

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.

