

# We A.R.E.

Accept • Renew • Empower

## Creating Joy Amidst the Chaos

Powered by: EMPLOYEE WELLNESS  
SOLUTIONS NETWORK

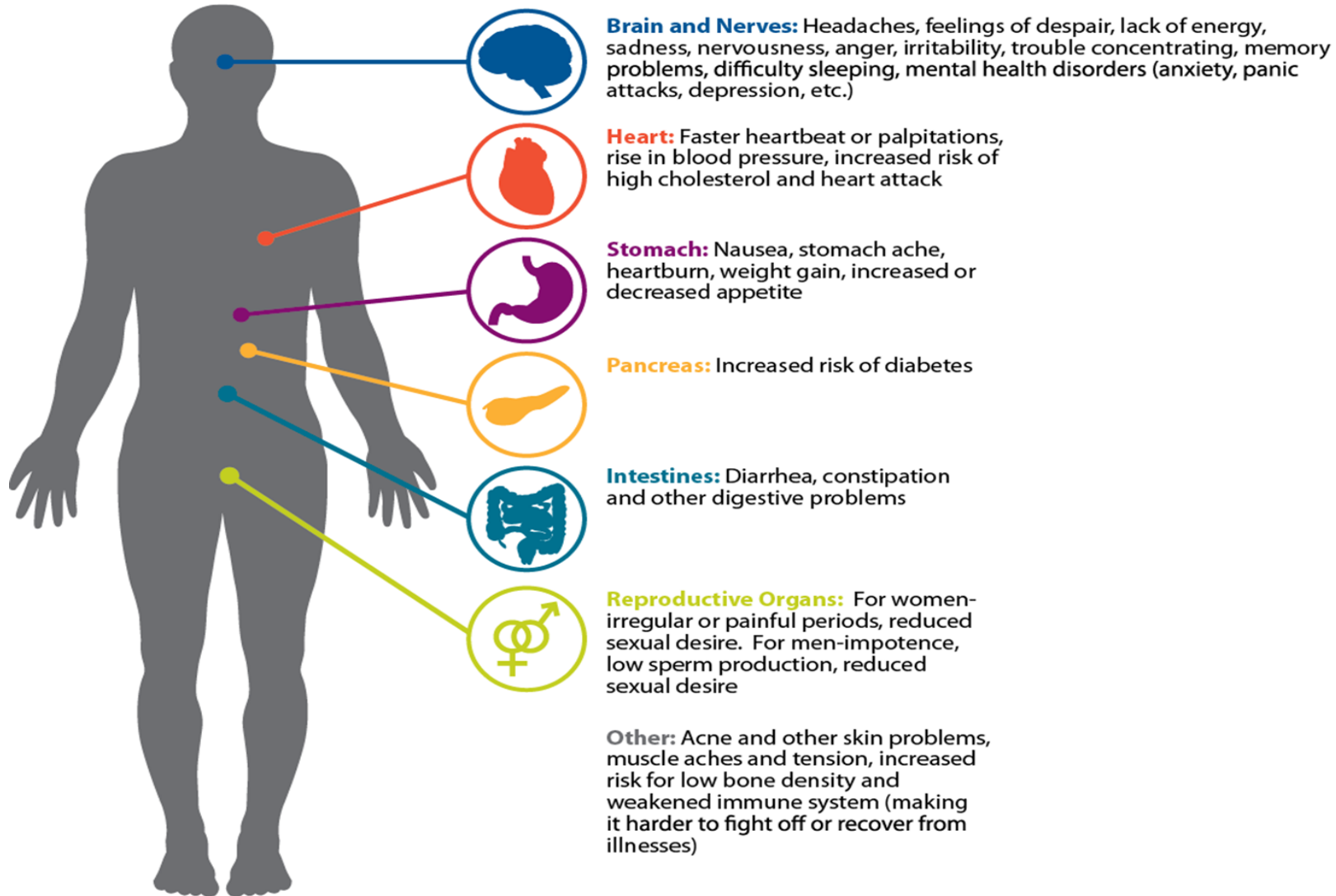


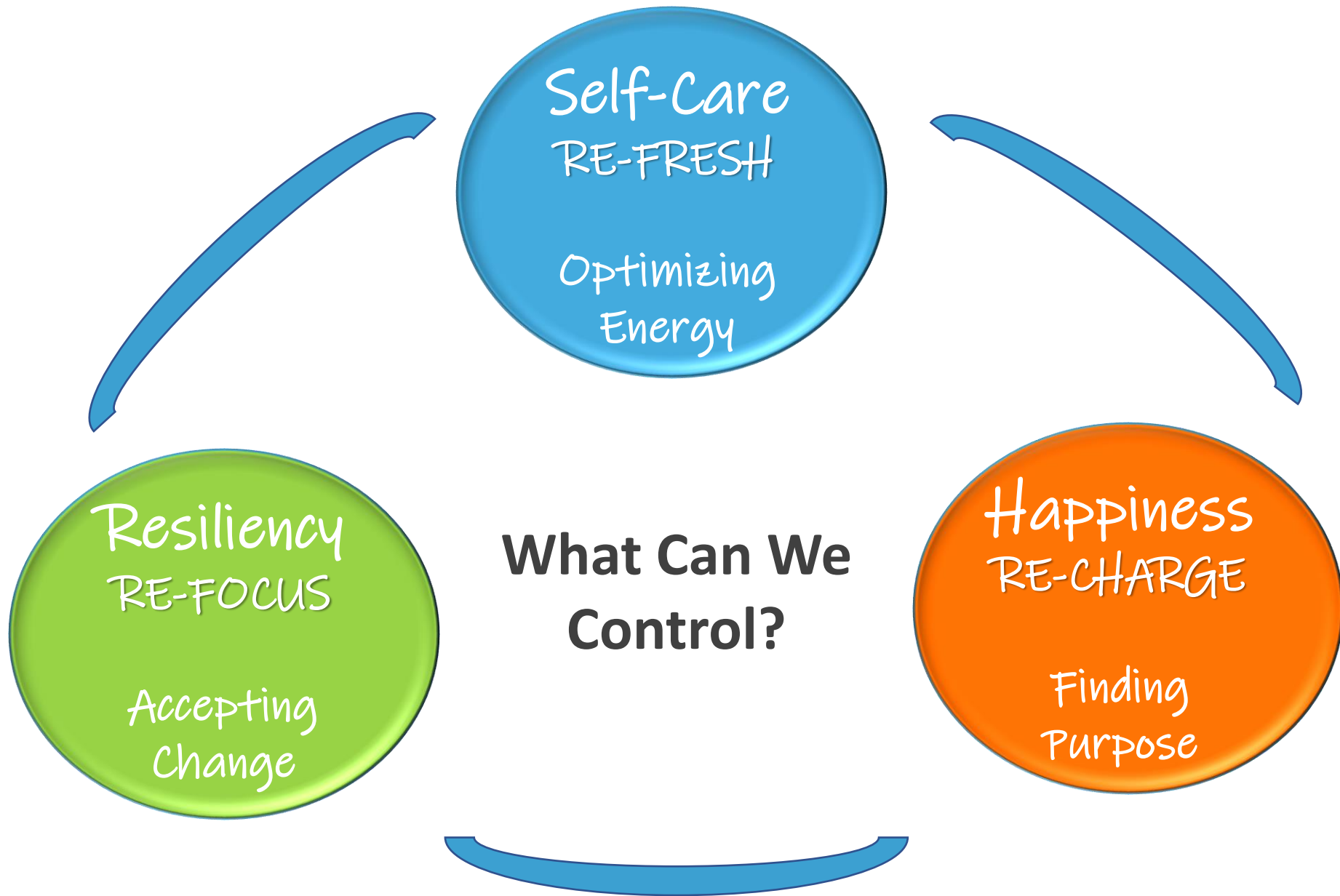
YOU ARE  
NOT  
ALONE

“*Stress management* implies control and is not a substitute for medical treatment or professional intervention.”



# Effects of Emotional Stress on the Body





**What Can We  
Control?**

Self-Care  
RE-FRESH

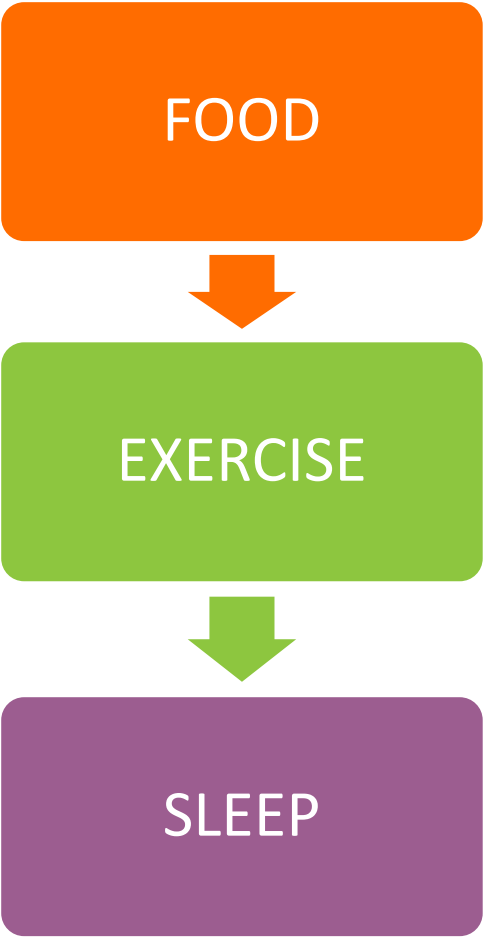
Optimizing  
Energy

Resiliency  
RE-FOCUS

Accepting  
Change

Happiness  
RE-CHARGE

Finding  
Purpose



# SELF-CARE – RE-FRESH

## Optimize Your Energy



**Healthy Food = Healthy Energy**

"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



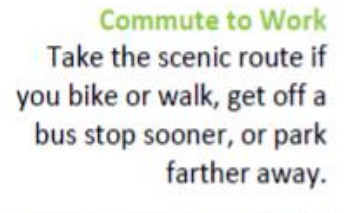
## Morning Coffee

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.



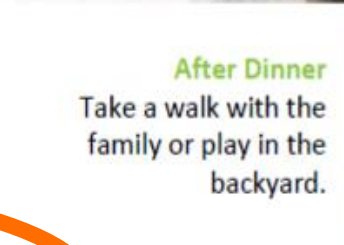
## Afternoon Slump

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.



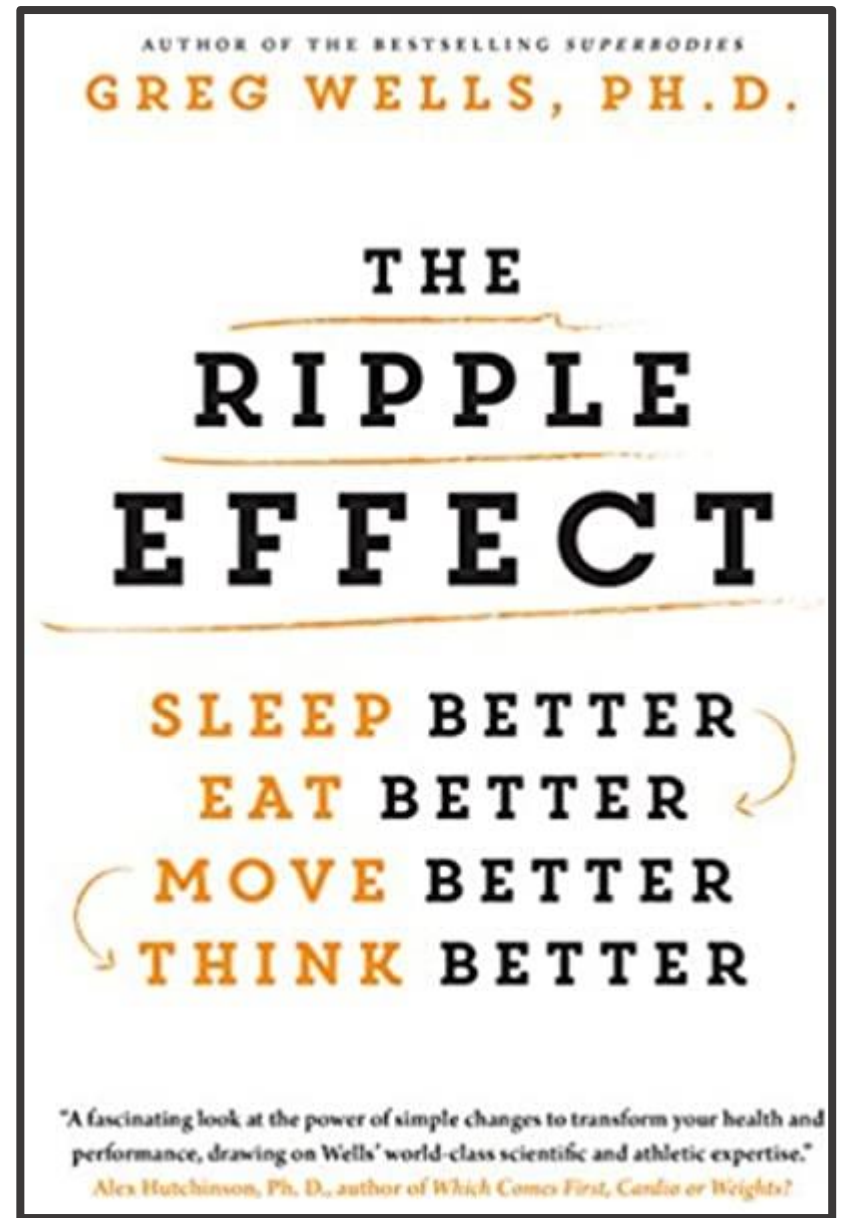
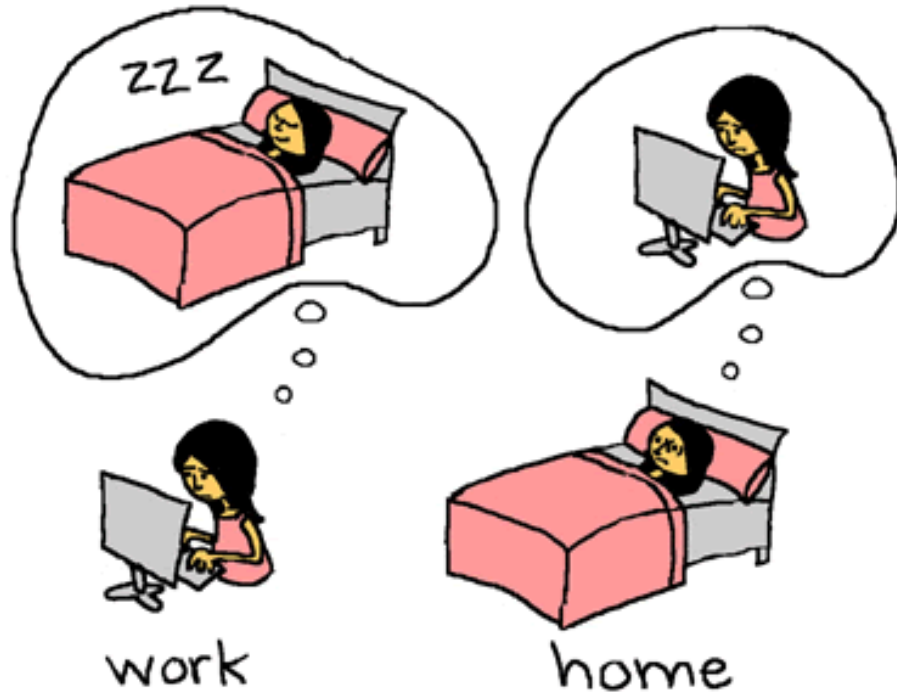
# Healthy Sleep

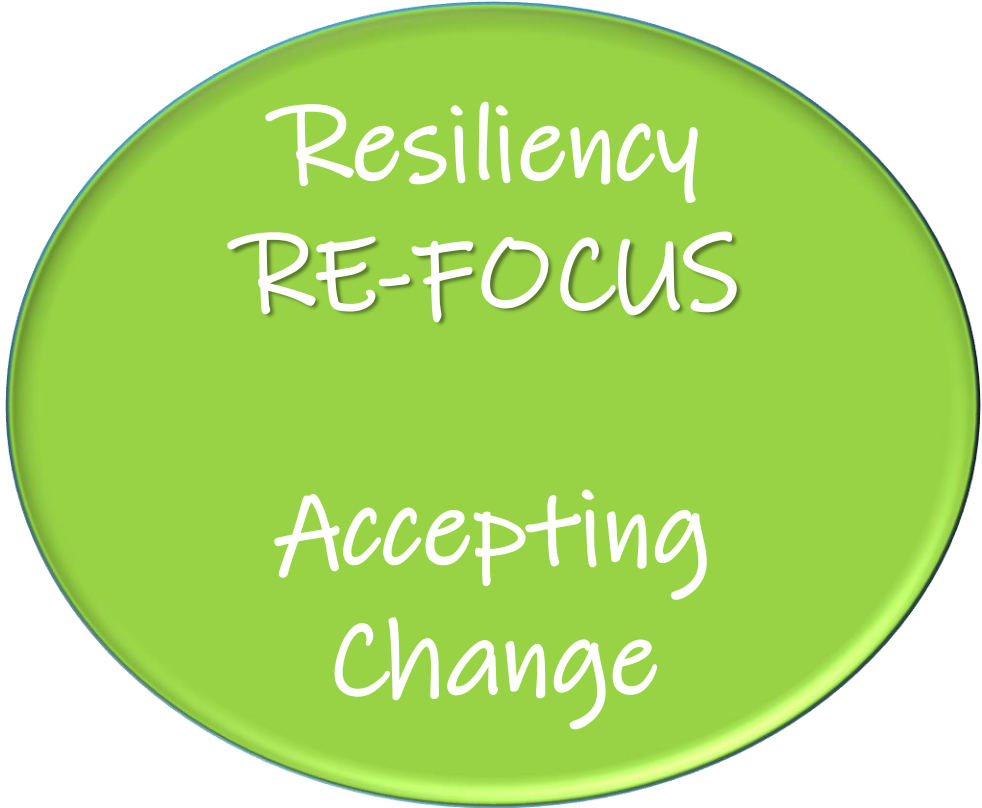
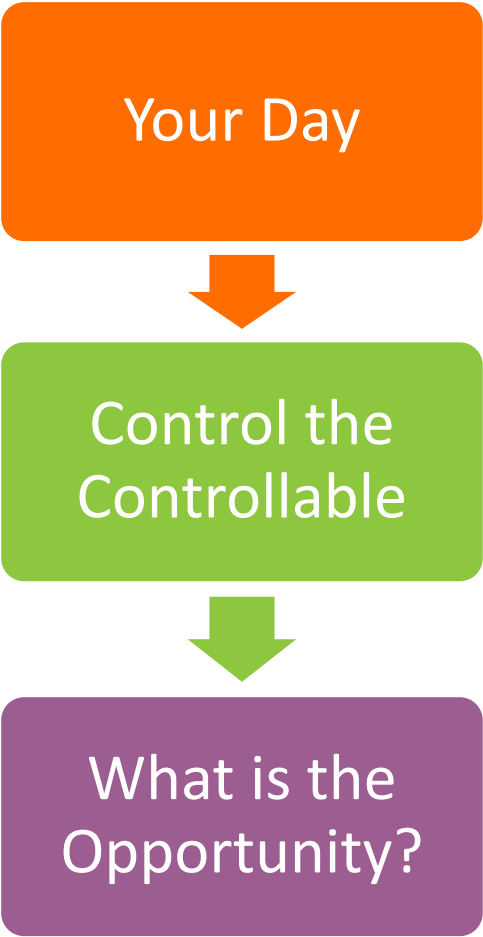
- Set a regular sleep schedule
- Go to bed earlier so you don't over-sleep
- Get up after 15 mins!



# Prioritize Your Health

## Restful Sleep





# Focus on YOU

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

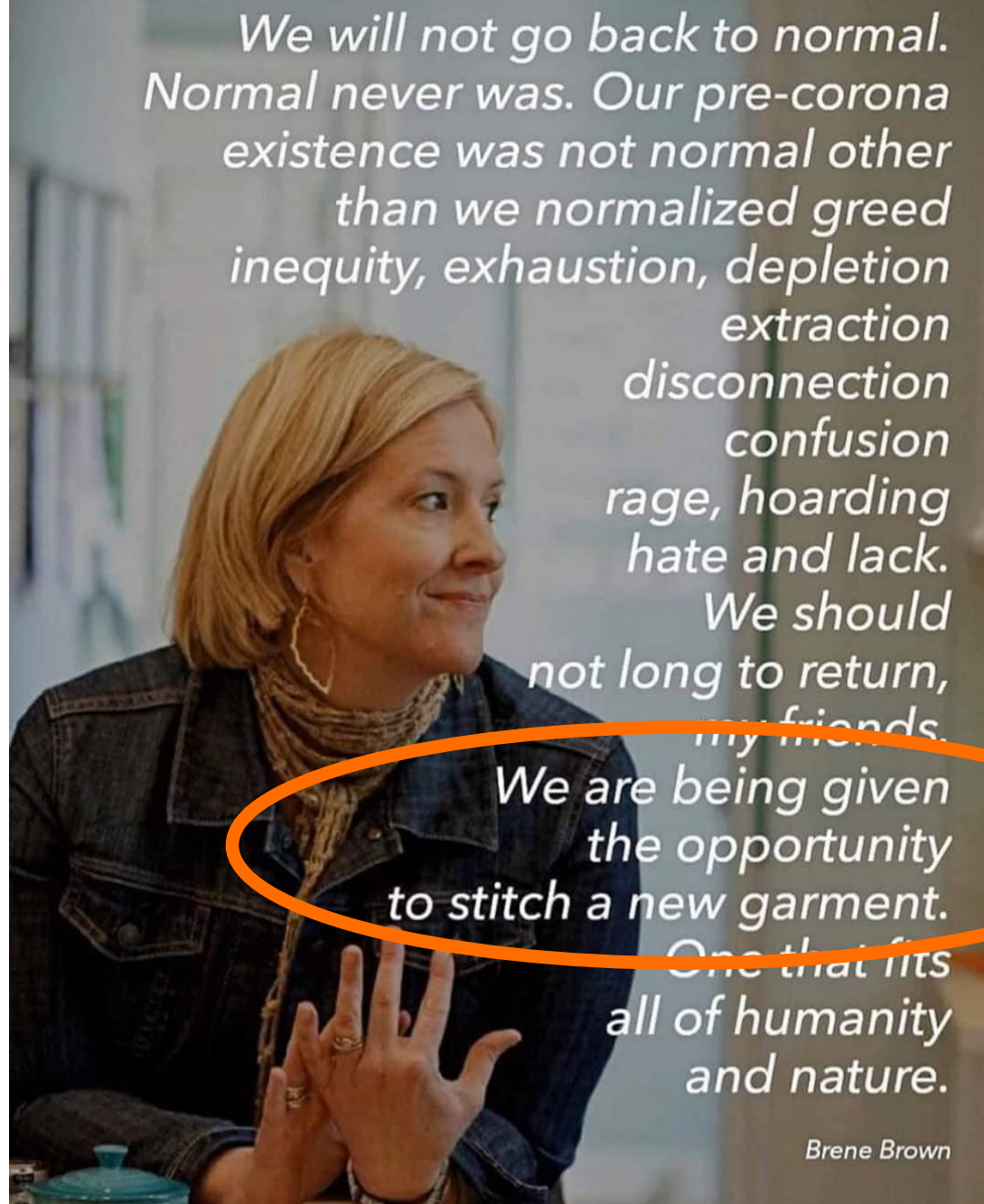
*We will not go back to normal.  
Normal never was. Our pre-corona  
existence was not normal other  
than we normalized greed  
inequity, exhaustion, depletion  
extraction  
disconnection  
confusion  
rage, hoarding  
hate and lack.*

*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

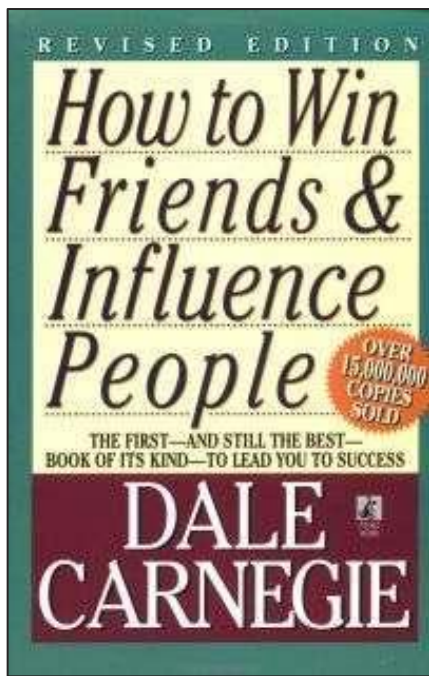
Meditation – [calm.com](https://calm.com)

Self-Development  
&

Developing Others





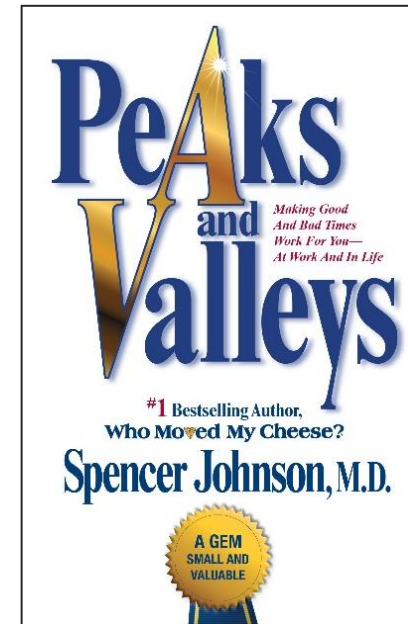
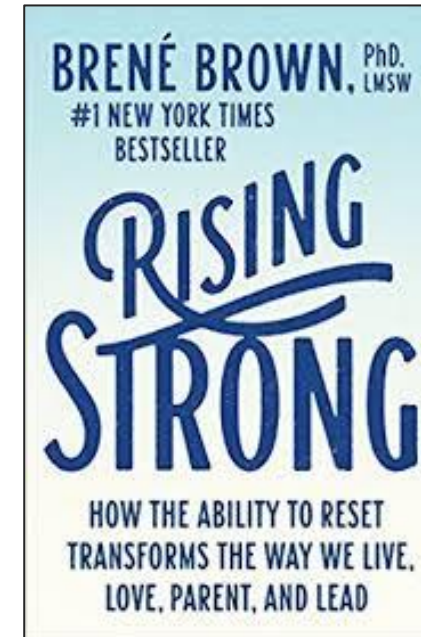
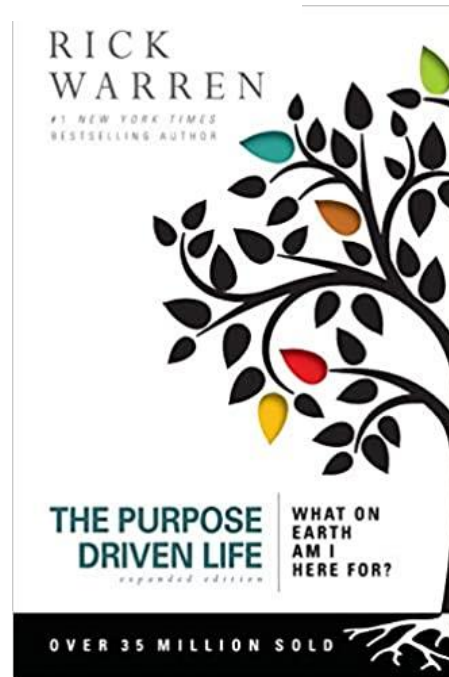
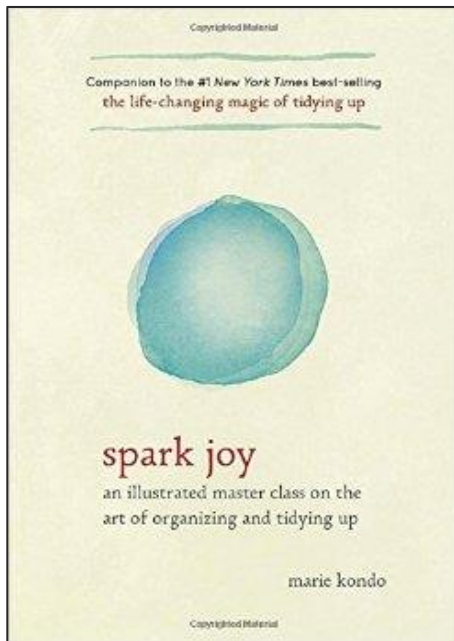
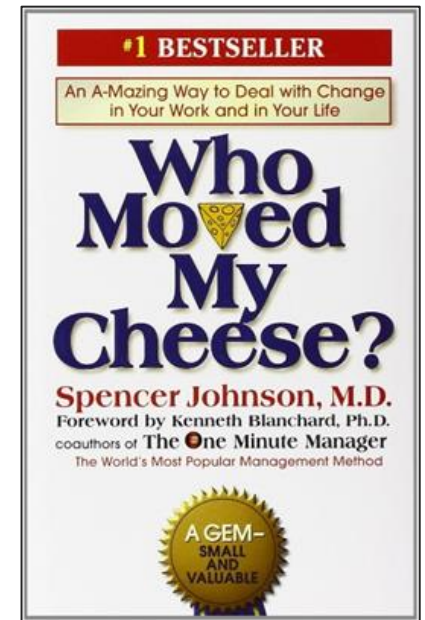
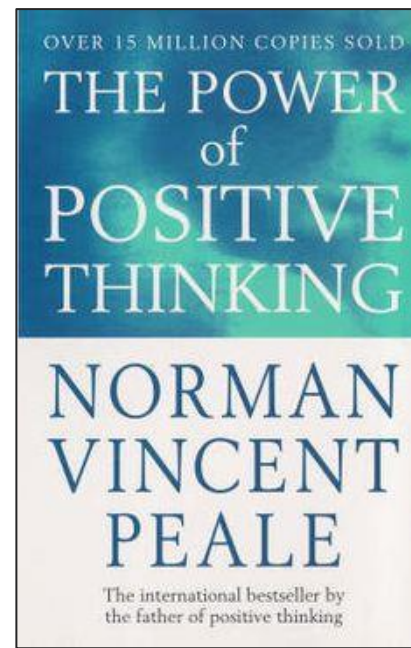


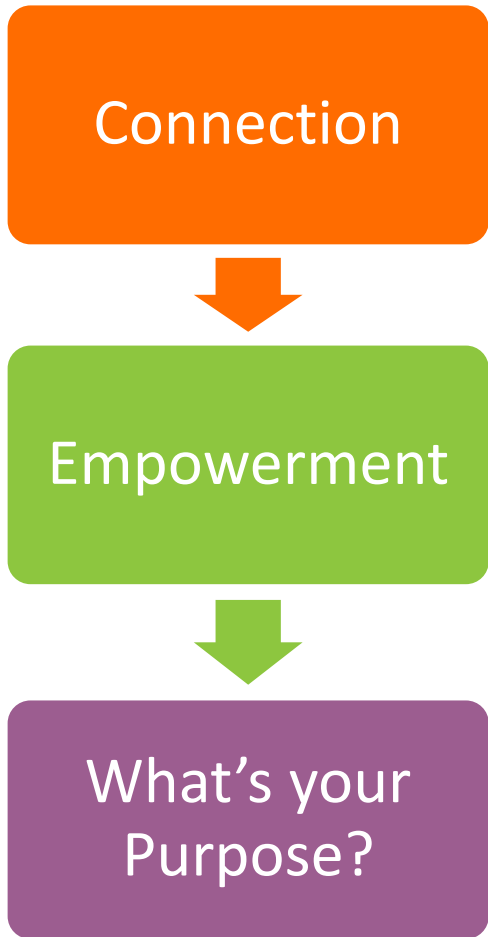
BESTSELLING AUTHOR OF THE RIPPLE EFFECT  
**GREG WELLS, PH.D.**

**REST**  
»»»»»  
**REFOCUS**  
«««««  
**RECHARGE**  
»»»»»

A GUIDE FOR OPTIMIZING YOUR LIFE

"A prescription for space in a world of noise."  
Neil Pasricha, #1 bestselling author of You Are Awesome





“

**There is always light, if only we're brave enough to see it. If only we're brave enough to be it.**

**Amanda Gorman**  
The youngest inaugural poet in US history



**Can I control?**

**Options of 3, not 1**

**Create a buffer**

**5-10 minutes**



# Name Your Worries



brother

# Brain DUMP



# Gratitude Journal



**What are you grateful for today?**

## 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?



# 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**





My name is Jacob Jansen. I am in your child's class. I helped out at my church this week organizing presents for kids who don't have much money. I went right home and went up to my room and picked out toy and books I didn't want or need any more. I wanted to do more! I talked to my mommy and daddy I wondered if I could run a program that gives toy to other kids. I think it would be cool if all my class brought in what they could to add to the presents but (under ten though because my daddy's truck is only so big!) My dad is going to help me take the from school to the church next Thursday. Thank you for helping out and have a Merry Christmas  
By Jacob Jansen



# 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.



# TAKE-AWAY from Jay Shetty

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What is one thing you can do TODAY to make it a great day for you?

*Thank  
you*

Meaghan Jansen

Meaghan@ewsnetwork.com

