

# get CLEAR

## Anxiety

*pronounced | errrhhh-ggghhh*

1. Stalls humans to the point of feeling temporarily incapacitated. And/ or;
2. Propels them in the opposite direction of where they want to go.

Attention: Please fit your own oxygen mask before helping others!

Humans have basic needs.

In order to function to the best of your ability...

### Ask yourself...

#### Have I...

- slept well
- filled my body with nourishing food
- exercised
- cleaned myself and my surroundings
- had a nature hit
- created a to do list
- stretched with **Get Bendy**

If the answer is no for any of the above, take note and act accordingly.

If you are still feeling uneasy after getting these things in order it's time to turn to your surroundings.

### Ask yourself...

#### Are these feelings stemming from...

- family
- friends
- work
- a relationship
- a toxic environment

A lot of issues can be solved with communication combined with a touch of vulnerability. Be clear about what it is that you want and have the courage to talk about anything that needs to be discussed.

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STRETCH YOUR BODY || STRETCH YOUR MIND

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