

WEEK 1 - DAY 3

Simply being aware of these stressors is the first step in being able to better deal with them. We will be doing the more upbeat work of stress-busting later on!

Though I want to add this:

5. Do you get any intuitive hit, in terms of “this is what I need to do?” What does your gut say? Listen. (For me, looking back, it would’ve been: find a new apartment. And: Don’t take what your supervisor says too seriously. He isn’t paying attention. Trust yourself.)