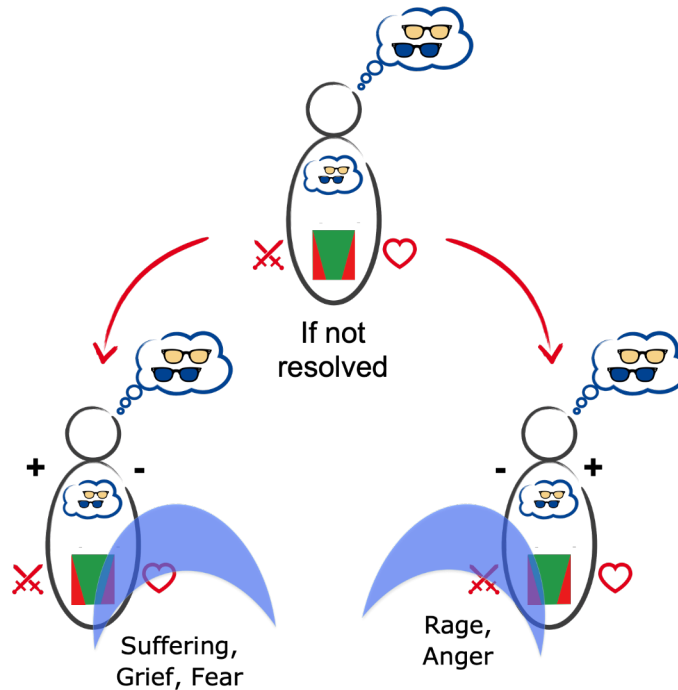


Typical Health Consequences

Too tough/hard - potential health consequences:

- Emotional coldness / Silence - People push past their physical limits because they can't emotionally perceive these boundaries well, e.g., marathon runners
- All types of addictions to cope with feelings like suffering, fear, or grief, e.g., alcohol, gambling, pills
- Outbursts of anger, self-harm, manic behavior
- Becoming irritated



Too soft - potential health consequences:

- Eaten up by anger, irritated, high blood pressure, heart attack, addictions, burnout, autoimmune diseases, chronic fatigue syndrome, ...
- Conversion of anger into depression, fear, grief
- To prevent the uncontrolled expression of anger: Muscle tension in the neck/shoulders, teeth grinding, migraines, joint problems, accidents

Resolve stress on 7 levels - become healthy

