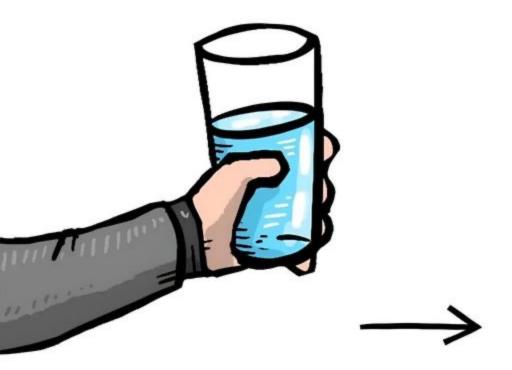
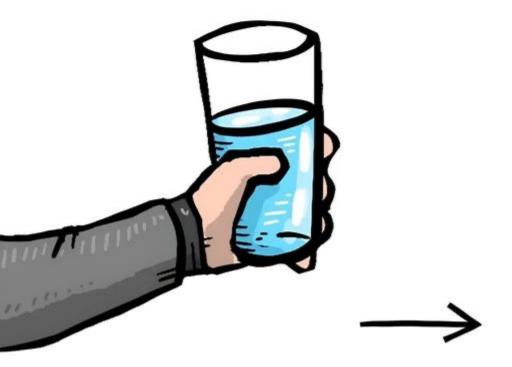
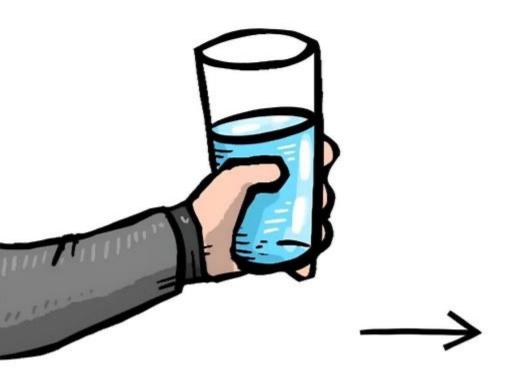
Imagine you're holding a glass of water...



If you hold it for a minute, it's **no problem.**



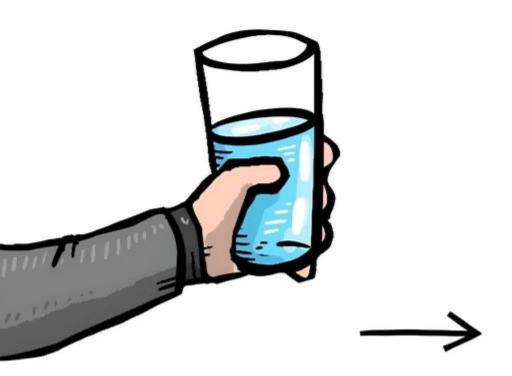
If you hold it for 1 hour, you'll have **an ache** in your arm.



Hold it for a **day** & your arm will feel numb and **paralyzed**.



The weight of the glass does not change, but the longer you hold it, the heavier it becomes.



The stress & worries in life are like the glass of water.



Think about them for a while, **nothing happens.**

Think about them for a bit longer, they **begin to hurt.**

Think about them all day long, you'll feel **paralyzed** and **incapable** of doing anything.

