

The CABRAL CONCEPT

By Dr. Stephen Cabral



#1914

MM: 5 Signs You Need to Take a Mental Health Break + What to Do

CHANGE YOUR BODY. CHANGE YOUR LIFE.

We all reach our breaking point at some point, but before you actually get there it's better to look for the mounting symptoms...

After all, if you know you're getting close to becoming massively burnt out physically or mentally, you can take the proper steps to stop the progression and reverse the issues...

That's why on today's #CabralConcept 1914 I'd like to share with you the 5 signs you need to take a mental health break + what to do - Enjoy the show and let me know what you thought in the comments!

EPISODE TAKEAWAYS

1

Your Breaking Point

We ALL have a breaking point. It's important to know that fact and what you can handle before reaching it.

2

The Signs

Just like physical health, your mental health will provide you with signs as your rain barrel begins to fill up with stress. Listen.

3

Burnout Is Real

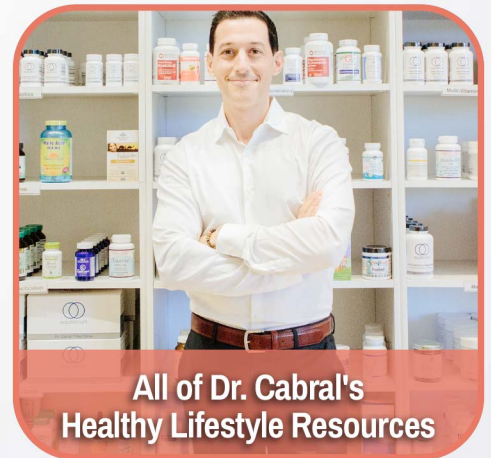
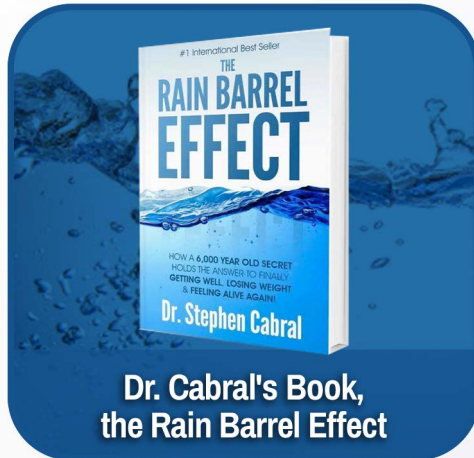
It takes months to recover from real burnout... therefore, it's better to take a step back before it occurs by enjoying a mental health break when needed.

RESOURCES

- Podcast on How Much Sleep you Really Need
- Podcast on How to Rejuvenate Faster with REM and Deep Sleep
- Podcast on How to Increase Your REM & Deep Sleep
- Podcast on Breathing Technique with Patrick McKeown
- Podcast on Binaural Beats
- Foot Reflexology Massage Ball



DR. CABRAL'S MOST POPULAR RESOURCES



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