HEALING THE HEALER:
How To Find Happiness In A High Stress Profession

WE ALL HAVE A STORY
WHAT IS YOUR WHERE AND WHEN?

I'M NOT GONNA LIE... THE NEXT HOUR MAY GET WEIRD AT TIMES.
HUNCHES, FLASHES, IMPRESSIONS. PERMISSION TO IGNORE

INTERACTIVE

3 STEPS TO RECONNECTING TO YOUR INNER HAPPINESS
1. WAKE UP CALL

2. TEN MONTHS OF SOLITUDE...CREATE SPACE

3. UH OH - WHO AM I AGAIN?
What's next?

5 PRACTICES TO CULTIVATE HAPPINESS & AVOID BURNOUT

HOW PRESENT DO YOU FEEL FROM 1-5?
HOW TO GET STARTED?

- When - mornings and/or evenings are best.
- Where - anywhere that is quiet and you feel relaxed. Connected to nature is a plus.
- Position?
- How long - 1 minute to start and add 60 second increments each month.
- Why - reliable to cut through unreal thoughts and get to the real you.
HOW PRESENT DO YOU FEEL FROM 1-5?

JOURNALING

HOW HAPPY DO YOU FEEL FROM 1-5?
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ENERGY MANAGEMENT NOT TIME MANAGEMENT
HOW CALM AND CLEAR DO YOU FEEL FROM 1-5?

ENERGY 101 - LIVE IN THE MIDDLE

- Diet = Fuel vs. Experience
- Playful movement throughout the day - no "workout/gym" time.
- Sleep - no caffeine after 4, no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of sleep breathing.
- Minimize stress by working in Flow (not more than 90 minutes) then reward (10 minutes). Maximize opportunities to stand and find a way to remind yourself to breathe through the day.
- Energy is real not a concept (Yoga, Qi Gong etc.)

KEEP CALM AND LET'S TRY IT TOGETHER
HOW CALM AND CLEAR DO YOU FEEL FROM 1-5?

EMAIL & AND MEETINGS ARE EVIL

RECONNECT TO YOUR ART - PLAY WEEKLY
12 WEEK GUIDED BEGINNER PROGRAM INTEGRATING ALL OF THE TECHNIQUES ABOVE.

EMAIL IF INTERESTED....

WRAP UP

RECONNECT TO THAT WHERE AND WHEN...

- Close your eyes....
- See yourself....
- How old are you?
- Where are you?
- Say to yourself out loud or quietly....
Q & A

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Thank you!