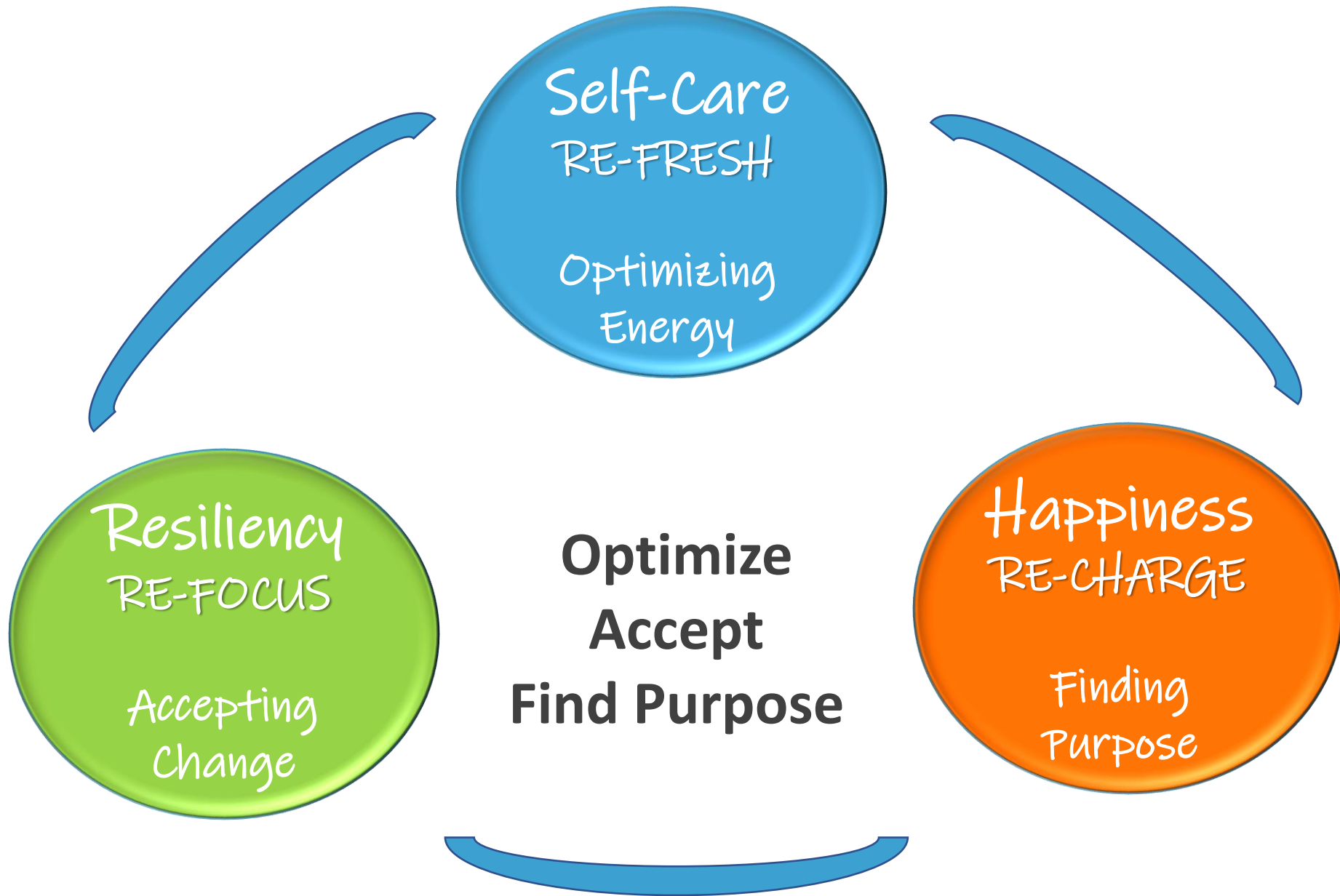


Creating Joy Amidst the Chaos



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



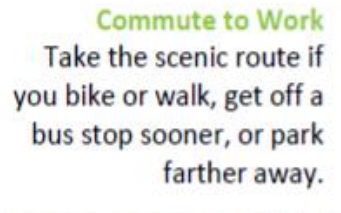
Morning Coffee

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.



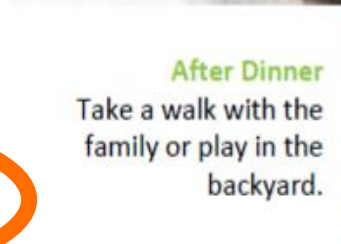
Afternoon Slump

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



Dinner Prep

Make dinner prep fun by dancing as you cook.



After Dinner

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



Before Bed

Wrap up the day with 10 minutes of yoga.



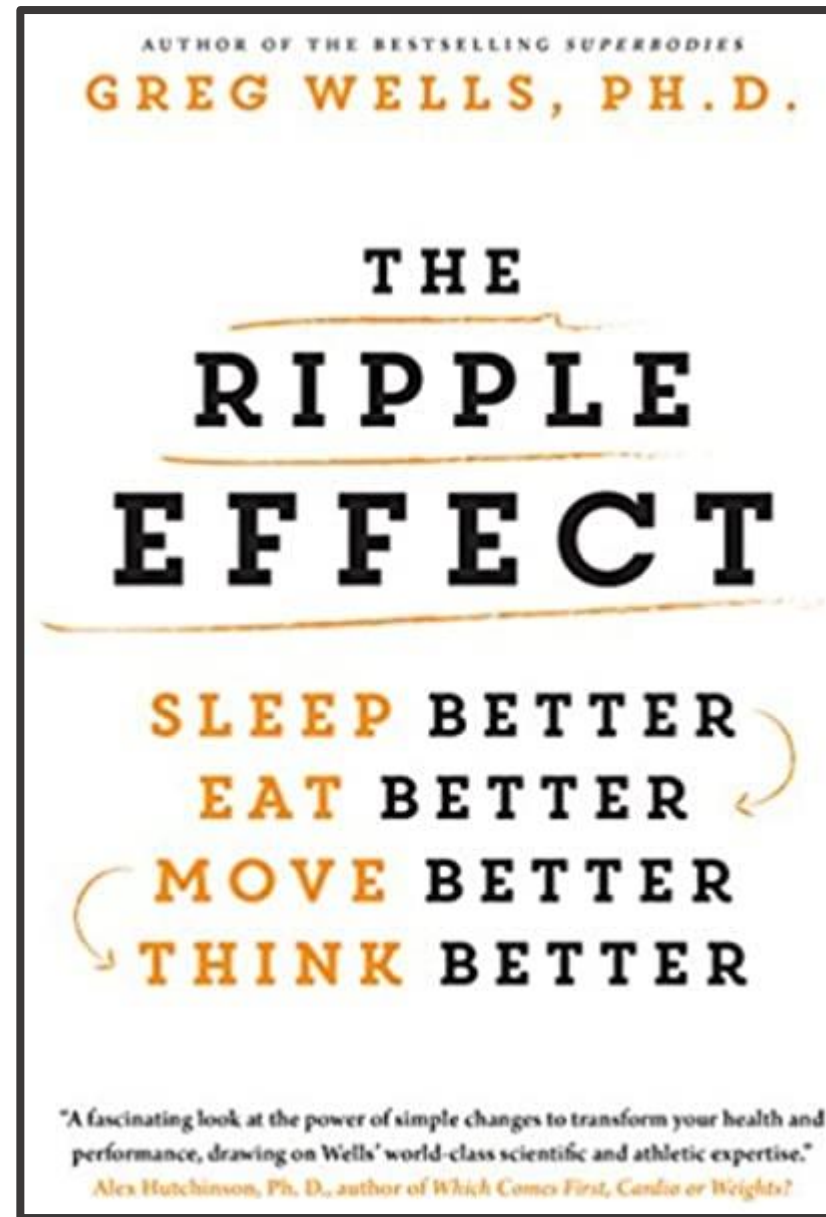
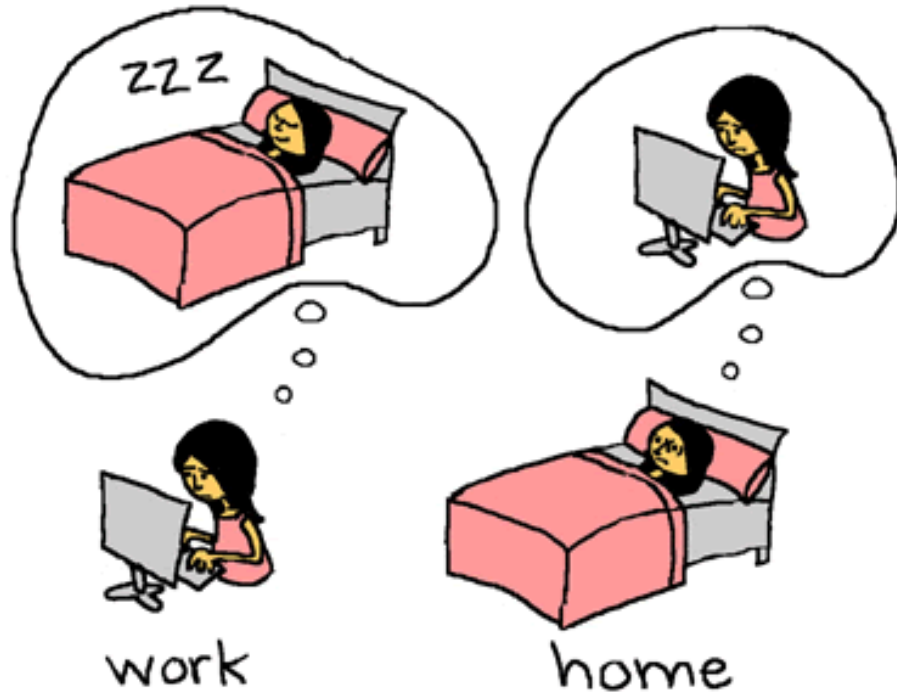
Healthy Sleep

- 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



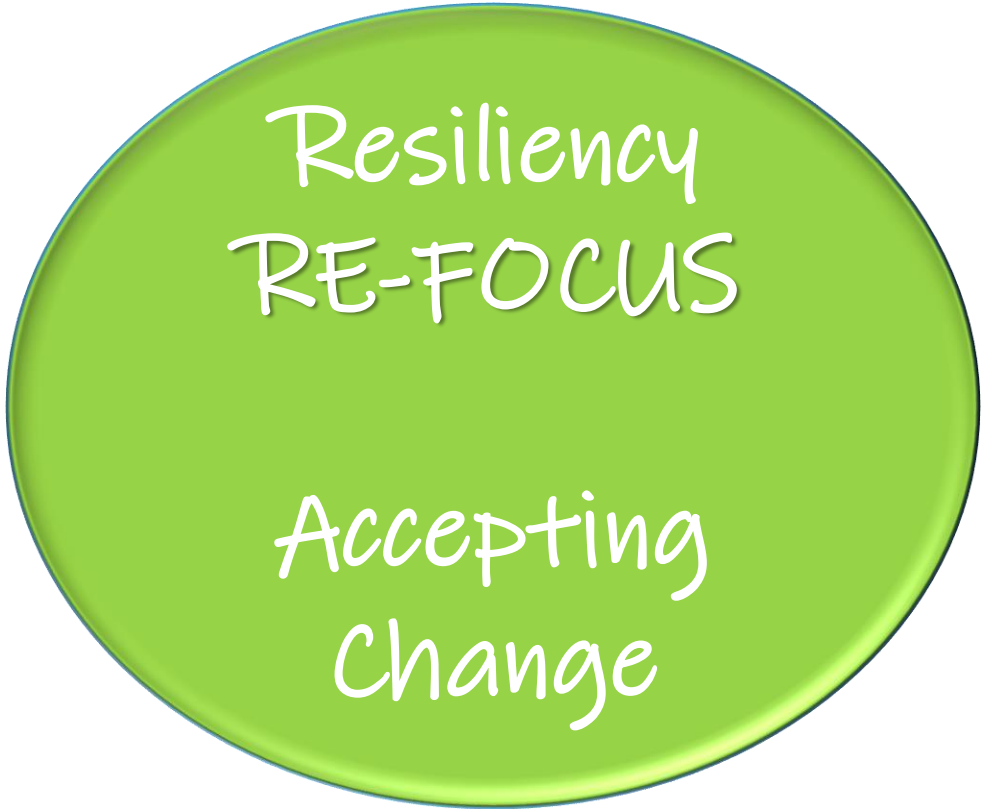
Time to Adjust

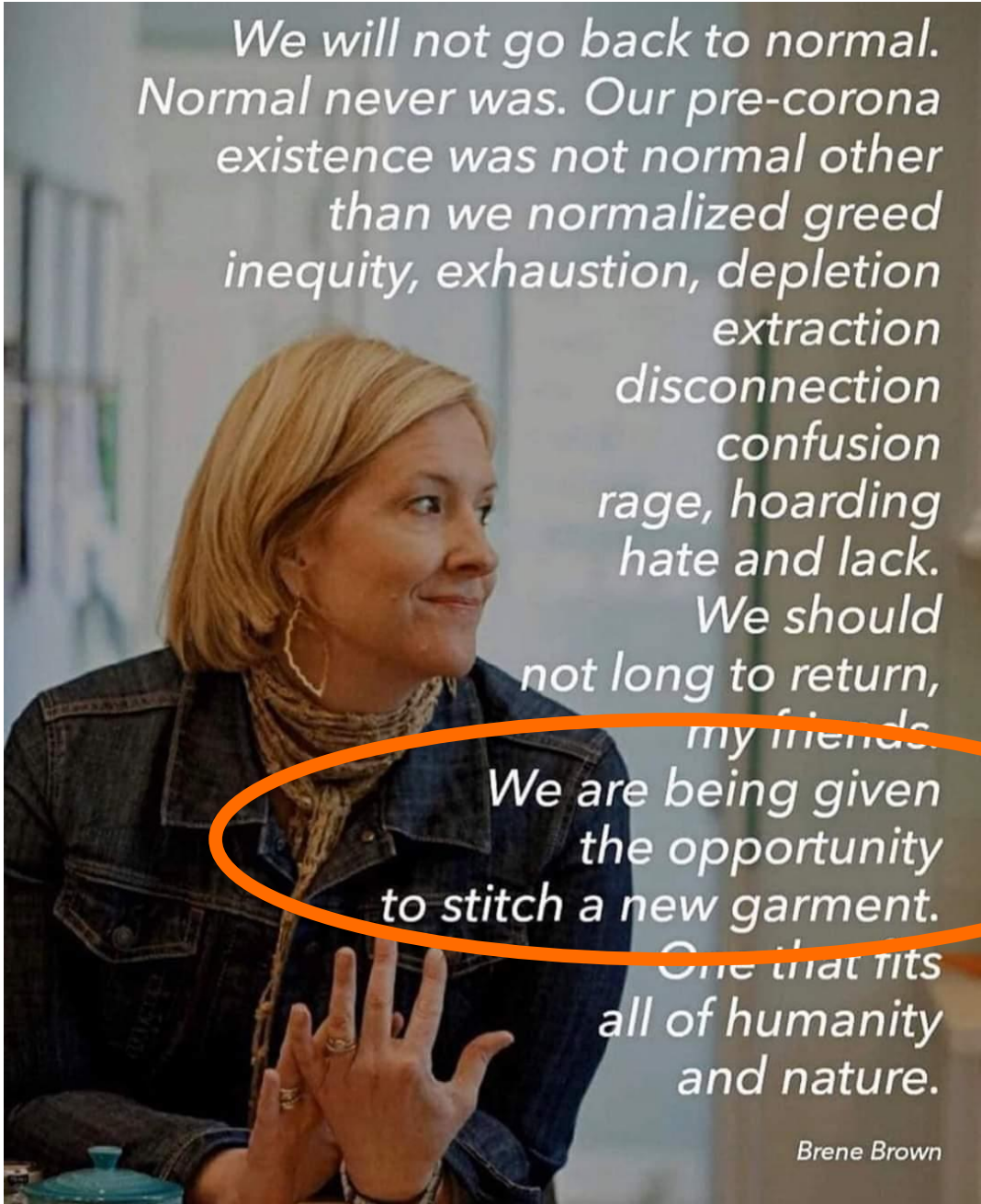


Control the Controllable



What is the Opportunity?





*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.*

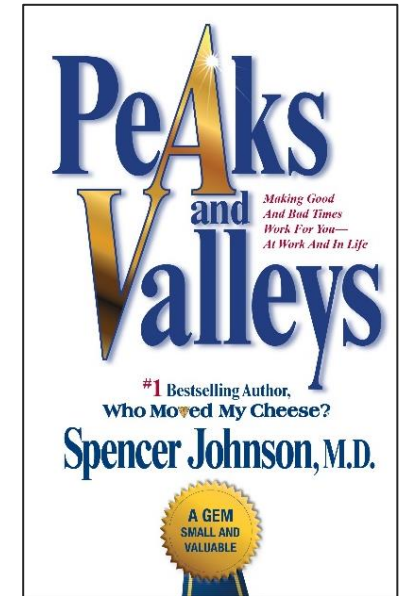
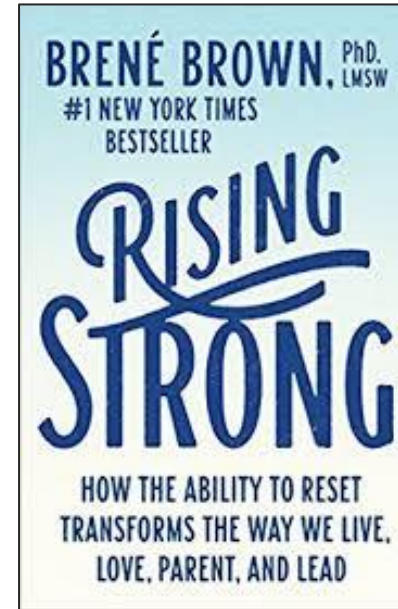
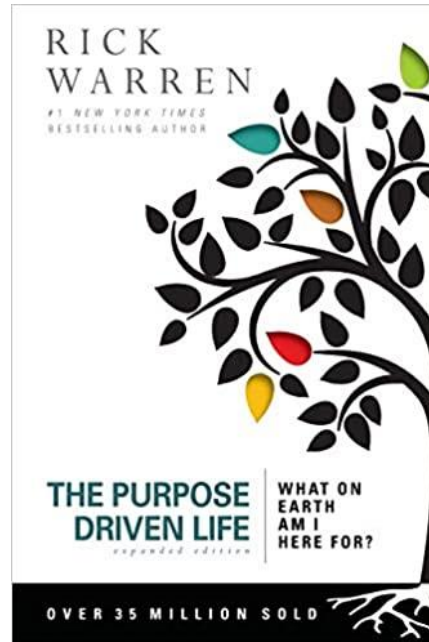
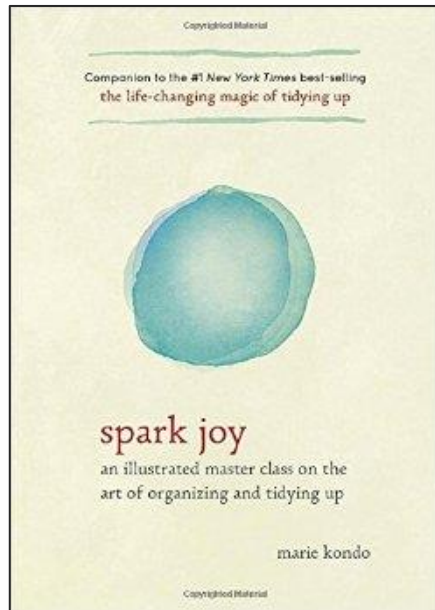
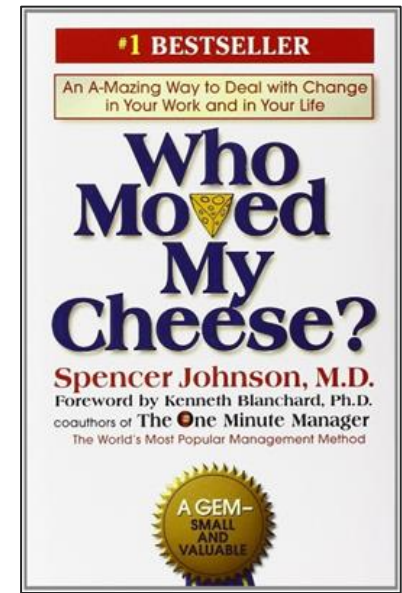
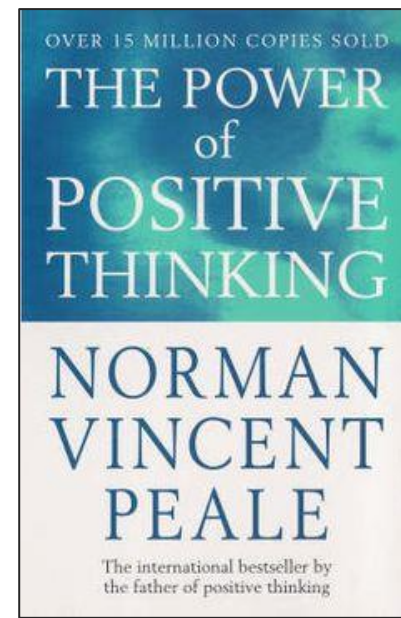
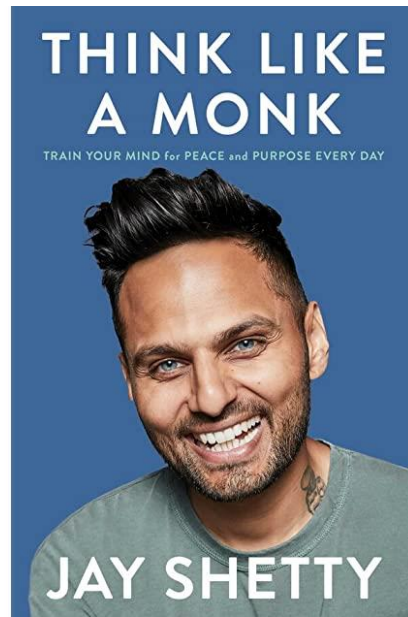
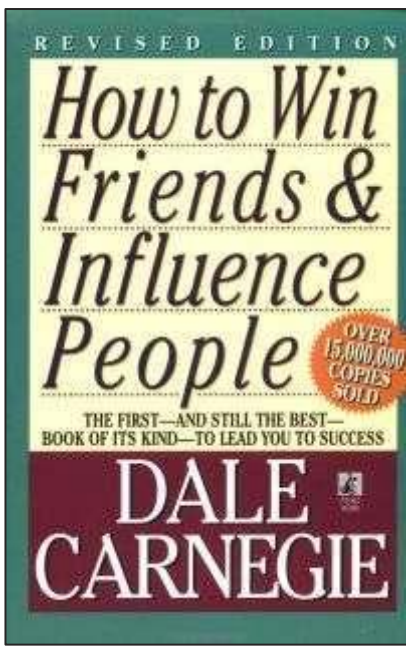
Brene Brown

RELAX to Reflect

**Deep Breathing – 10 times,
2x/day**

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





Connection



Empowerment



What's your Purpose?



Brain DUMP



How To Create A BRAIN DUMP & Untangle Your Mind



Gratitude

Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that your feel grateful for.



GOAL BOARD



10



FABULOUS at 40



Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.
-Melody Beattie



WMC Workplace Medical Corp



POSITIVE THINKING
leadership, confidence, innovation, motivation, teamwork, vision, life, future, process, training, organize, leadership, confidence, innovation, motivation, teamwork, vision, life, future, process, training, organize

100

YES YOU CAN

God's Work Our Hands

measuredlive.com

Employee Wellness Solutions Network
Nutrition, Balanced Lifestyle, Fitness

Sun Life Financial

FAITH



I am grateful for.....



SOS

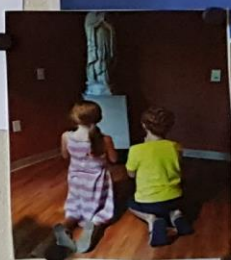
BUSINESS PLAN
research, marketing, innovation, work, strategy, teamwork, competition, goals, success, market

Society of St. Vincent de Paul
Neighbors helping neighbors.



NEW WAY OF THINKING

SOMETIMES THE BEST THING YOU CAN DO IS NOT THINK, NOT WONDER, NOT IMAGINE, NOT OBSESS. JUST BREATHE, & HAVE FAITH THAT EVERYTHING WILL WORK OUT FOR THE BEST.
WWW.LIVELIFEHAPPY.COM



you were made for the place where your real PASSION meets COMPASSION. because there is your real purpose.
-Ann Voskamp

3:34:59

NB HOME

Don't look for
Happiness
create it.

QUOTEDIARY.ME

**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

