



High Energy

**High Energy/Low Tension**

This stress I feel, this stress I feel,  
Exuberant energy I cannot conceal.  
Energy is high, but tension is low  
So play is the thing that helps me to slow  
I'm ready to burst and have so much fun  
It's tough to rein in, I want to just run  
Reframe, recognize, reduce, and restore  
Being aware can help me endure.

**High Energy/High Tension**

This stress I feel, this stress I feel,  
In **Flow** state now I'm happy to deal.  
Tension is high, energy is too  
In this state there is so much I can do.  
I'm ready to tackle the world as it is  
When I'm in this zone, I feel like a whiz.  
Reframe, recognize, reduce, and restore  
Being aware can help me endure.

Low Tension

High Tension



Low Energy

**Low Energy/Low Tension**

This stress I feel, this stress I feel,  
Exhausted and spent almost surreal  
Both energy and tension register low  
Heart rate, and breathing both apropos  
In this state now I'll soon be asleep  
My body and mind won't make a peep.  
Reframe, recognize, reduce, and restore  
Being aware can help me endure.

**Low Energy/High Tension**

This stress I feel, this stress I feel,  
I do not like this stress I feel.  
With tension high, and energy low  
I'm kindled and primed and ready to blow.  
Some quiet, alone would help me survive  
I know what I need to help me to thrive.  
Reframe, recognize, reduce, and restore  
Being aware can help me endure.

