

Life.Under Pressure.

THE 4 PILLARS OF STABILITY

1.

PHYSICAL STABILITY

Regulate the body first.

- ☾ Sleep.
- 💧 Hydrate.
- 🏃 Move.
- 🌬️ Breathe.

2.

COGNITIVE CLARITY

Separate facts from projections.

- ⚙️ Reduce variables.
- ⏸️ Delay irreversible decisions.

3.

EMOTIONAL BALANCE

Master your internal state.

- ♥️ Acknowledge emotions.
- 🌐 Avoid reactive impulses.
- ✈️ Choose response, not reaction.

4.

STRUCTURAL ANCHORING

Reclaim micro-control.

- ☑️ Complete one small task
- 📅 Maintain daily routine.
- 📅 Build reliable habits.

The 4 Pillars of Stability

Restore the foundations before attempting to redesign your life

When overwhelmed, do not solve your future.

Restore your foundations.

1. Physiological Stability

Regulate the body first.

Sleep. Water. Breath. Movement.

2. Cognitive Clarity

Separate facts from projections.

Reduce variables. Delay irreversible decisions.

3. Relational Containment

Do not isolate.

Seek calm, not escalation.

4. Structural Anchoring

Reclaim micro-control.

Complete one small task.
