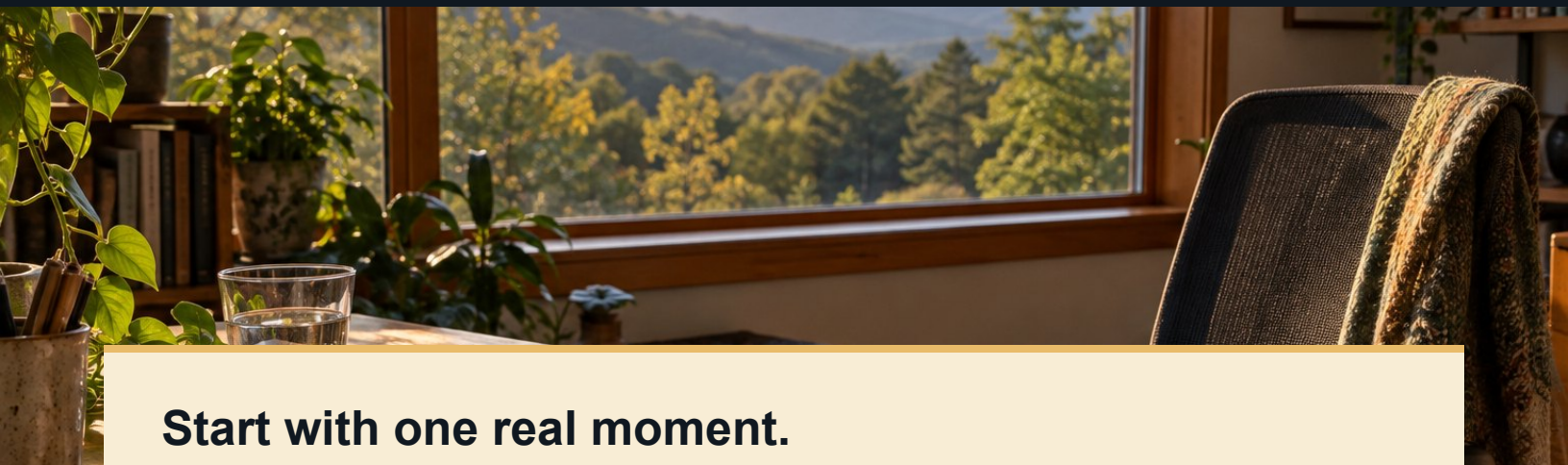


Where is stress costing you capacity?

Notice a pattern in your week.

Try one useful action.

Choose support that fits.



Start with one real moment.

Think about the past seven days. Finish this sentence:

I noticed _____ while I was _____.

What did it cost: physical comfort, time to recover, or attention?

For self-reflection. This guide does not identify the cause of symptoms or provide a medical diagnosis.

One pattern. One useful change.

1

Choose a row that fits your week.

2

Try the action beside it.

3

Notice what changes.

Starting point	What it may be costing	Try this now
Physical comfort	Muscle tension or discomfort keeps interrupting your attention or everyday activity.	Pause the task for two minutes. Settle into a comfortable, supported position. Notice tension without forcing a stretch or pressing into discomfort. Is it less noticeable, the same, or different?
Room to recover	Responsibilities or requests keep entering time you intended to take off.	Choose one nonessential task that can wait. Write down when you will return to it. Leave the next two minutes free from a replacement task.
Attention	Competing demands or switching tasks make it harder to stay with what matters.	Write one small next action. Put one nonessential distraction aside. Give that action two minutes before switching again.

Your starting-point chart is on page 3.

If more than one row fits, start with the one that matters most to you today. You do not need a score or a label.

Notice the cost

Name the pattern

Try one action

Choose support

Find the gap. Try one action.

Choose one row that describes something you actually noticed.

Starting point	What it may be costing	Try this now
Physical comfort	Muscle tension or discomfort keeps interrupting your attention or everyday activity.	Pause the task for two minutes. Settle into a comfortable, supported position. Notice tension without forcing a stretch or pressing into discomfort. Is it less noticeable, the same, or different?
Room to recover	Responsibilities or requests keep entering time you intended to take off.	Choose one nonessential task that can wait. Write down when you will return to it. Leave the next two minutes free from a replacement task.
Attention	Competing demands or switching tasks make it harder to stay with what matters.	Write one small next action. Put one nonessential distraction aside. Give that action two minutes before switching again.

Nothing stands out yet? Notice one specific moment today and write it down. You do not need to invent a problem.

Choose an action that fits your responsibilities and feels comfortable.

What did you notice?

A small action gives you something concrete to compare.

What changed in comfort, attention, or available time?

What stayed the same?

What task, request, or situation keeps appearing?

EXAMPLE

“I meant to take ten minutes off, but kept answering messages.”

Possible next change: choose a reply time and protect a small pause.

No change is information, too. Keep what helped; adjust what did not. Feeling better immediately is not a requirement.

Choose the next step that fits.

RECURRING MUSCULAR TENSION AFFECTS YOUR DAY

If you want hands-on support for physical comfort, bodywork may be worth exploring.

The Capacity Reset

\$99

First visit · 60 minutes of personalized bodywork

Mobile care in the Asheville service area

No membership required

[Explore a first visit](#)

A conversation and intake confirm goals, consent, location, and suitability.

The gap is time, workload, or attention.

Start with a clearer priority, one boundary, or a request for practical support. Choose the change that addresses the demand you noticed.

The pattern is unclear or a symptom concerns you.

An unclear pattern may need more observation. Persistent or concerning symptoms deserve appropriate healthcare advice. Do not delay that care for bodywork.

Keep one useful next step.

A note on your phone is enough.
Use these prompts if they help.

MY PATTERN

I noticed ____ while I was ____.

THE COST

It interrupted my comfort / recovery time / attention by ____.

MY SMALL CHANGE

I tried _____. I noticed _____.

MY NEXT STEP

I will keep or adjust _____.

I will check in again _____.

The aim is a more useful next action, not a perfect score.

Questions about bodywork? hello@eustressavl.com