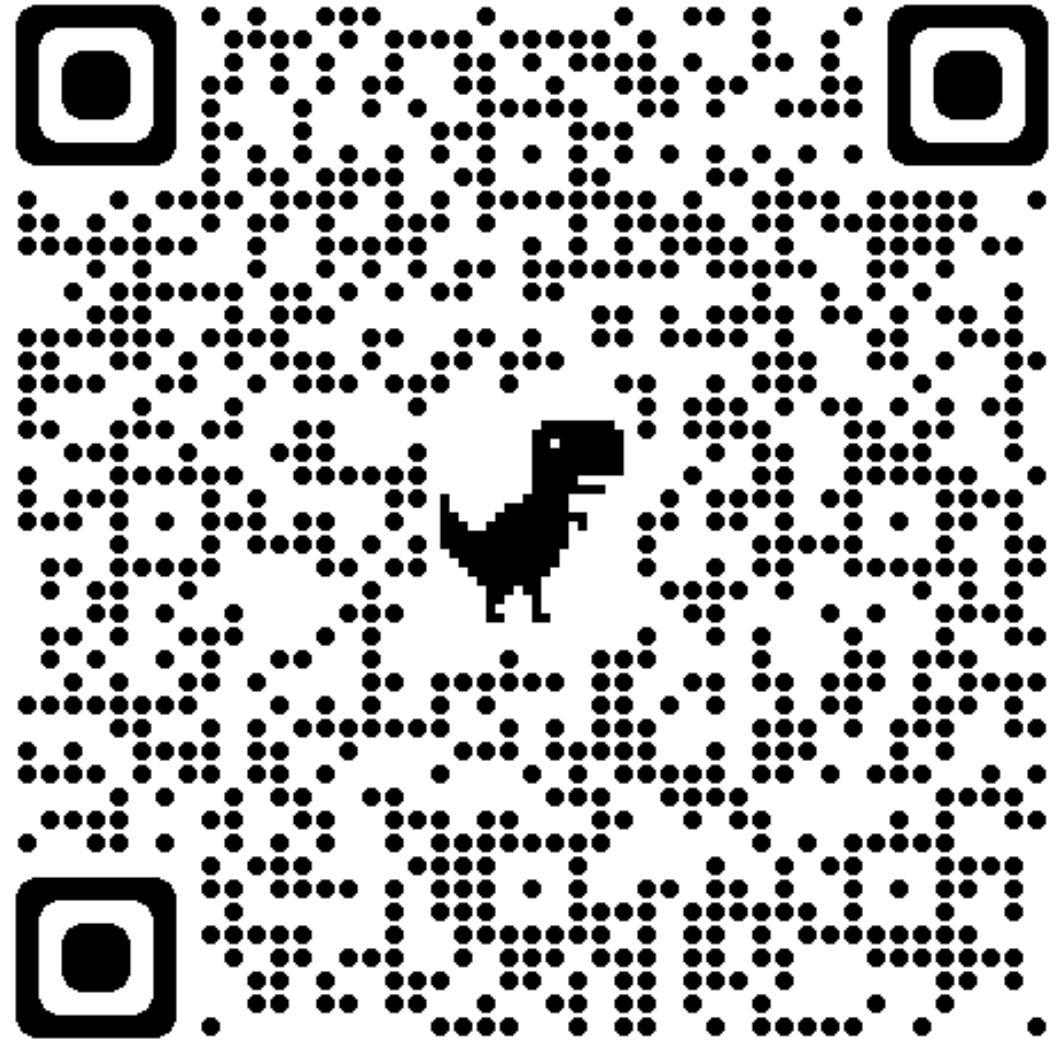


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**What have YOU  
noticed about  
STRENGTH  
when under pressure?**



**Music  
Movement**

**Live a  
fulfilling life...  
adventure and service**

**Repairing  
Burn Out/Trauma/Exhaustion**

**Laughter**

**Breathing**

**Doing what  
matters most  
right now  
PRIORITIES**

**Feeling  
Purpose**

**Boundaries  
Saying No**

**Being  
Understood**

**SUPPORT  
NETWORK  
and  
COMMUNITY**

**LESS POWERING THROUGH  
MORE HONORING the STRUGGLE**

**Wanting what you have  
GRATITUDE**

**Creativity**



Stretch Point:

Pressure that brings out our most  
productive and creative moments.





S = Stretch. Helpful pressure.

O = Off. Neutral. Not enough pressure.

S = Snap. Too much pressure.

















# **RIDE THE WAVE**

Learn to ride out the low so we are not surprised  
and upset by downturns.

Pass through a breaking point.

Unmet expectations lead to disappointment.  
Manage disappointment by changing our  
expectations.

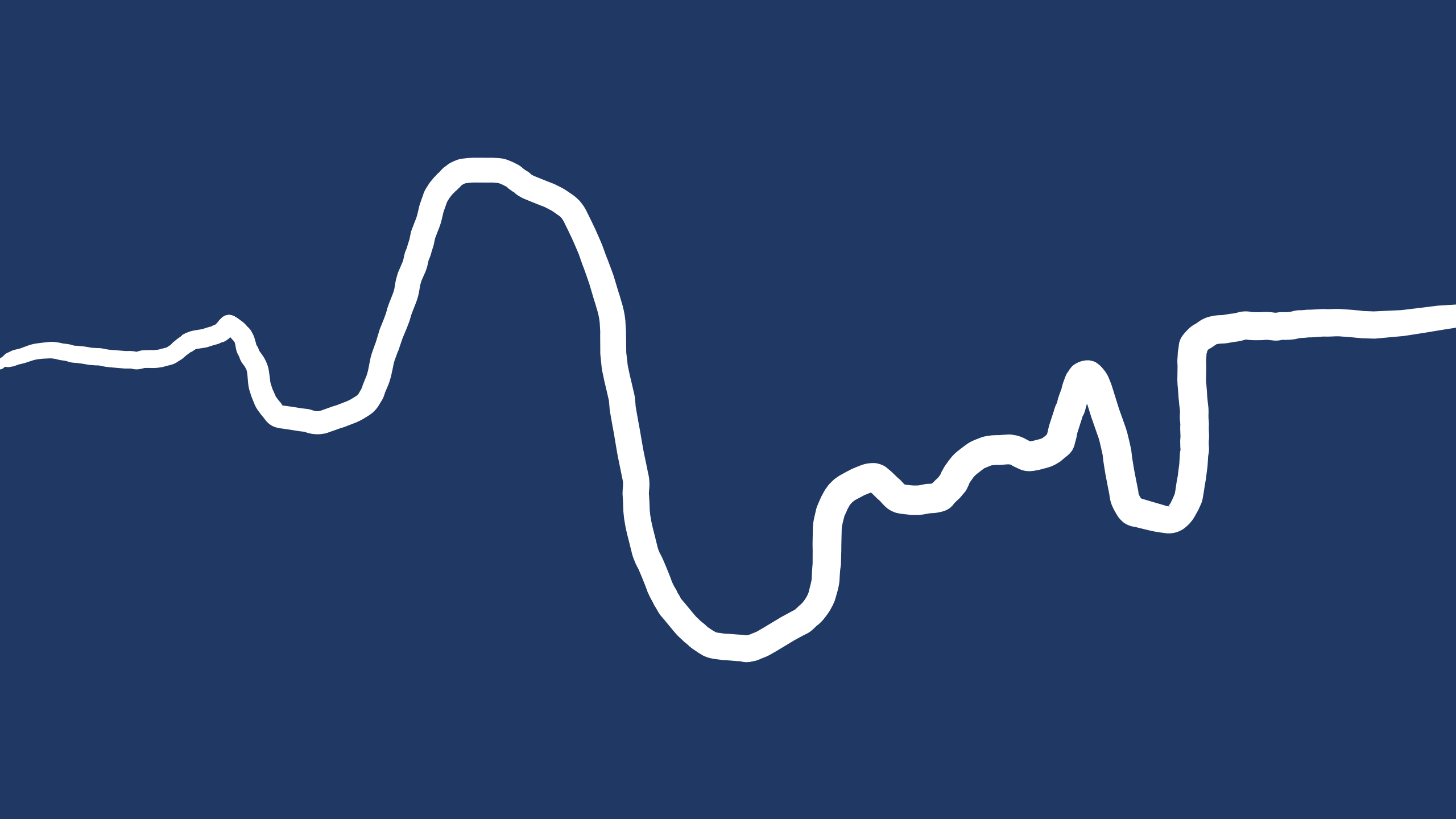




# Repair and Replenish

Knowing your fuel levels,  
and stopping at your personal gas station,  
can prevent a perpetual low.





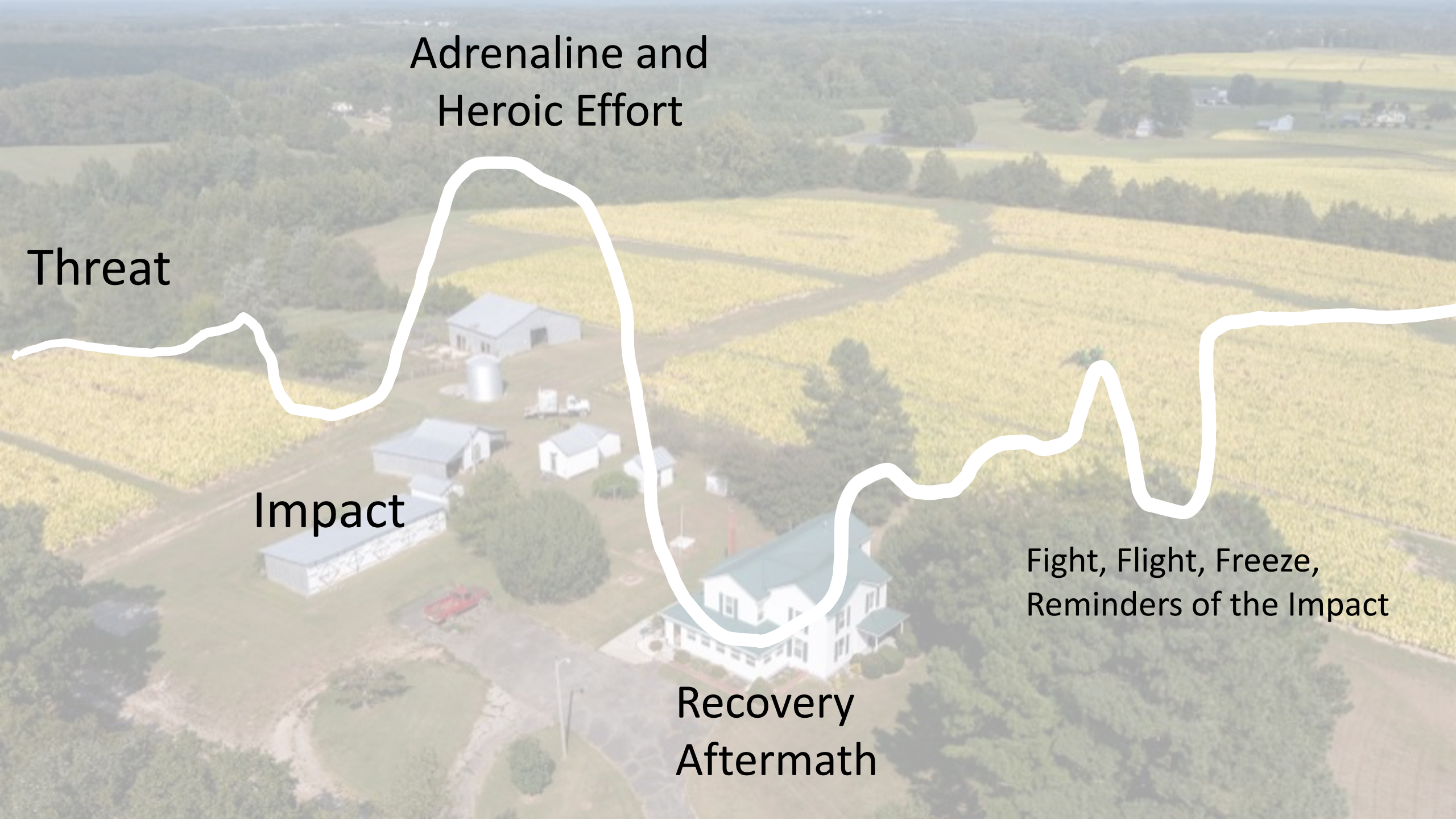
Adrenaline and  
Heroic Effort

Threat

Impact

Recovery  
Aftermath

Fight, Flight, Freeze,  
Reminders of the Impact





# Community Matters:

A support network,  
someone who truly understands,  
and connection  
are the most powerful solutions to  
navigating lows.







Breathe in slowly —  
fill your lungs

Relax —  
don't breathe in

Hold your breath

**4**  
**Seconds**

Empty your lungs











Video courtesy of Jason Larson







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