

It Adds Up

Each of these things you can probably cope with one at a time:



Bad day at work
Getting a parking ticket
Horrible commute home
Some kid has knocked over your mailbox
In-laws call with a tech question
How would you feel if all these stress inducing triggers happened close together?

Now a salesman comes to your door just as you have FINALLY sat down...

This also happens with our dogs

Vaccum cleaner running
Kids are screaming wildly
Neighbor's dog is barking
Someone is setting off firecrackers
Repair man is working on plumbing
How do you think Fido is feeling with all these stressing elements?

Now a child tries to dress Fido up for a tea party amidst all the stress Fido has endured this day.



Too many stressing triggers stacked up push us all to the breaking point.

Stress – It Adds Up!