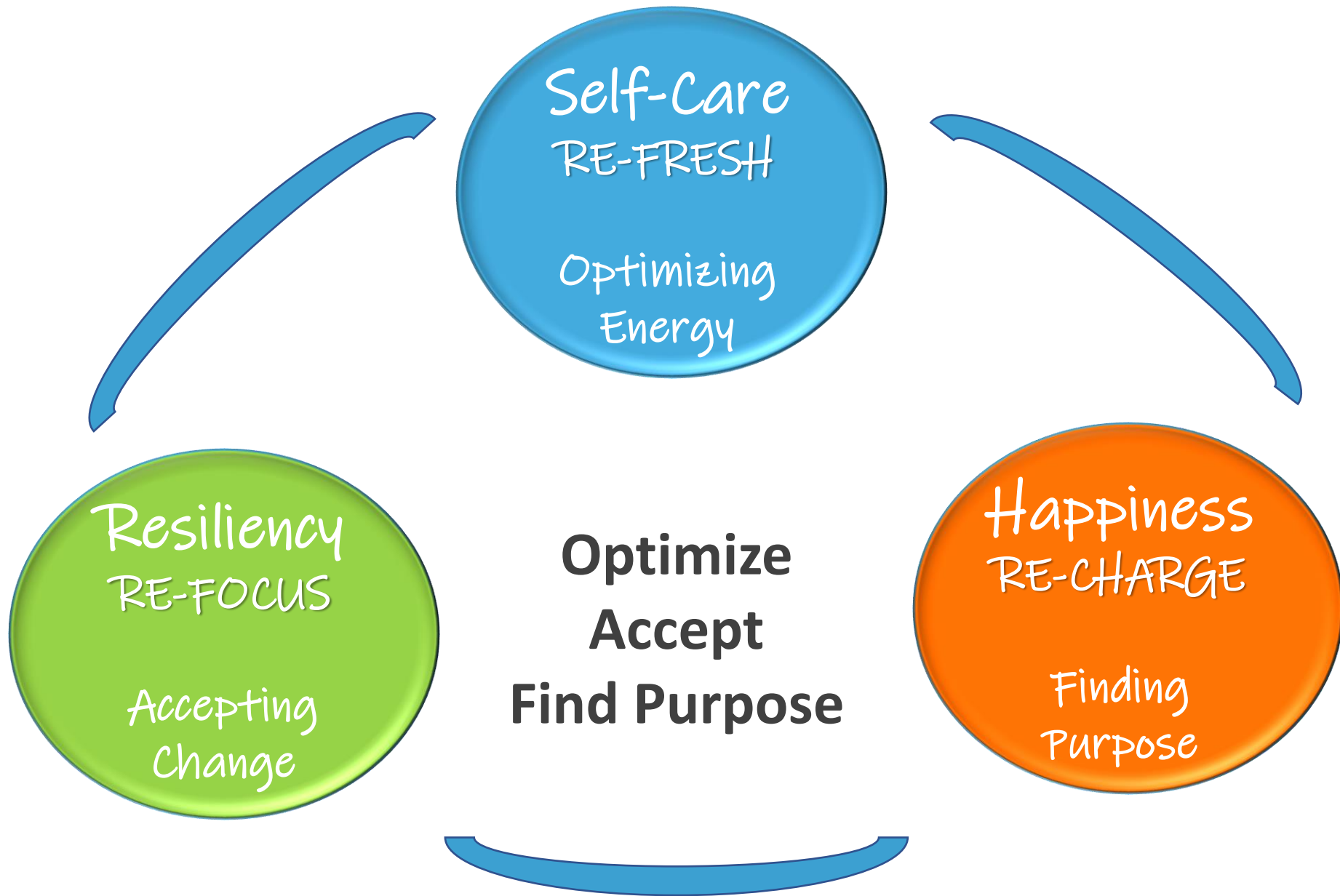




Creating Joy Amidst the Chaos



SELF-CARE – RE-FRESH

Assess Your Energy

Assess Your
Energy Levels



Make a List



Determine
Energy Cycles

Time Management vs Energy Management

Energizers (what gives you fulfilment?) vs
Suckers (what destroys your spirit?)

Balance Ener-gizers with Ener-suckers
Time of Day

"At last, a book about how to achieve hormonal health that looks at the big picture. This book is a treasure."
Dr. Christiane Northrup,
author of *The Wisdom of Menopause*

#1
NATIONAL
BESTSELLER

THE HORMONE DIET

Lose Fat. Gain Strength.
Live Younger Longer.



DR. NATASHA TURNER
NATUROPATHIC DOCTOR

Prioritize Your Health Mindful Movement



No Movement = Sloth-mode


OXYGEN

do more
of what
makes you
happy ❤️

Do 5, Then Decide

- ✓ Something is better than nothing.
- ✓ Choose movements that offer maximum benefits (try a microburst).
- ✓ Hectic is NOT aerobic.
- ✓ Exercise is NOT a chore.

“It’s deciding that the longevity of your body and mind are important enough.”

Habit Stacking



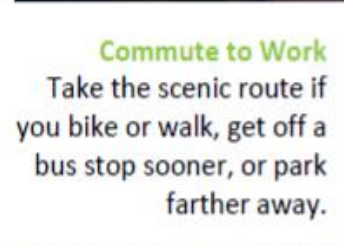
Morning Coffee

Take some deep breaths and stretch between sips.



Morning Routine

Work in some body-conditioning with squats, lunges, and heel raises as you brush.



Commute to Work

Take the scenic route if you bike or walk, get off a bus stop sooner, or park farther away.



Social Media Check

March on the spot as you catch up on posts.



Dinner Prep

Make dinner prep fun by dancing as you cook.



Afternoon Slump

Re-energize your body with a 10-minute microburst.



After Dinner

Take a walk with the family or play in the backyard.



Before Bed

Wrap up the day with 10 minutes of yoga.



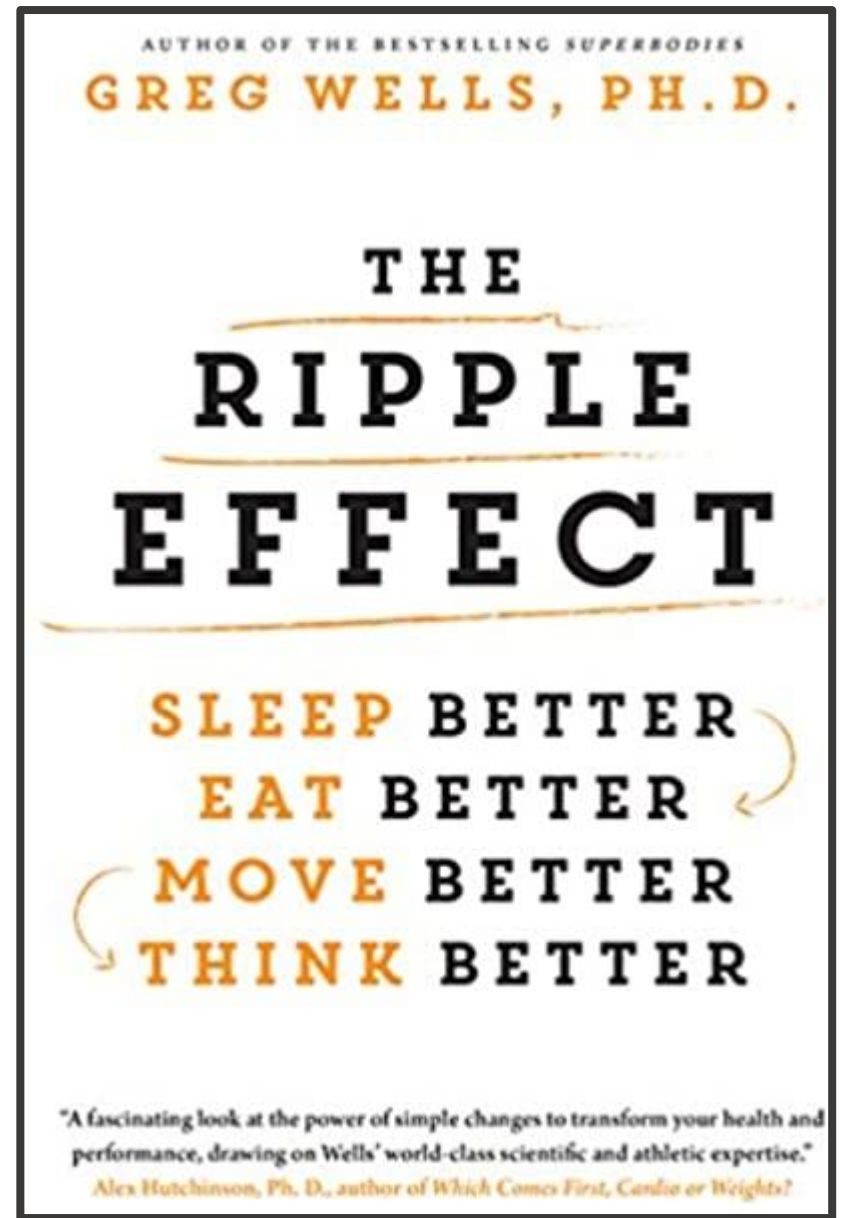
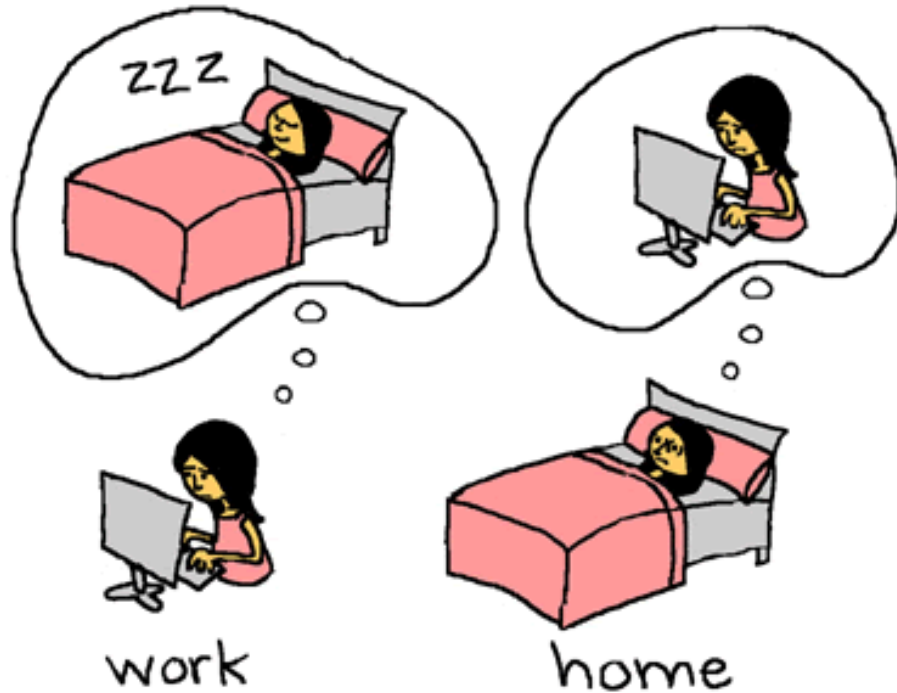
Healthy Sleep

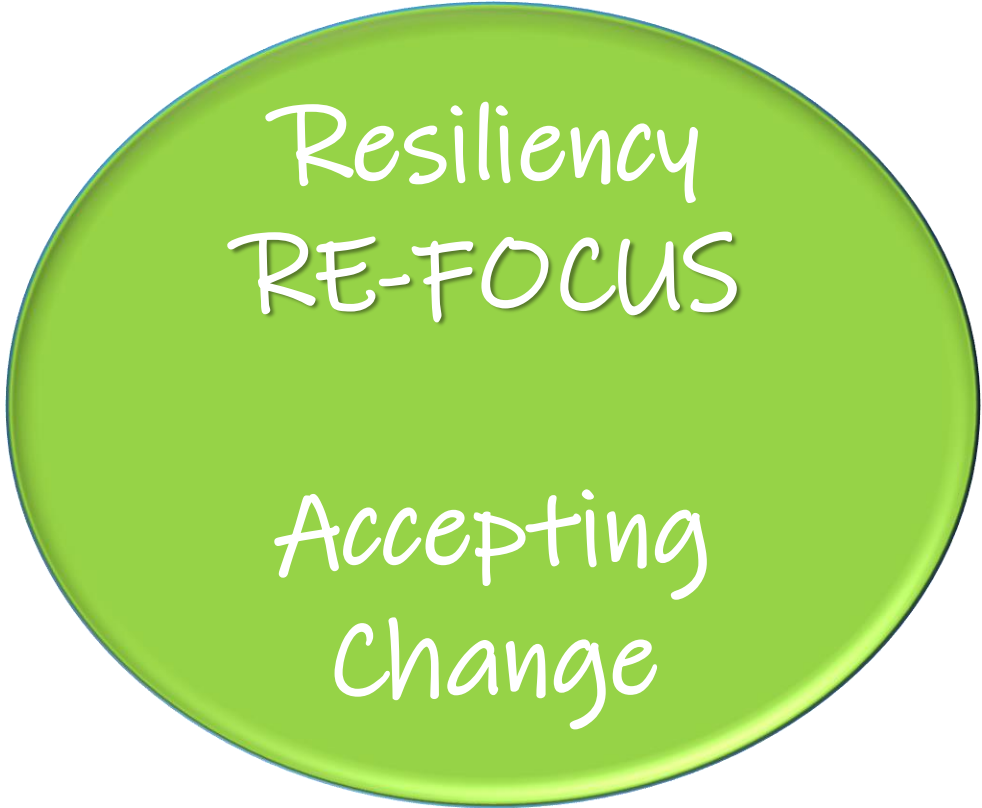
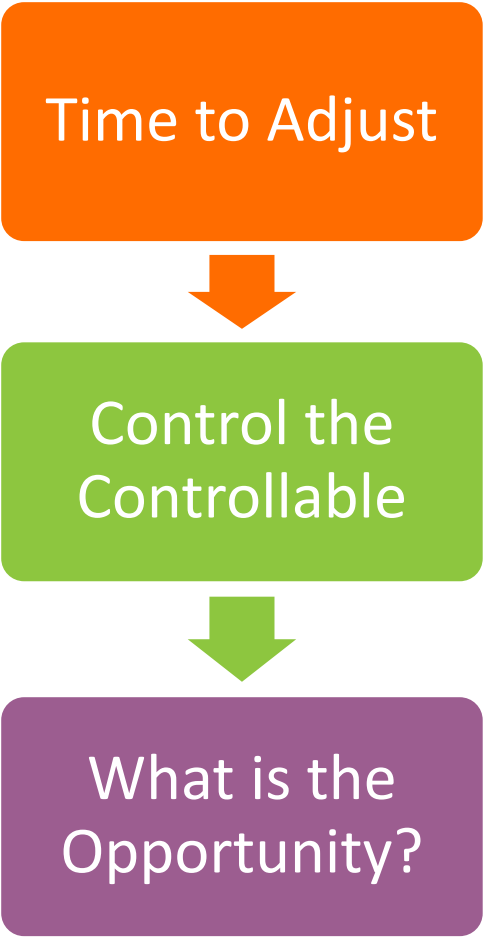
- Set a regular sleep schedule
- Go to bed earlier so you don't over-sleep
- Get up after 15 mins!



Prioritize Your Health

Restful Sleep





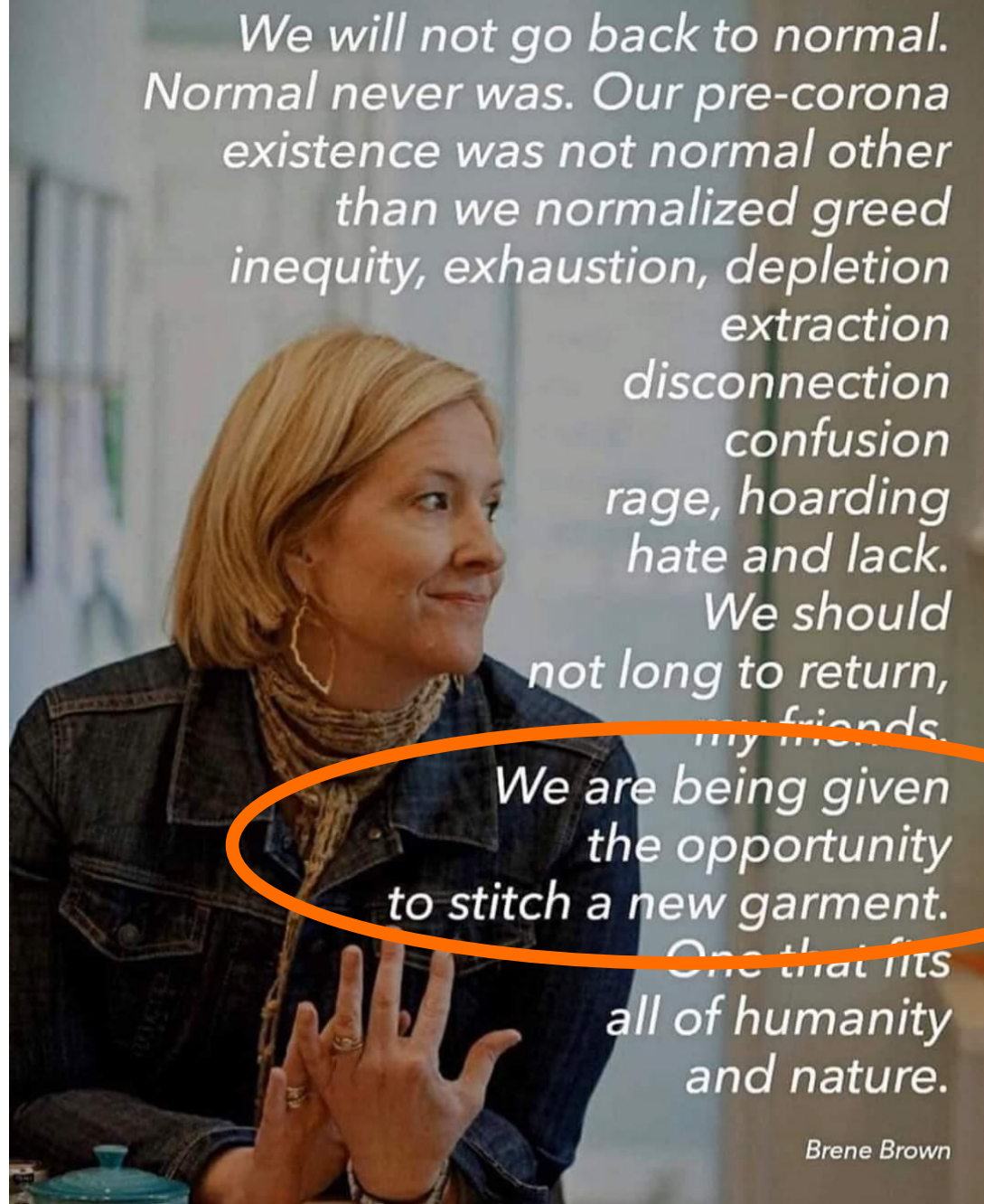
*We will not go back to normal.
Normal never was. Our pre-corona
existence was not normal other
than we normalized greed
inequity, exhaustion, depletion
extraction
disconnection
confusion
rage, hoarding
hate and lack.*

*We should
not long to return,
my friends.*

*We are being given
the opportunity
to stitch a new garment.*

*One that fits
all of humanity
and nature.*

Brene Brown

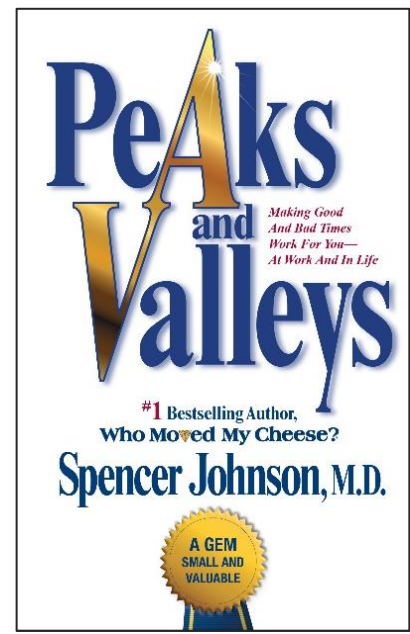
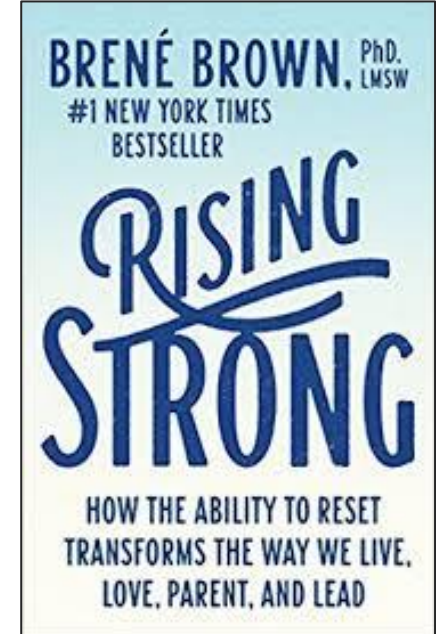
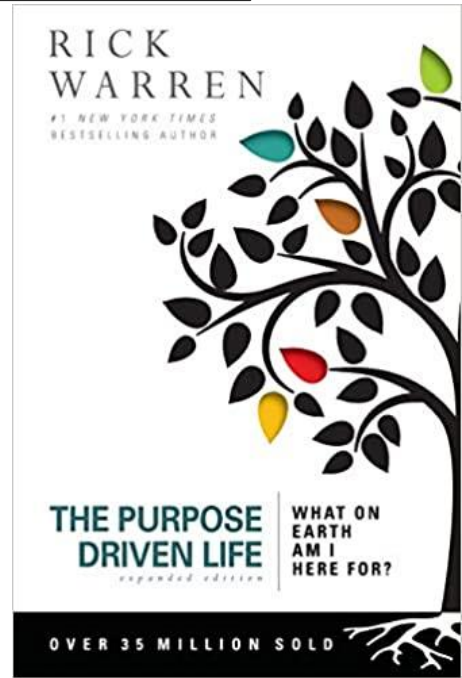
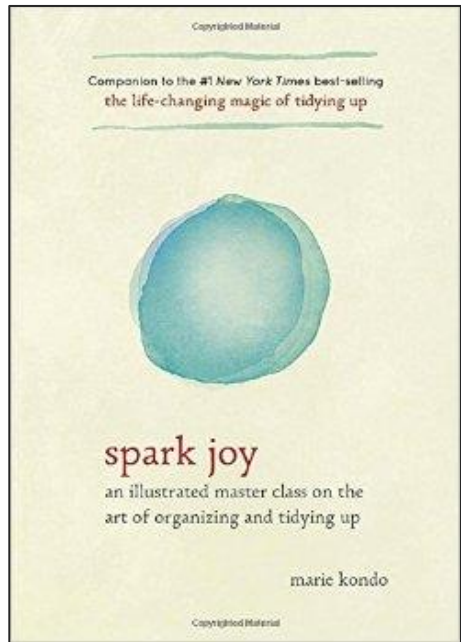
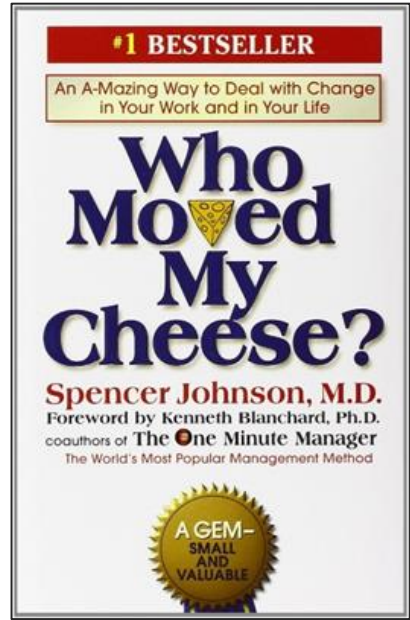
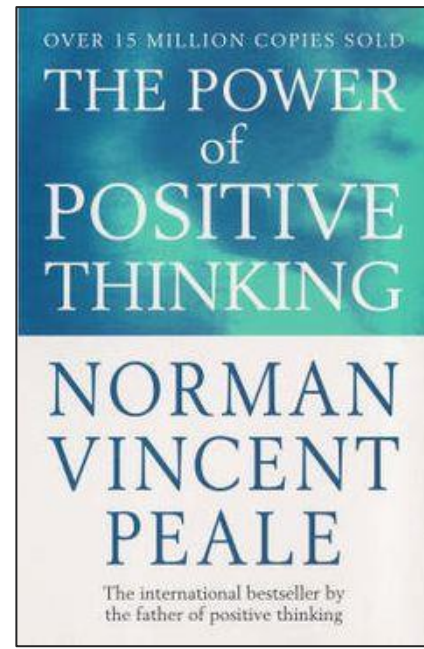
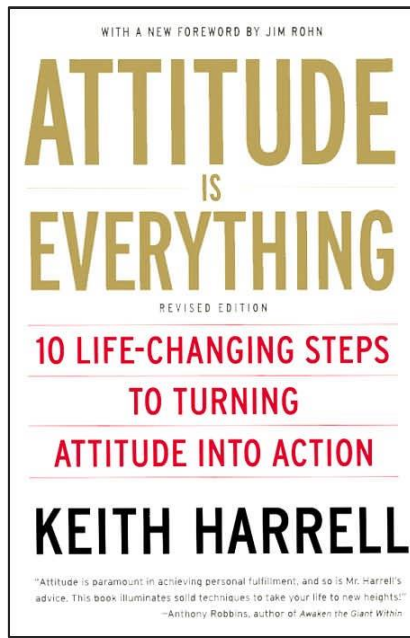
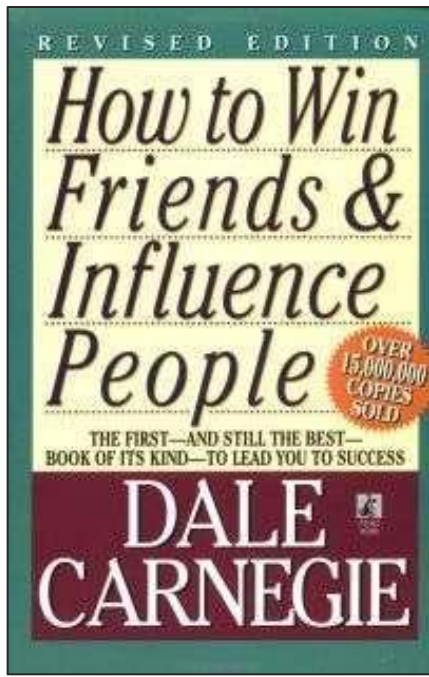


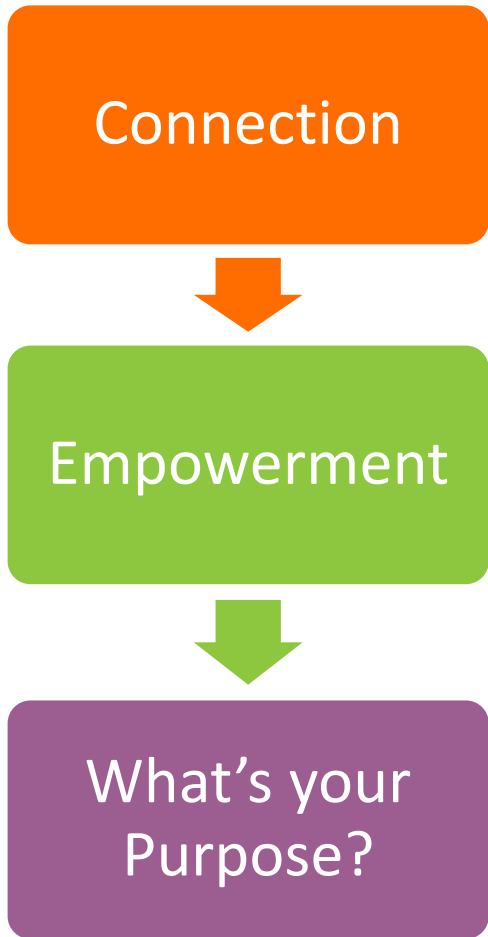
RELAX to Reflect

**Deep Breathing – 10 times,
2x/day**

**Meditation – calm.com
Self-Development**









GOAL BOARD

Don't look for
Happiness
create it.

SOMEDAY YOU'LL
LOOK BACK &
UNDERSTAND
WHY IT ALL
HAPPENED
THE WAY
IT DID.

U Q T E D I A R Y . M E

**Do More of What
Makes You Happy**

Happiness Jar

Write down something that made you happy every day for a year, then open the jar and read about all the amazing things that happened.





EVERY DAY IS A
NEW BEGINNING.
TAKE A DEEP
BREATH. SMILE.
AND
START AGAIN.

A simple view



*Thank
you*

Meaghan Jansen

Meaghan@ewsnetwork.com

