



Your Stress Sweet Spot

Find the level of activation that supports you

Too little activation can leave us flat or unfocused. Too much can flood the system. The useful middle changes with the task, the person and the day, so this is a guide for curiosity rather than a fixed rule.

1. Under-activated

Flat, restless, distracted or struggling to begin.

2. Supported energy

Alert enough to engage, with room to think and adapt.

3. Overloaded

Racing, tense, scattered or unable to take in more.

4. Recovery

Rest, movement, connection or a smaller next step helps the system reset.

Where am I on this curve today?

What does this level feel like in my body?

What would move me one step towards supported energy?
