

Stress Threshold

Lid-flipped - too far!

When this line is crossed, not many strategies work. This looks like: anxiety/panic attacks, saying & doing things you don't mean, impulsivity, regretful actions (e.g. breaking items), rage texts & emails, alcohol & drug misuse, yelling, rage).

Work works here:

- *Cold exposure
- *Change environment
- *Movement
- *TIME

