



PERSPECTIVE ... SEARCH FOR EVIDENCE

Everyone is born with a 'Fight or Flight' response to what we see as a threat.

When this response revs up it can limit us from using the resources we have at hand ... our ability to think, to recognize how we actually feel and to problem-solve.

The difficulty arises when this response kicks in and problems make us feel overwhelmed. It stops us realizing that the problem isn't actually a threat to our survival and blocks our ability to think things through ... even though this gives us the best chance of solving it.

Take a breath, take time-out and measure your response with evidence.

