

Work Life *Balance*

———— How's your balance? ————

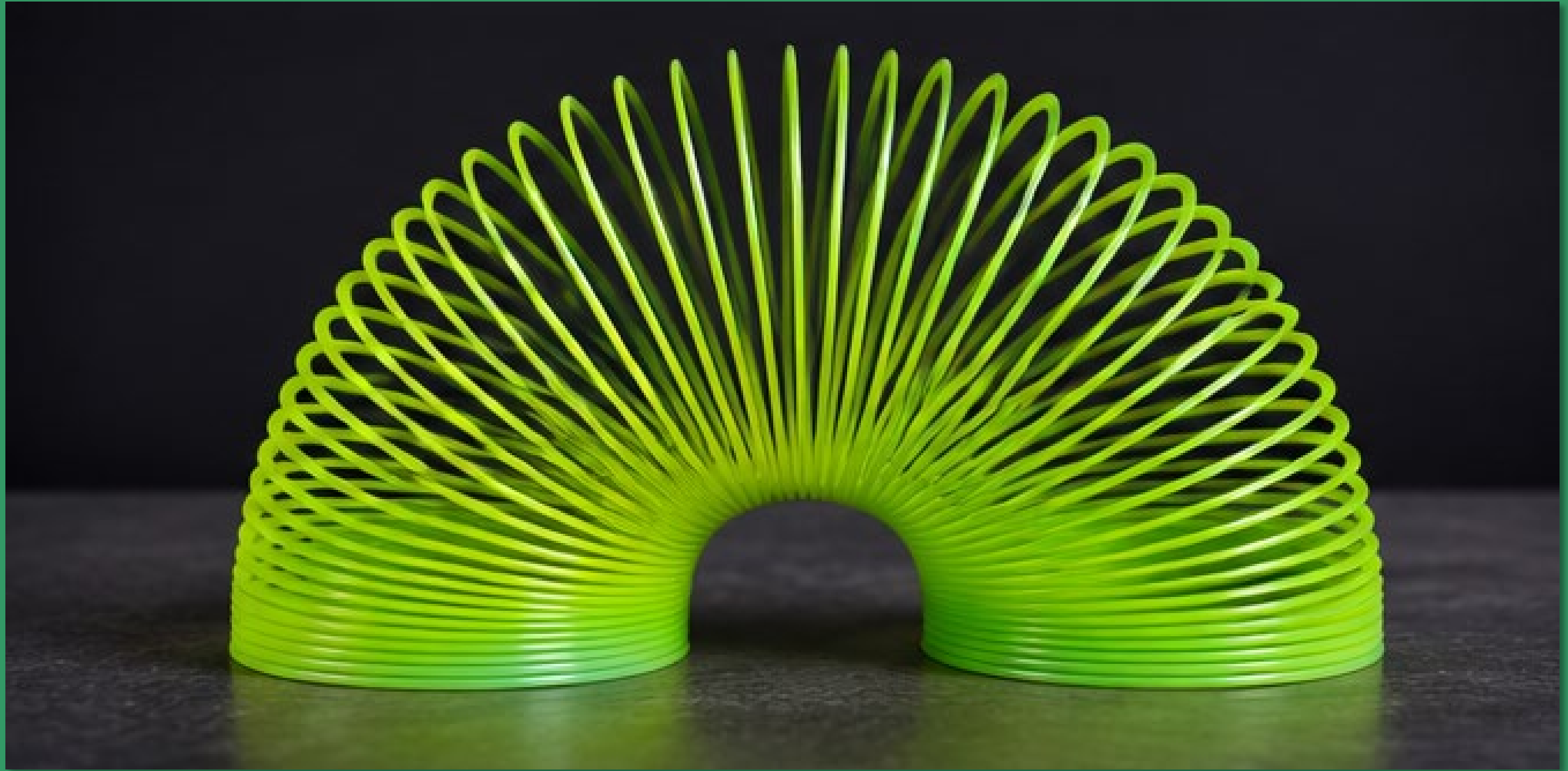


The *Nervous System*



Have you ever wondered
how your **nervous system**
is coping?







How do you start your Day?



!!!

 **WORK EMAIL** now
23 new emails

@

 **MESSAGES** now
7 new messages

 **MISSED CALLS** now
5 missed calls

 **CALENDAR ALERT** now
Meeting in 15 min

!!

 **REMINDER** now
Don't forget!

 **SCHOOL GROUP** now
Please send in \$20

 **INSTAGRAM** now
12 new notifications

 **NEWS ALERT** now
Breaking News

 **FACEBOOK** now
35 new notifications

 **CLIENT EMAIL** now
URGENT !!

inhale
exhale
repeat



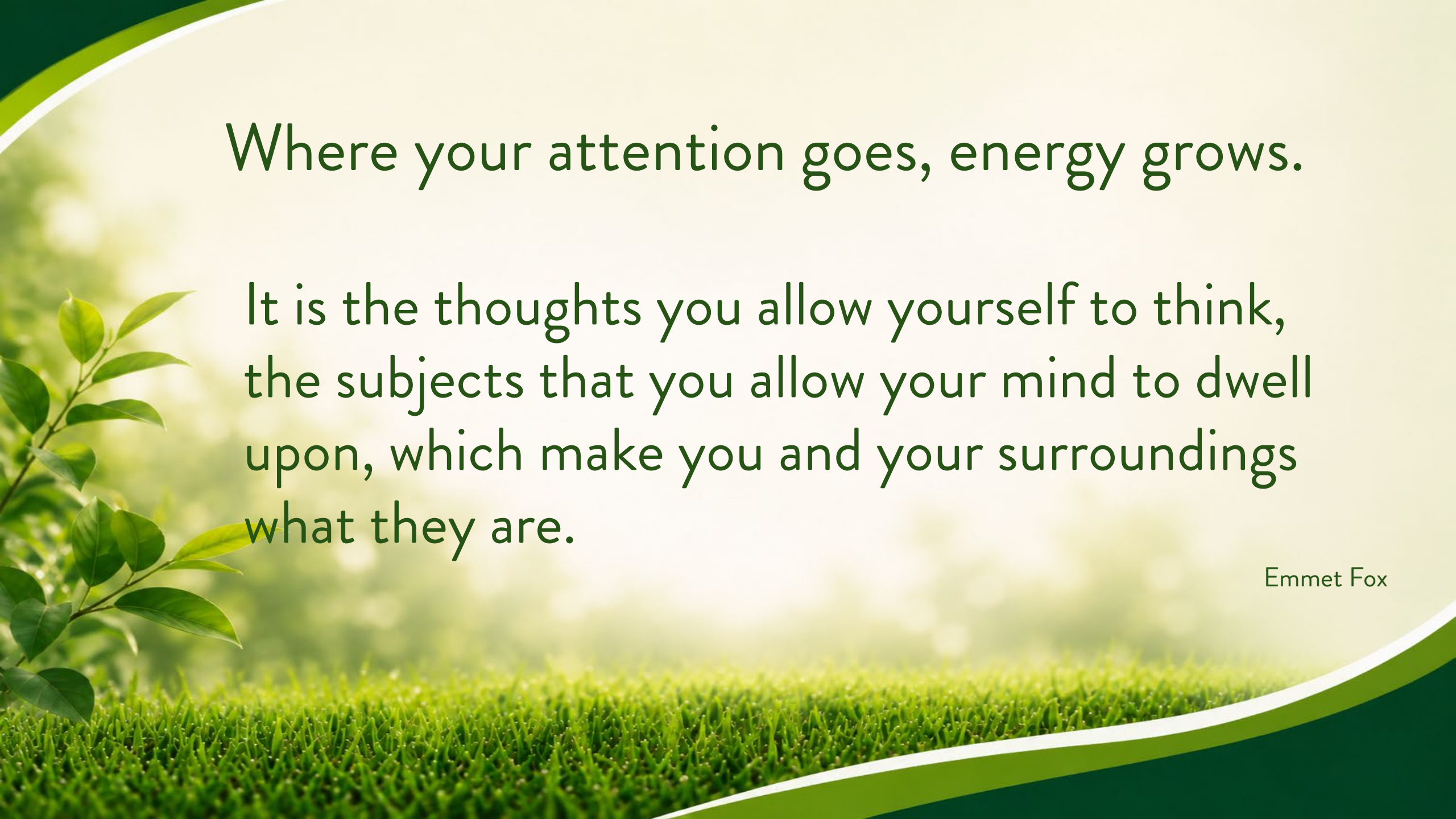


————— ♡ —————

Three deep breaths

3 things your
grateful for

————— ♡ —————



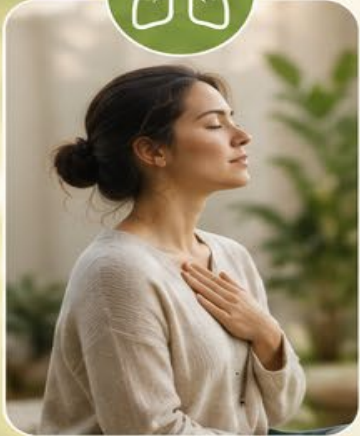
Where your attention goes, energy grows.

It is the thoughts you allow yourself to think,
the subjects that you allow your mind to dwell
upon, which make you and your surroundings
what they are.

Emmet Fox

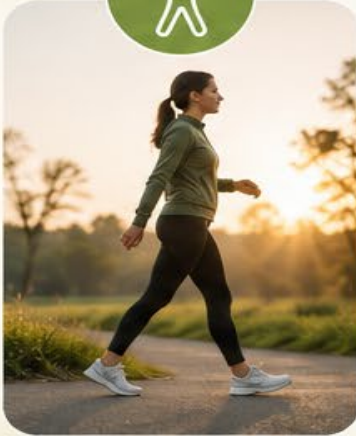
Ways to Calm

your nervous system



BREATH WORK

Slow, deep breaths to reset and regulate.



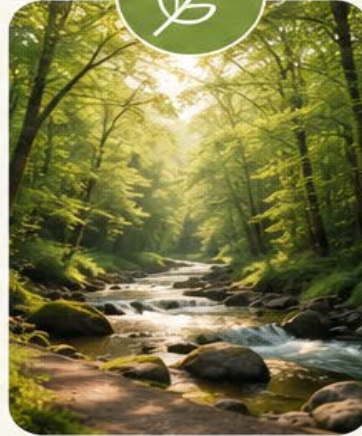
MOVEMENT

Move your body to release tension and boost mood.



JOURNALING

Write it out to process, reflect and let go.



CONNECTING WITH NATURE

Step outside, breathe in fresh air and reset.



DOING THINGS YOU LOVE

Make time for what fills your soul.



LAUGH

Laughter is medicine for the mind and body.





How do you ♥
make time
for yourself?

*You
matter
♥*

Achieving Goals

What are some things that you'd love to stop talking about and actually do?

What stops you from doing them?

Understanding your roadblocks and creating a SMART approach can help you achieve your goals?





Nurture and Nourish your body and mind

Small choices every day
create lasting change