

-The Percentage principle -

90/10% Principle affects your whole life.

We have a certain amount of expectations when our day starts and being human we like most things to be planned and go ahead without any issues.

Of course this does not always happen, which then can cause us to freak out – anxiety sets in.

What is the 90/10% principle?

Well it's easy when you know and understand it.

It comes down to – we can't always prevent what will happen in this life.

We can only prevent 10% of what happens.

What we can control is how we react to the situation, those unexpected inconveniences that confront us on a day to day basis.

The Balance - 90%

The 90% is how we react, and what we do when we are stressed.

Throughout our lives we feel stressed, whether we like it or not.

Our body reacts by releasing – the '**fight or flight**' hormone – adrenaline and cortisol. This speeds up the heart rate and breathing to prepare our muscles to react.

However, constant stress leads to anxiety, lack of sleep, frequent headaches, mood swings, irritability and depression, and all of these are not good for us.

Do you want to say in a bad mood all day?

Don't sweat the small stuff.

Learn to react correctly, control your actions.

Call for an appointment with Kay 0434 436 835

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