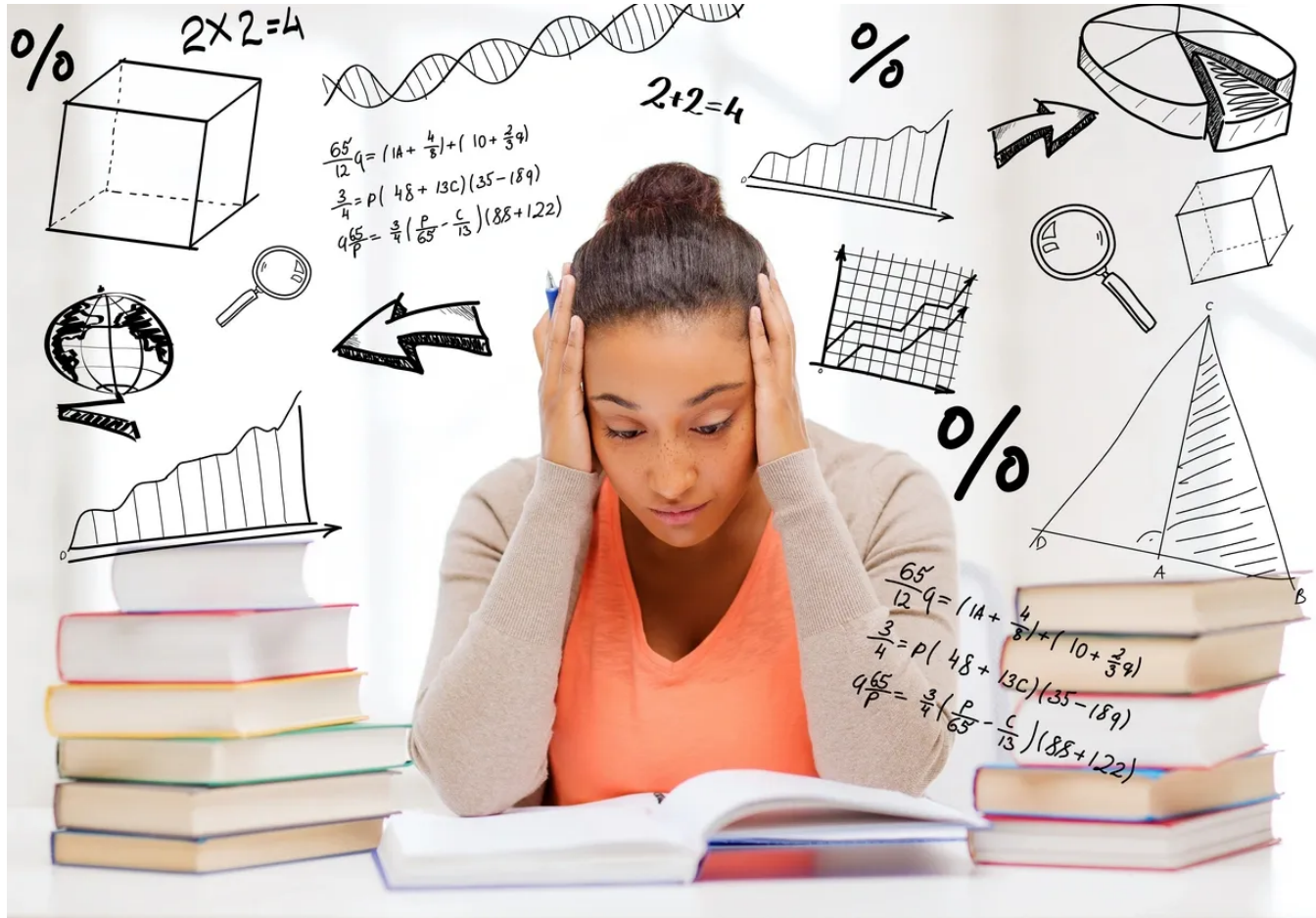


Stress Is a Signal, Not a Symptom

27 March 2025 | Stress



A female student is feeling overwhelmed with her studying.

Stress is not your enemy; it is actually a valuable signal from your mind and body, inviting you to pause and reflect. Instead of viewing stress as a flaw to suppress, let's embrace it as a communication tool—much like a dashboard

warning light in your car. Stress can highlight areas that need attention, whether it involves aligning with your core values, establishing healthy boundaries, or tuning into your emotional and physical needs.

I wholeheartedly encourage you to transform your relationship with stress. Rather than assigning it a negative label, ask yourself, "What is this teaching me?" This empowering shift allows you to approach stress with curiosity instead of criticism. By listening to the messages behind your stress—whether it's a need for a break, more explicit boundaries, or deeper self-awareness—you take an active role in nurturing your well-being.

Remember, stress does not define who you are; it serves as your guide. Learning to interpret its signals is an essential step toward living intentionally, with more excellent balance and authenticity. Embrace the journey of understanding stress and unlock the path to a more fulfilled and harmonious life. Let's celebrate the power of self-discovery and growth together!