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

1984

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?
5 PRACTICES TO CULTIVATE HAPPINESS & AVOID BURNOUT

HOW PRESENT DO YOU FEEL FROM 1-5?
DAILY DOSE OF MEDITATION NOT MEDICATION.

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.
• What position?
• How long - 1 minute to start and add 10 second increments each month.
• Why - reliable to cut through unreal thoughts and get to the real you.

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

HOW HAPPY DO YOU FEEL FROM 1-5?
HOW HAPPY DO YOU FEEL FROM 1-5?

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 p.m., no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of deep breathing.
- Minimize stress by walking 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.)
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…..

CLOSE YOUR EYES..

SEE YOURSELF.....

HOW OLD ARE YOU?

WHERE ARE YOU?

SAY TO YOURSELF OUT LOUD OR QUIETLY…..
i am enough.

Q & A
Saud Juman
sjuman@policymedical.com

Thank you!