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**Do you know your
dominant energy?**

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Catabolic Energy

It is a natural defence against a stressful or unfamiliar situation such as fear, anxiety, ego, impatience, anger, and self-entitlement to name a few. Catabolic energy serves short-term purposes by increasing hormones such as cortisol and adrenaline and reducing testosterone. If overused, it can lead to depression, loneliness, and overall dissatisfaction in life.

Source: iPEC

Anabolic Energy

It is the feeling of peace, abundance, and fulfilment. It helps create an alignment between the head, heart, and gut.

Individuals exhibiting anabolic energy inspire people around them and achieve a higher purpose in life. It is also associated with higher satisfaction in life across all areas including relationships, money, health, and career etc.

Source: iPEC

The logo for FARIHAS.com features the word "FARIHAS" in a red, serif font with a decorative flourish under the "F". Below it, ".com" is written in a smaller, pink, sans-serif font.

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How to Avoid Attentional Bias

- **Practice mindfulness:** Live in the present moments and become more aware of yourself. Try and focus on subtle aspects of the environment and not just what immediately grabs your attention.
- **Retrieve reinforcement:** Ask loved ones to help you minimise the effects of negative attentional biases. They can help by giving you positive feedback.
- **Access your thinking:** Before making a final decision, you should try and spend some time considering if you've given enough thought to your decision and considered all the factors.

Source: Verywell Mind

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Sources

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