

# HUMANS ARE NOT MEANT TO FUNCTION WITH PERMANENT STRESS OR PERMANENT SPEED

## STRESS

STRESS REDUCES OUR VISION AND CLARITY TO A FOCAL POINT  
LEAVING NO FOCUS OR ATTENTION TO THE WIDENESS OF OPTIONS  
STRESS IS USEFUL AT ONE POINT IN TIME, BUT NOT PERMANENTLY  
SINCE WE MISS A LOT IN THE PICTURE, WHICH CAN BE USED AND BE USEFUL



## OBSERVATION

WITH LESS STRESS, WE CAN SEE MORE OF THE PICTURE AND  
SOME INFORMATIONS WE SEE CAN HELP US, WE CAN THEN USE  
**OUR FREE WILL TO GO IN ONE PLACE OR IN ANOTHER**  
BASED ON A MORE COMPLETE PICTURE



## SPEED

THE FASTER WE TRY TO GO, THE FASTER WE WILL REACH A DESTINATION  
BUT THE LESS DETAILS OF THE JOURNEY WE WILL BE ABLE TO CAPTURE  
THOSE DETAILS MIGHT BE USEFUL FOR US TO UNDERSTAND THE NOW  
USEFUL FOR OUR FUTURE OR USEFUL FOR OTHERS



## SLOWNESS

SLOWNESS IS DEPICTED AS A DEFECT, BUT THERE ARE A NUMBER  
OF GOOD POINTS OF BEING SLOW : **NOTICING THE DETAILS TO  
UNDERSTAND, COMPREHENDING THE CONNECTIONS BETWEEN THINGS,  
TAKING THE TIME TO CARE FOR SELF AND OTHERS, BEING INSPIRED**



STRESS

+

SPEED

=

RECIPE FOR LONG TERM UNBALANCE

OBSERVATION

+

SLOWNESS

=

RECIPE FOR HARMONIOUS BALANCE