



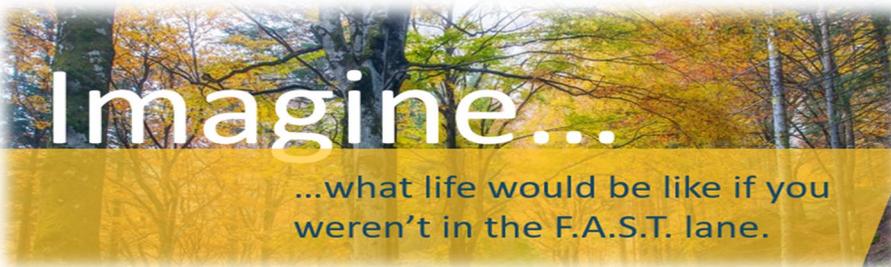
The F.A.S.T. Lane

Frustrated, Anxious, Stressed, and Tired?



Many of us live our lives in the F.A.S.T. lane, often experiencing the consequences of taking on more than we can handle. While we know this, many of us don't know how to get out and find our balance again.

- **Frustrated** - 87% of workers worldwide “are emotionally disconnected from their workplaces and less likely to be productive.” In other words, work is more FRUSTRATING than fulfilling for nearly 90% of the world’s workers -*Gallup 2013*
- **Anxious** - 40 million adults in the United States, age 18 and older, suffer from ANXIETY disorders. -*Anxiety and Depression Assoc. of America*
- **Stressed** - 49% said they'd had a major STRESSFUL event or experience in the past
 - 44% report eating less than usual and 43% reported decreased participation in activities (*exercising/playing sports/hobbies*) -*Anxiety and Depression Assoc. of America*
- **Tired** - Over 20% of Americans suffer from chronic sleep loss or untreated sleep disorders
 - 70% report sleeping less than usual. Poor sleep can contribute to weight gain, headaches, high blood pressure, diabetes, depression, an impaired immune system, and attention deficit disorder



1. Use the attached sheet and take a few seconds to write some words to describe what life *outside* the F.A.S.T. lane might look like
2. On a scale of 1-10 rate how you feel in each of the categories (*1=low, 10=high*) and what causes you to feel frustrated, anxious, stressed, and/or tired. You may notice common themes in each of the boxes
3. Identify a category that you want to focus on first
4. Imagine what life would be like if you could change out of the F.A.S.T. lane and into more smooth-flowing “traffic”
5. Identify small steps to help move you out of the F.A.S.T. lane

F.A.S.T. Analysis	
Frustration On a scale of 1-10, how frustrated are you? What causes you to feel frustrated?	Anxiety On a scale of 1-10, how anxious are you? What causes you to feel anxiety?
Stress On a scale of 1-10, how stressed are you? What causes you to feel stressed?	Tired On a scale of 1-10, how tired are you? What causes you to feel tired?
Your Name: _____	_____

If you are zooming through life at a pace that is not sustainable, it may take some time to slow down and bring balance back into your life. If you need additional support to get your life out of the F.A.S.T. lane, reach out to a life coach, mental health professional, spiritual leader, family and friends, or another supportive resource.

Remember: focusing on the past can lead to feelings of depression, focusing on the future can lead to feelings of anxiety...peace is found in the present. Staying mindful of your thoughts and feelings will help you find balance and get out of the F.A.S.T. lane.