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## Are You Living In Survival Mode?

This can be a difficult question to ask in our lives but generally speaking, there's a good chance you are living in survival mode and don't realize it. How can you tell? Read the blog posts below for more info.

- **Stress And Survival Mode**

Stress and survival mode are things we all experience but we often do not see. One of the biggest things that shut down when we are in survival mode is our felt sense. [<<read more>>](#)

- **Numbing Is Not Dealing With Stress**

Stress is the silent numbing mechanism. It holds us back. It helps keep our eyes focused on the shiny flashy sayings of the day, rather than the substance. Because of this, we fail to feel its full impact on the body, as well as the mind. [<<read more>>](#)

Are you able to see how stress is currently impacting your life?

*Don*

Don't forget to check out my blog at

[MindBodyThoughts.com](http://MindBodyThoughts.com)

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