@vallabhchitnis

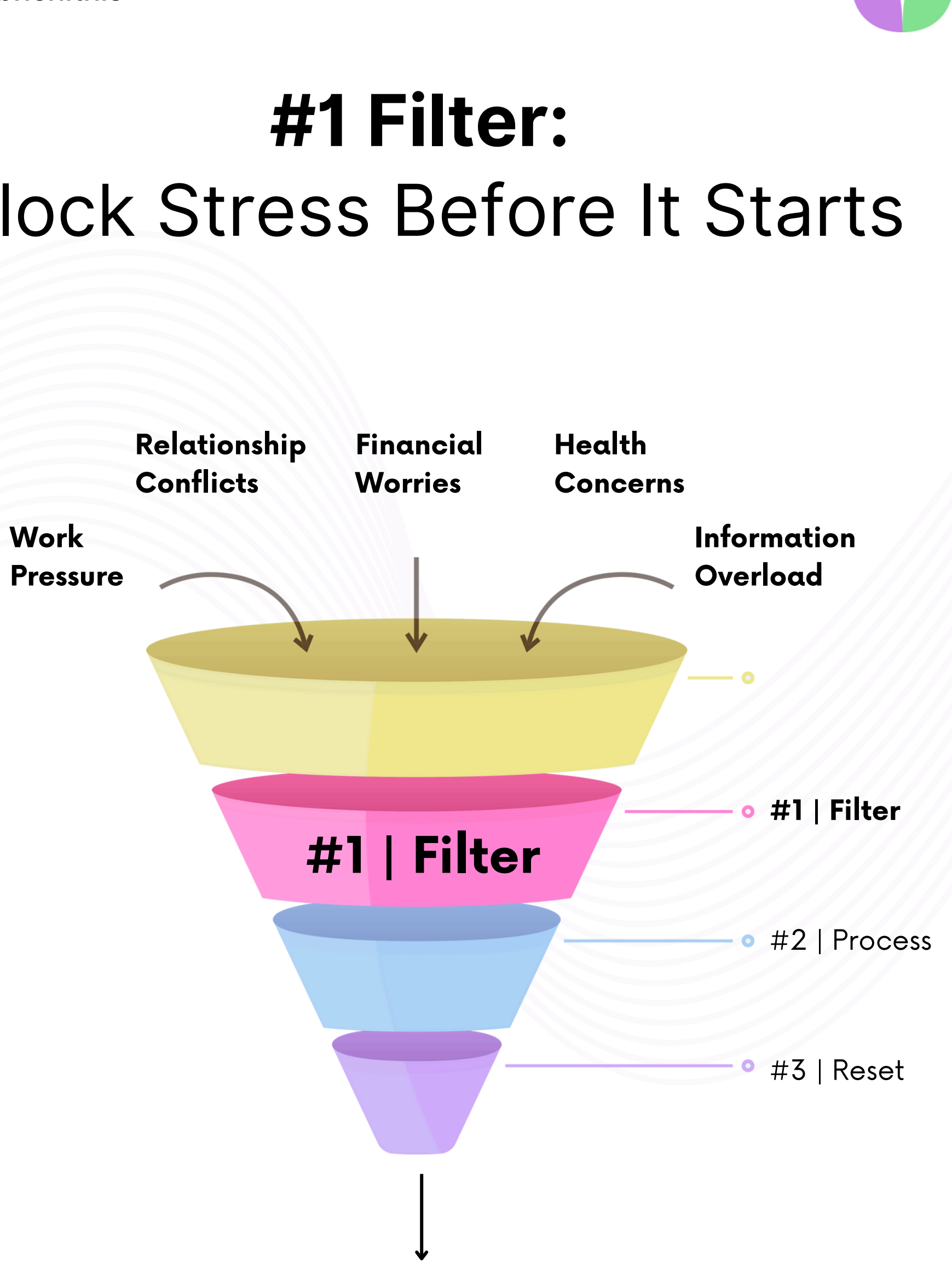
DEPROGRAM

STRESS SERIES

#1 Filter:
Block Stress Before It Starts

@vallabhchitnis

#1 Filter:
Block Stress Before It Starts



Clarity | Emotional Balance | Better Health | Higher Productivity | Stronger Relationships

@vallabhchitnis

Facts:

- Not everything deserves your attention.

- You don't need to process every piece of negativity thrown at you.

- Your brain wasn't designed for unlimited inputs.

→

@vallabhchitnis

The Logic:

Your brain has limited bandwidth.

The more useless negativity you absorb, the more stressed you feel, even if it has nothing to do with you.

@vallabhchitnis

The Science:

- Studies show that high exposure to negative content raises cortisol (the stress hormone).

- The brain's cognitive load is finite.

- Too much input leads to anxiety, exhaustion, and poor decision-making.

→

@vallabhchitnis

#1 Filter

How to block stress before it starts

@vallabhchitnis

1. Set a Mental Spam Filter | Examples

- No news before 10 AM (start your day with clarity).
- No work talk after dinner (protect your recharge time).
- No mindless scrolling at night (let your mind rest).
- Mute toxic group chats. Unfollow negativity.

2. Before engaging, ask:

"Does this deserve my energy?"

If not, ignore it.

@vallabhchitnis

If you don't let stress in, you don't have to fight it later.

What's one thing you will filter out starting today?