

adrenalin
junkies

matt
church

◀ a guide to life in the fast lane ▶



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To my kids

Manners
require time
as nothing is
more vulgar
than haste.

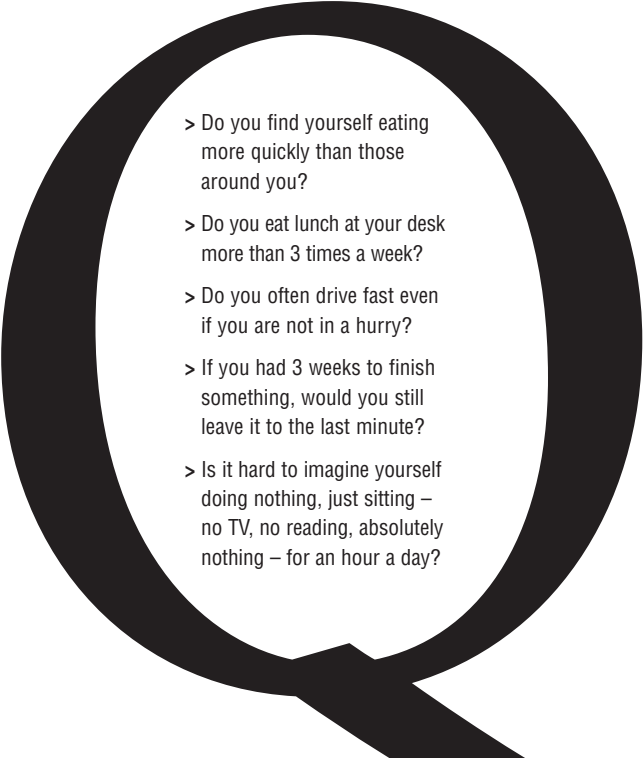
Ralph Waldo Emerson

What is an adrenalin junkie?

You love doing many things at once. You thrive on chaos. You live with a sense of urgency. You enjoy the feeling of too much.

But sometimes...

You snap at others for no reason. You wonder what you actually accomplished despite all your rushing around. You fall in a heap at the end of the day.

- 
- > Do you find yourself eating more quickly than those around you?
 - > Do you eat lunch at your desk more than 3 times a week?
 - > Do you often drive fast even if you are not in a hurry?
 - > If you had 3 weeks to finish something, would you still leave it to the last minute?
 - > Is it hard to imagine yourself doing nothing, just sitting – no TV, no reading, absolutely nothing – for an hour a day?

If you answered yes to 3 or more of these questions you are probably an adrenalin junkie.

There are 2 natural highs

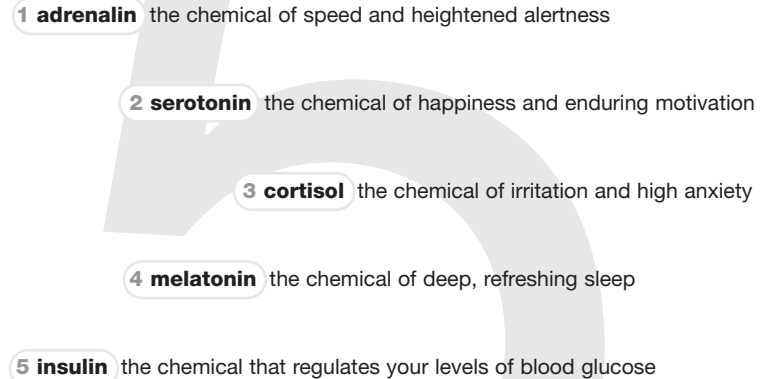
1
1 quick (adrenalin)

2
1 slow (serotonin)

adrenalin switches you on for short bursts when you need it
serotonin keeps you feeling calm and centered for longer periods

the secret to a natural high 24/7 is to maintain the right balance between the 2

There are 5 major natural chemicals that all contribute to whatever mood you're in

- 
- 1 **adrenalin** the chemical of speed and heightened alertness
 - 2 **serotonin** the chemical of happiness and enduring motivation
 - 3 **cortisol** the chemical of irritation and high anxiety
 - 4 **melatonin** the chemical of deep, refreshing sleep
 - 5 **insulin** the chemical that regulates your levels of blood glucose

Each of these big 5 chemicals creates a distinct cascade of physical changes in your body. By learning to recognise their effects, you can intervene to take better control of your moods. **You'll be calmer and more productive.**

The 5 big natural chemicals are activated by 2 distinct biological processes

1 brain chemistry

(subtle, slow-acting, long-lasting)

2 body chemistry

(direct, swift, volatile)

brain

The 100 billion neurons in your brain link up with each other via neurotransmitters to create the almost infinite complex networks that govern memory, language, appetite, mood, the sleep-wake cycle and much, much more. There are several key neurotransmitters. Serotonin is the most important for maintaining inner contentment.

body

Body chemistry is regulated by hormones that are produced in the endocrine glands. Their secretion into your system can have an immediate and dramatic effect — for example, the sudden flood of adrenalin from the adrenal cortex when you have to break unexpectedly to avoid rear-ending the car in front.

Body chemistry is less contained than brain chemistry. Its effects can be more immediately apparent, but they don't last as long. Some chemicals, such as adrenalin and melatonin, work across both systems.

Adrenalin functions as both

- > a neurotransmitter in the brain
- > a hormone in the body

Adrenalin is a powerful chemical force.

Use it well.

ADRENALIN

The purpose of adrenalin is to prepare you for fight or flight.

When your body secretes adrenalin the cascade of physical reactions is like an expressway

- > **breathing becomes shallow**
- > **blood thickens and pulse races**
- > **sugar is dumped from the liver**
- > **cholesterol goes up**
- > **appetite is suppressed**

The buzz that adrenalin gives you is stimulating and exciting. But the problem for adrenalin junkies is that you rely too much on the buzz and end up placing undue stress on your entire system. While the exact amount of adrenalin in the body varies between individuals, there is a finite amount available each 24 hours.

Beware: the effects of depleted adrenalin are the same as not having any at all.


Too much travel on the adrenalin super expressway leads to cortisol gridlock.

Cortisol is released with adrenalin and works collaboratively with it to manage stressful events. It prepares the body for fight or flight by

- > **increasing muscle tension**
- > **decreasing inflammation**
- > **dumping sugar into the bloodstream**
- > **opening fat cells**

Unfortunately, it has some pretty nasty side-effects. High levels in your system for prolonged periods can leave you

- > **edgy and anxious**
- > **aching from tension headaches and stiff joints**
- > **out of balance and out of control**



An action-packed life is typical of the adrenalin junkie. You only know 2 speeds. You're either on – full-on – or asleep.

Because the feeling of an adrenalin high is addictive, without realising it you may be trying to be on 100% of the time. You may not be aware that this is how you go through your day. You're simply moving fast in response to a high-speed life. Too much to do to slow down.

Thing is, the downside of the adrenalin high is the **adrenalin crash**.

This is the feeling of anti-climax you get when you finish a major project, the restlessness you feel on holiday, the boredom you endure on a slow day at work.

When things aren't happening, you feel vaguely depressed.

The other danger of doing everything in fast forward is that adrenalin junkies can become cortisol cowboys (and girls).

When the entire day becomes one big stress event, it's a sign that cortisol has taken over. This leads to burnout and exhaustion. More seriously, it can contribute to serious stress-related illness and premature ageing. It also makes you less than fun to have around.

- > **cortisol cowboys are easily rattled**
- > **they overreact**
- > **they snap at colleagues and loved ones**
- > **they feel as if somehow everything that goes wrong is their fault**

If you're an adrenalin junkie who's feeling increasingly miserable, you may well be cranky on cortisol. Time to intervene and re-establish a natural high.

Are you a candidate for burnout?

There is a fine line between being

fired up
and being
burnt out!

Are you beginning to drop the ball on important projects?

Do you feel overwhelmed more often than you think you should?

Do you frequently feel worn out at the end of the working day?

Do you feel let down by people more often than not?

Does your body ache, particularly when you stop being busy?

Have you been too busy to call close friends and family members?

Have you lost your sense of humour?

Does sex seem like more trouble than it's worth?

Do you have less to say to people in social situations?

There is a world of difference between being motivated and being over-excited. If track and field athletes are too excited before a race, they peak too early and don't have enough 'go' for the distance.

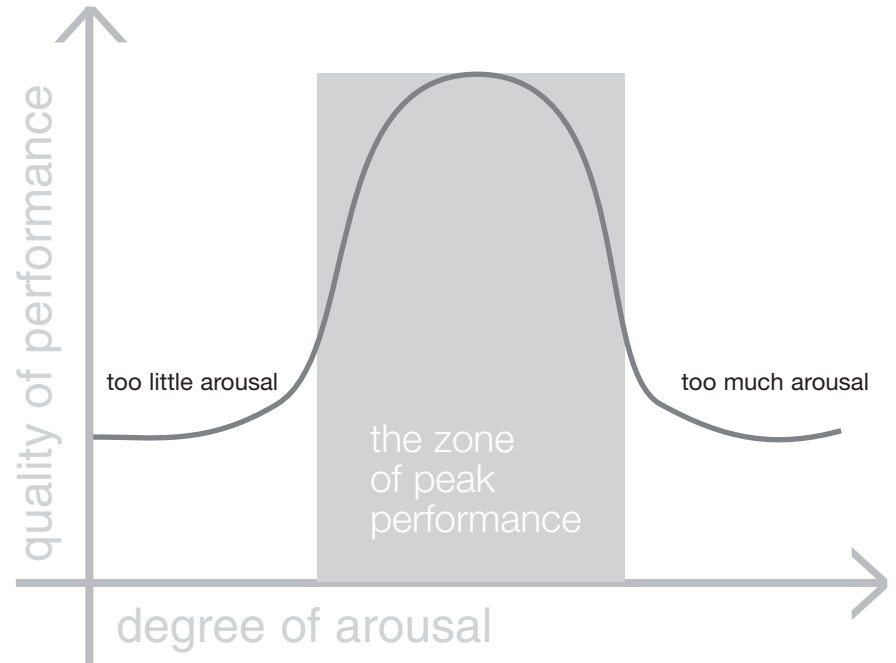
Adrenalin junkies tend to peak early, go hard and then run on empty.

Being over-excited is not a healthy state. It's hard on your body and, if you're frantic on cortisol, it's hard on everyone around you as well.

Balance your body chemistry and achieve a calm readiness rather than a hectic energy.

This calm readiness is called
being in flow.

Optimal arousal



There are 5 key lifestyle factors that help you navigate your daily expressways and maintain a natural high 24/7



① **Sleep** restores chemical balance, repairs damage to muscle tissue, processes memories and stores those that are significant in your long-term memory.

② **Food** has a direct and immediate effect on your internal chemistry. What you eat can elevate your serotonin levels or cause an adrenalin spike.

③ **Activity** has both a foundation and a trigger effect. A good fitness level provides a stable foundation for managing pressure with less adrenalin. Certain exercises boost the production of serotonin for good calm vibes. And rigorous exercise helps to burn off excess cortisol when times are tough.

④ **Thinking** influences body chemistry profoundly. If you are scared, adrenalin kicks in. If you are sad, serotonin levels are decreased. It's essential to listen to your inner dialogue if you want to pursue a naturally high life.

⑤ **Stress** throws your chemistry out of balance, but you can improve your tolerance to it. Recognising your response to stress and acting appropriately is crucial to avoiding burnout and crashes.

Check your lifestyle

Sleep

Does it take you about 20 minutes fall asleep at night?
Do you wake up and go to bed at pretty much the same time each day?

Food

Do you drink more than 8 glasses of water a day?
Is your diet a balanced mix of protein, carbs and fat?
Do you eat 3 to 5 meals a day?
Do you look for unprocessed, natural or organic products where possible?

Activity

Do you exercise more than 3 times a week?
Do you seek out incidental activity where possible, say, by taking the stairs instead of the lift?
Is exercise a habit for you?

Thoughts

Do you take responsibility for what happens in your world?
Are you optimistic about the future?
Do you think well of yourself?

Stress

Do your relationships energise you?
Are you engaged and focused in your life?
Are you still learning something new every day?

Sleep is the number 1 way to maintain your body balance.

With great sleep you're assured a natural high. Deep sleep means you'll have

- > greater productivity
- > better focus
- > more creativity

During the night the brain breaks down serotonin to create the powerful brain chemical melatonin. This chemical is the key to getting a good night's sleep. Its production is triggered by darkness and turned off again by light striking the eye.

Serotonin and melatonin work together to create your all-important sleep-wake cycle.

There are several factors that can upset this balance.

Racing around all morning on adrenalin until you exhaust your daily supply, then continuing the pace on cortisol leaves your brain over-stimulated and your body fatigued. Adrenalin and cortisol mask exhaustion. If you're over-tired when you get to bed, you can spend hours trying to calm down enough to fall asleep.

Adrenalin junkies are also prone to burning the candle at both ends. If you do this, you may find that you gradually build up a considerable amount of sleep debt.

If you're not enjoying plenty of refreshing sleep, you'll find it difficult to remember important details or pay attention during the day, besides lacking energy.

Not sleeping well is the enemy of peak performance, so don't put up with bad sleep. Work out the source of the problem and take action.

get in a rut **with your sleep**

Develop a sleep routine by getting up at the same time every day. Yep, even weekends. The more regular you are, the better you'll cope with the occasional unavoidable disruption. If you travel, re-establish your routine as soon as you get home.

If you're in sleep debt, try adding hours to the start of your sleep cycle rather than the end. Sleeping in is not the answer. You're likely to wake up feeling more groggy than ever.

relax before going to bed

Don't keep working right up until bedtime, trying to get one more thing done. Give yourself permission to chill for as long as possible before sleeping.

make your bedroom dark

Artificial lighting, while generally not bright enough to stimulate serotonin, is bright enough to suppress melatonin. Dim the lights as the evening progresses or burn candles. Read in bed with a mini book light.

control noise

This doesn't mean creating perfect silence — which may prevent you from sleeping if you're not used to it — but levelling out random noises that interrupt sleep. High-quality earplugs can help if you're desperate.

regulate your body temperature

Wear nightwear made from natural fibres and have different summer and winter bed covers if your seasonal temperature varies greatly. Don't cuddle all night long if your partner has a higher core temperature than you. If you both weigh more than 60 kg try sleeping on a king size bed or in two singles pushed together.

don't let the bedbugs **bite**

Debug your mattress, change or refill your pillows often, sleep in crisp, clean sheets, give the doona a good shake daily, keep your bed fresh and inviting.

exercise during the day

You'll get better quality rest if you find a healthy way to tire yourself out. An hour of exercise — particularly aerobic exercise — during the day will pay rich dividends when it's time to turn in.

hunger is your friend

Have you ever noticed that if you don't eat breakfast you can go till 1.00 pm and not even think of food, yet if you eat breakfast you're hungry by 10.00 am?

A hunger signal is often an annoyance for adrenalin junkies. You don't want to be bothered by something so basic.

Nevertheless, hunger is a good thing. It's a signal that your metabolism is firing and that you have to provide yourself with regular replenishment.

Eating regularly saves valuable adrenalin. Not eating forces your body into an emergency response. This puts you under unnecessary strain and can lead eventually to stress-related illnesses.

Set up good eating patterns and enjoy the better ability to focus that comes from a steady energy supply.

Feed your body and learn to focus.

you know you shouldn't

don't ever skip breakfast

Even if you're not hungry, you need to fire up your metabolism with something healthy at the start of each busy day.

don't overdo the refined carbs

Filling up on highly processed carbs produces a rapid rise in blood-glucose levels and causes your body to release higher levels of insulin in response.

don't overdo the fatty food

High-fat foods give you a temporary adrenalin spike, but overloading your adrenal system can leave you feeling lethargic and low later.

don't overdo the caffeine

Too much (like, more than 5 lattes a day) can give the average adrenalin junkie unpleasant side effects like headaches, dehydration, an irritated gut and sleeplessness.

don't overdo the alcohol

It's a depressant, so don't use it to help you unwind.

you know you should

eat low GI carbs for most of your meals

Munch multigrain bread, experiment with different grains and legumes, load up on plenty of vegetables, go wholemeal.

protein rocks

Think lean — chicken breast, fish, new-fashioned pork, tofu — and grilled, baked or steamed.

the good oils

Boost your intake of essential omega-3 fats by eating deep-water fish 3 times a week and by adding flaxseed oil to salads and LSA to breakfast cereal.

take a supplement

If you know you're facing a day of crisis management and deadlines, give your body a fighting chance by taking a multi-vitamin supplement.

eat positively

Taking the time to savour your food is a useful opportunity to slow down for a minute.

exercise

produces its own buzz and leaves you exhilarated and on a natural high. Regular exercise lays a foundation for peak performance by giving you more energy, improving your stress threshold and burning up those nasty stress chemicals.

- > **stand more** and sit less
- > **stand up straight** and don't lean or slump
- > **climb the stairs** instead of taking the lift when you can
- > **park** the car a distance from where you want to be and walk the rest of the way
- > **walk** your kids to or from school
- > **walk up** escalators
- > **go and talk** to your colleagues sometimes, rather than firing off emails all day

more energy

Being fit gives you more stamina for handling tough or draining situations.

better sleep

All forms of exercise help you to produce melatonin more effectively for a good night's rest.

increased stress threshold

Your stress threshold is linked to how efficiently your lungs transfer oxygen into your bloodstream. Being fit improves this efficiency, so everyday activities become easier as they begin to fall under your threshold.

stabilised blood sugar

A regular resistance training program evens out blood sugar levels, which means more stable energy without the ups and downs caused by swinging insulin events. Resistance training also helps to significantly slow down the process of muscle wasting that occurs as we age.

There are 3 key areas to focus on in order to achieve good all-round fitness

cardiovascular capacity

(anything that elevates your heart rate)

strength

(anything that puts your muscles under load)

flexibility

(stretching out those tight muscles)

Seek out activities that you enjoy in each area. A good weekly balance is

3 cardiovascular sessions

2 resistance training sessions

1 flexibility session

Don't forget to step up the pace progressively. It's regular, small changes that cause your body to adapt and grow stronger, more toned and more flexible.

Adrenalin junkies gravitate towards fast, challenging, competitive exercise, but this is not necessarily the best thing for you. Save your adrenalin for life's high-pressure moments. Exercise to settle your mind as well as work your body and aim for a steady level of intensity.

try

a **spin** class rather than mountain bike riding

a **jog** rather than playing touch football

a **yoga** or **Pilates** class for a whole new movement experience

On the other hand, vigorous exercise that pushes you to exhaustion is the best way to manage cortisol. Best done at the end of a horror day. Don't attempt this unless you already have a good fitness level.

try

100m **sprints** against a stopwatch rather than running on a treadmill

a **heavy weights** session rather than a barbell class

a **combat class** to unleash your inner warrior

Somewhere in our life someone has taught us that speed is of itself a good thing.

Knowing how to go fast is one thing, knowing when to go fast is another skill altogether.

Speed when there is need.

Are you guilty of speedy thinking?

Do you jump to conclusions a few words into someone else's sentence?

Do you get easily distracted when others talk?

Do you have trouble staying focused on one idea?

Do you race an idea to its conclusion way ahead of others around you?

Do you get impatient with people who don't apply themselves?

Being a speedy thinker can be very useful. Knowing when to slow it down is even more valuable. Children learn to run fast first, and then they learn to think about where they are running. Speed without need is a waste.

Being busy has acquired a new status. It is now equated with importance.

We often complain about being overloaded, but somewhere inside we need the sense of being indispensable and in-demand.

Adrenalin junkies are susceptible to packing their days to the brim. The trap is that being busy can add up to lots and lots of activity that isn't all that productive in the end. The days whiz by in a blur of urgent things to do, but priorities are still neglected and valuable objectives are not accomplished.

busy

It's not enough to be **efficient**. We also need to be **effective**.

Get off busy and get down to business.

Do your most important task first. This is usually not checking phone messages or replying to email or clearing your desk.

Eliminate in-trays. Instead, work in blocks on projects. File items based on projects.

Put each activity for the day through a filter that asks:

Does this support my main thing for today?
Is it part of something important?

Don't put in the hours. Produce results.

If 20% of what you do reaps 80% of your results, what would happen if you did the 20%, 100% of the time?

Trust that good things
needn't take much time.

Pull back and clear your mind

unclench

Become aware of tension in your body. Unclench the tight muscles in your jaw, your neck or your shoulders. If you're sitting, don't cross your legs. If you're standing, make sure your weight is distributed evenly between both feet and that your spine is long.

stop fidgeting

Likewise, stop tapping, scribbling, chewing, fiddling or using any other little nervous ploys that keep your body tense.

breathe

Discover what Indian mystics have known for 5000 years: your breath is the most effective means at your disposal for controlling feelings of anxiety. Take several slow, deep breaths in through your nostrils and out through your mouth. Feel the tension melting from your body.

talk slowly

This has the added effect of slowing down your thought patterns and keeping you more anchored to the here and now.

embrace silence

Take yourself somewhere quiet for a little while, even if it's just to the bathroom. Some adrenalin junkies distract themselves with noise all day and think that the sound of silence is empty and strange. In fact, it's a powerful counterbalance to a frantic existence.

be willing and able

These techniques are more effective than seeking comfort in another coffee or cigarette or calling your best mate for a good moan. If you want to control your adrenalin spikes, it's within your power to do so — but you must be willing to change some of your favourite bad habits.

lessons learned in gaol

If you don't give prisoners daylight, they become depressed and aggressive.

If you don't give prisoners exercise, they become stressed and restless.

If you don't let prisoners sleep, they become withdrawn and suicidal.

If you don't give prisoners purpose, they become disoriented and listless.

If you don't give prisoners food, they become angry and resentful.

Are you making a prison for your body?

Get

outside
moving
eating
sleeping
a routine
a purpose
a life

There are 2 ways of looking at the world

optimistic pessimistic

Optimists are

- > more resistant to infectious illnesses and better at fighting disease
- > more likely to see setbacks as temporary
- > more likely to inspire and motivate others
- > more satisfied with their achievements and more confident of continued success

We each have a natural predisposition to either optimism or pessimism.

Defining your own way of looking at the world is an essential building block for change. The one thing that is always within your power to control is your attitude. With a little training, you can develop a more optimistic outlook.

When things go wrong, pessimists tend to have hopeless thoughts. Try to replace bitter and negative self-talk with more encouraging and kind words. Talk to yourself as if you were cheering up a friend or one of your kids.

Also, don't ruminate on bad events. Do something pleasurable and entertaining to distract you from your worries — watch the comedy channel, go to the movies, hire a funny film for the night. Humour will put you in a better frame of mind for thinking creatively about your troubles and is a powerful antidote to the blues. Nurture your sense of humour and seek a regular comedy hit to help you break the cycle of self-defeating reactions.

It is your mind that creates this world

The Buddha

Is this you?

Adrenalin junkies are characteristically highly motivated and ambitious and take their work very seriously. This means that they also tend to be perfectionists.

Perfectionism is a special kind of hell.

- > Perfectionists have to be the best or they don't want to know.
- > Perfectionists believe they can always do better, in fact they must do better.
- > Perfectionists live in an endlessly postponed future. The here and now is only a means of moving forward to more impressive achievements.

The root cause of perfectionism is often a need for validation. Perfectionists maintain their unrelenting standards in order to receive the admiration and approval of others.

You can

Eliminate a great deal of self-inflicted anxiety in your life and ease up on adrenalin events if you can learn to let go of seeking positive feedback to make you feel worthwhile.

remind yourself that perfection does not guarantee approval

do it now – procrastinate later

live in the now

welcome your mistakes

Remember — relinquishing the need to achieve all the time is in itself a significant, life-enhancing achievement.

be

here now

There are 2 types of stress

eustress

'Good' stress that can help you stretch, grow and expand your comfort zone.

distress

Constant stress, or too much stress, that destroys health and creates a natural low.

The point at which eustress becomes distress is different for each individual. We all have our own stress threshold, the point at which we're tipped over the edge. Stressful events can add up and, no matter how high your stress threshold is, you can still suffer from burnout.

Adrenalin junkies under stress go faster — for you speed is the preferred response to most things. But this is dangerous because it makes you far more likely to abuse your body's adrenalin response and increase its reliance on cortisol.

Too much cortisol for too long is a recipe for stress-related ill health.

Rather than trying to go faster and ending up exhausted, get rid of those things that are slowing you down by

- > remembering how to relax
- > adjusting your attitude to time
- > enjoying more pause in your life
- > freeing up capacity

The result will be effortless speed.

- > set aside time where you don't do a thing
- > don't do a thing during that time
- > do this often

Make sure you
schedule some time
when you do
absolutely nothing.

meditation may not be
the answer

Meditate your own way

maybe the active meditation of tai chi, or maybe something else entirely.
Rock climbing ... embroidery ... writing poetry.

The goal is not simply to seek
distraction but to seek engagement
and mental stimulation.

This is a powerful way to centre you in the living moment and put you in a
state of calm readiness.

In-time

People who live in-time do not notice the passing minutes. They bury themselves in an activity only to be astonished when they notice they have not eaten or when they get a call telling them they missed an important meeting.

Through-time

People who live through-time can tell you what time it is fairly accurately without looking at a watch. It's as if they are highly attuned to the passing of the hours. They automatically gauge how long every task will take and they can make impressively accurate estimations.

In-timers

- > run late
- > immerse themselves in what they're doing
- > produce results but not always when required
- > tend to take on too much
- > can be very spontaneous

If you're an in-time adrenaline junkie, you're always waking up to some emergency or other. Not thinking ahead leaves you in a constant state of reaction. A little forethought and planning can make a world of difference.

Through-timers

- > do what they say they will
- > don't commit lightly
- > focus on details
- > could take more risks
- > try to make others more aware of time

If you're a through-time adrenaline junkie, you never escape a sense of urgency. You make everything a priority and as a result nothing is. A little more respect for flexibility and a focus on what's important will help you heaps.

Everyone is always busy. Rather than seeking to slow down, plenty of people seem to relish the fact they're habitually short of time. When asked how they're going they'll reply

Phew, flat out
I've no time for anything these days, I barely have time to scratch.

Our language and our behaviours define us.

Try saying

I have lots of time, I'm feeling on top of things
No rush, take your time
I'm easy, when is a good time for you?

Try And let's lose language like

ASAP
This is urgent
Quickly, hurry up

If time is a problem for you, change your relationship to it. Start by changing the words you use.

Wristwatches are mini adrenalin whips.

**Clocks aren't the problem:
clock-whipping is.**

People use timepieces to create urgency in their lives. By watching the watch they are controlled by time. They use it to feed their obsession with how pressed for time they are.

Get out of time with the 10 Day No Watch Challenge.

How many times a day do you glance at your watch? If the thought of not wearing one makes you feel anxious, then go ahead and try taking it off for 10 days. You might find it helps you to be more casual about deadlines and time-pressures. It might help to free up your attitude to time and reduce some adrenalin spikes.

All the tips on time management in the world aren't much comfort if you're overloaded and struggling with the pressures of multiple responsibilities. You are already at maximum capacity.

Your cup is full.

You have 2 options

1

1 get a bigger cup

2

2 get rid of something

How to grow a bigger cup

- > get fit and healthy so you can handle more
- > learn a new skill
- > do less so that you have more breathing space in your day

How to empty your cup

- > stop doing some of the things you are doing
- > hire help: ironing, decorating, blow-drying, baby-sitting, gardening, dog-walking, you name it
- > shift from 100% perfection all the time to 80% very good most of the time

Too often when we're flat out we go in search of solutions that paradoxically require us to do more things. We go to workshops and come away with a few more things to do. We speak with mentors and discuss more things to do to change our life.

Have you ever taken old, unloved clothes out of an over-full wardrobe and put them in a charity bin? How did you feel?

Deleting unnecessary and self-imposed activities/tasks/obligations from your life is a surefire way to free up capacity. The thoughts that you fill your head with don't always help you either. Get all your thoughts working towards what's important and dump the rest.

Make your love for the adrenalin high work for you. Look at your day in advance and choose when you think Adrenalin Priority Events are likely to occur. Then spend the rest of the day sparing adrenalin for those moments when you can give yourself permission to go APE.

Keep your energy levels high by stopping for 30 minutes in the middle of the day. This will mean you have a burst of energy at 3.00 pm rather than at 9.00 pm.

If you've had a tough time at work, go for a brief walk before you step in the door back home.

Create your own firewalls to help you manage stress.

You're on purpose if

- > the activities you do seem to flow effortlessly
- > you ask yourself all the time: is this the best use of my time?
- > you are purposefully doing what you were meant to do
- > you are doing things that make you feel good about yourself
- > you understand that even difficult tasks are worth the effort if they are part of a bigger gain
- > you are delegating those tasks that you are not good at, or you're developing your abilities in those areas
- > you are enjoying what you do

You're not on purpose if

- > you are doing what others want you to do
- > you are doing something because it has always been done that way, regardless if it's the best way
- > you are doing things that seem urgent but don't really have much point
- > you are spending too much time doing things you're not good at
- > you feel that everything is an effort and takes too long to finish
- > you are working all the time but not doing what you want to do for yourself
- > you are dissatisfied at the end of the day

junkies

- > breathe deeply
- > prioritise adrenalin events, and don't use up all your precious fuel if it's not warranted
- > build a strong heart to help counteract the physical damage brought on by stress
- > don't skip meals and put your body under more stress
- > tell yourself all is well
- > step off the speed sometimes and create calm moments in your day

cowboys

- > manage your accumulated stress, so that you don't find yourself feeling more and more irritable as the day goes on
- > stop before every reaction and ask yourself what's the best thing to do or say now
- > remind yourself everyone is doing the best they can with what they have
- > laugh a lot, chill and watch something funny
- > take care with stimulants, such as nicotine and caffeine, which prevent you from relaxing
- > work out hard to counter increased muscle tension and burn off excess cortisol

Spare a thought

pause II