

# WHERE IN YOUR BODY IS YOUR STRESS?

Before you have a thought like "I feel nervous or stressed" you have already experienced a stress response physically in your body. Most of the time we ignore these responses or push them away, thinking that stress is bad. The opposite is actually true. When we acknowledge our physical response, we can assess the emotion attached and use that feeling to fuel our performance. Not all stress is bad stress, knowing what to do with it is the key to improving your performance. Where in your body is your stress?

