

STATES OF EXPERIENCE

← **OVERWHELM** →

HIGH



CHALLENGES



ANXIETY

**HIGH
NEGATIVE STRESS**

- Turbulence
- Worry
- Frustration
- Anger

FLOW

**HIGH
POSITIVE STRESS**

- Success
- Joy
- Purpose
- Fulfillment

**PEAK
PERFORMANCE**

DEPRESSION

**LOW
NEGATIVE STRESS**

- Apathy
- Bleakness
- Passivity
- Paralysis

RELAXATION

**LOW
POSITIVE STRESS**

- Recovery
- Re-Balancing

SKILLS & STRATEGIES

LOW

← **(BODY, MIND, & SPIRIT)** →

HIGH

**PEOPLE +
PURPOSE**

Ordinary to Extraordinary

Emotional Agility

emotionalagility.peoplepluspurpose.com/