



Your Stress Signals Decoder™

Stress does not always announce itself. Notice the clues your body and mind may be sending.



BODY SIGNALS

- Jaw clenching or tight shoulders
- Shallow breathing or frequent sighing
- Racing heart or a fluttery stomach
- Headaches, tension or feeling restless



THOUGHTS & EMOTIONS

- Racing thoughts or constant worry
- Feeling irritable, impatient or easily startled
- Difficulty concentrating or making decisions
- Feeling emotionally flooded or unusually numb



DAILY HABITS

- Rushing, multitasking or unable to slow down
- Skipping meals or relying on caffeine
- Scrolling, snacking or staying busy to avoid quiet
- Pulling away from people or usual activities



RECOVERY CLUES

- Sleep feels lighter or less refreshing
- Small tasks feel harder than usual
- You need longer to settle after stress
- Rest does not seem to restore your energy



WHAT TO DO WITH THE CLUES

1. Pause and name what you notice.
2. Check whether you need calming, movement, nourishment, rest or support.
3. Choose one small response instead of trying to fix everything.



GENTLE REMINDER

One signal does not tell the whole story.
Look for patterns, changes and clusters of clues.



Martine's Midlife Wellness Tip

Pay attention to your earliest stress signal.
Responding sooner may make it easier
to return to a steadier state.