FREE 5-MINUTE CHECK

The Pressure Cost Check

You can be coping and still be paying for it. Use this page to notice what pressure is costing before it becomes a crisis.

Start with what is true this week

- ☐ **My mind is still working when the day is over.**
  Work, conversations or decisions keep running after I want to stop.

- ☐ **Small things take more effort than they used to.**
  I am functioning, but I have less room, patience or recovery.

- ☐ **Rest does not feel fully restorative.**
  Time off happens, but I do not feel properly reset afterwards.

- ☐ **I am carrying more than people can see.**
  The outside looks managed. The inside feels crowded.

- ☐ **I keep postponing recovery.**
  I tell myself I will slow down after the next deadline, problem or busy period.

If you ticked two or more, do not diagnose yourself. Treat it as useful information.

> *The question is not only "Can I cope?" Ask "What is coping costing me right now?"*

PRESSURE COST CHECK

Choose one cost to reduce

Do not redesign your life today. Pick one pressure point and make the next ten minutes easier.

1 **Name the pressure**
What is taking up the most mental, emotional or practical space right now?

2 **Name the cost**
What is it costing you in attention, sleep, patience, concentration, time or recovery?

3 **Reduce one demand**
What can be delayed, delegated, shortened, declined or left at “good enough” today?

4 **Protect one recovery point**
What is one small boundary that would give your system a little more room before tomorrow?

GO DEEPER

Why Can’t I Relax? and The Nervous System Tax explore this pattern in more depth.

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