carry the weight.

Fix it: Journaling, mindful check-ins, and safe emotional release practices.



5

Lack of Recovery Time

Going from one responsibility to the next without pauses signals to your body that you're never safe.

Fix it: Build mini-recoveries into your day. E.g, 5 minutes of stillness between tasks can reset your system.



6

Taking Things Personally

Sometimes we are caught up in someone's drama and it's never about us! It's on them

Fix it: Take a mindful pause during your day. E.g., repeat “I am enough, it’s not my drama” and ask, “What do I need right now?” to reconnect.



**Train your mind like you
train your body, and watch
your energy, clarity, and
calm return.**



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Fitness strategies that actually work.**

