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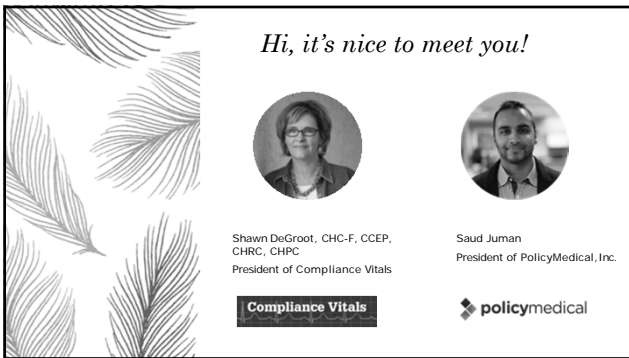
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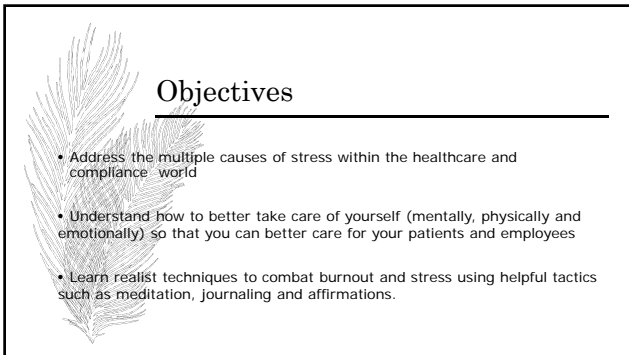
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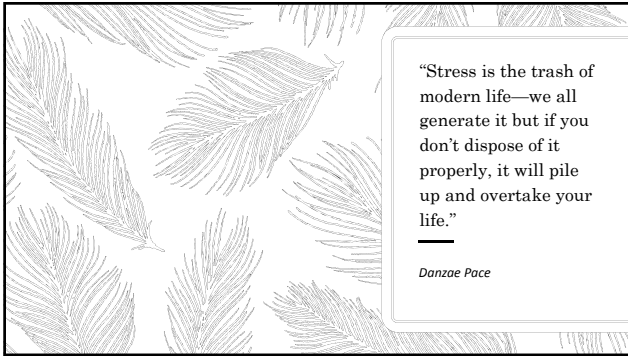
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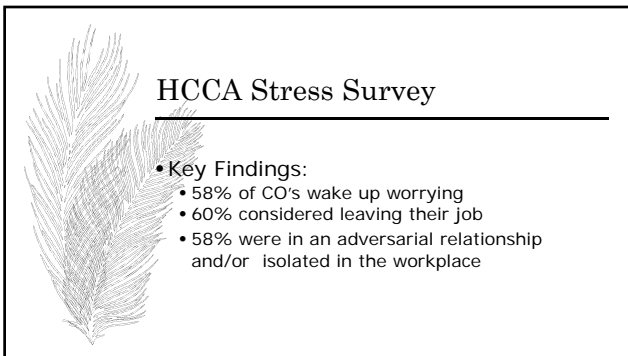
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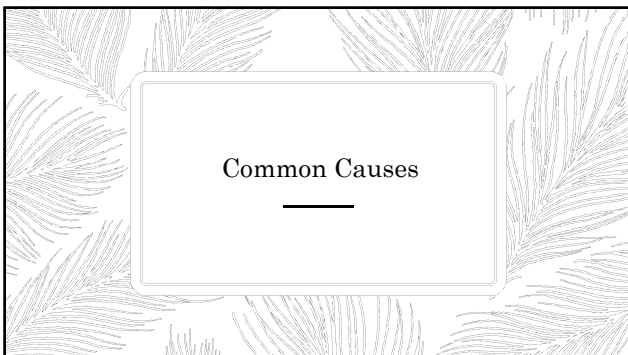
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### Human Response to Stress

- Emotional Exhaustion
- Weight gain
- Sleeplessness
- Inability to concentrate
- Indecisive
- Poor attendance
- Anxiety

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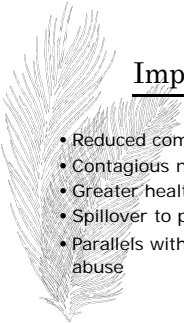
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### Impact

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- Reduced commitment
- Contagious nature
- Greater health costs
- Spillover to personal life
- Parallels with substance abuse

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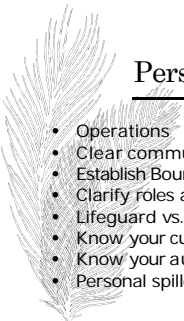
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### Personal Accountability

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- Operations
- Clear communication
- Establish Boundaries
- Clarify roles and expectations
- Lifeguard vs. a cop
- Know your customer
- Know your audience
- Personal spillover

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### Self Reflection: Skillset

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- Relationships
- Influence
- Communicate strategy
- Ability to affect change
- Non-verbal communication



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Self Reflection: Skillset

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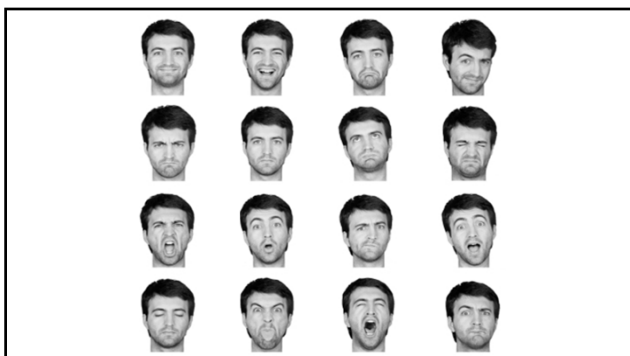
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**IT'S WHAT YOU DON'T SAY THAT COUNTS!**



**LEARN TO READ AND INFLUENCE PEOPLE THROUGH NONVERBAL COMMUNICATION.**

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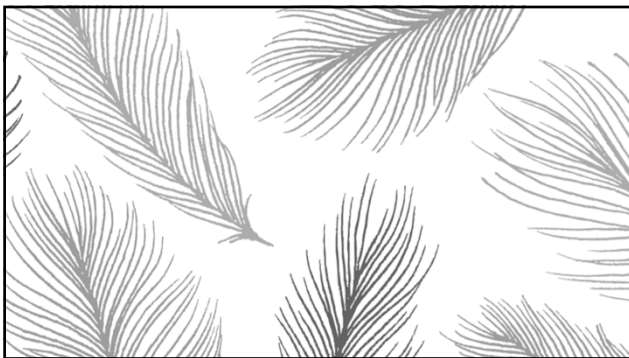
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I'm not gonna lie...this next part  
may get weird at times.



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Hunches, flashes,  
impressions...  
permission to ignore



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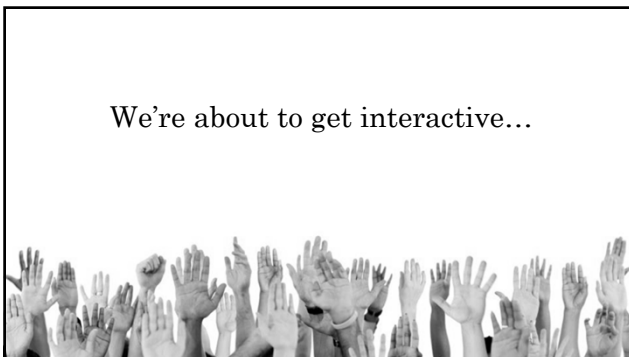
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We're about to get interactive...



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### The Chasm of Change

1. Listen to the small wake up calls
2. Find a practice of extended solitude to truly listen to your inner voice. It's never wrong if you can hear it
3. Separate the work identity completely out of YOU

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### What's next?

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### 5 practices to cultivate happiness & avoid burnout

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How present do you feel from 1-5?

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Daily dose of meditation no meditation.

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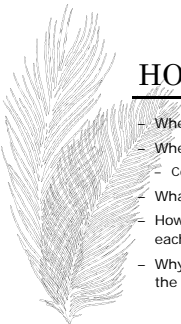
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**HOW TO GET STARTED?**

- When? Mornings and/or evenings are best
- Where? Anywhere that is quiet and you feel relaxed
  - Connected to nature is a plus
- What position? Whatever feels natural for you
- 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

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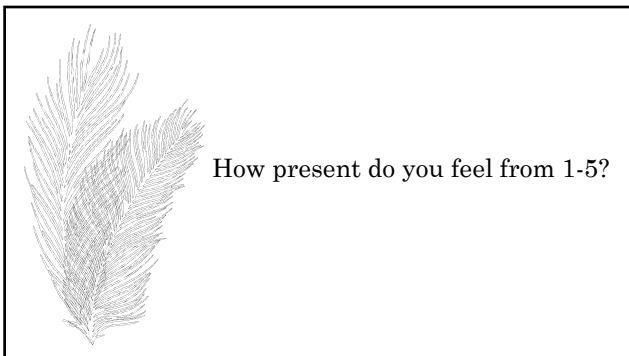
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How happy do you feel from 1-5?

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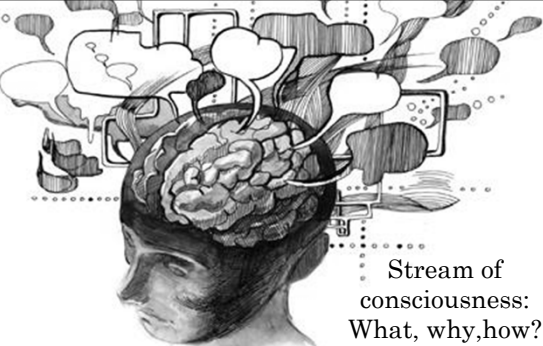
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Stream of consciousness:  
What, why, how?

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**KEEP  
CALM  
AND  
LET'S TRY IT  
TOGETHER**

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**Gratitude Journaling?**  
Reconditioning the subconscious.

<p><b>INSPIRING QUOTES</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>WEEKLY CHALLENGES</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>WHAT WOULD MAKE TODAY GREAT?</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>GRATITUDE</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>LIST 3 AMAZING THINGS THAT HAPPENED TODAY</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>AFFIRMATION</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
	<p><b>HOW COULD YOU'VE MADE THE DAY BETTER</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>

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**KEEP CALM AND LET'S TRY IT TOGETHER**

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How happy do you feel from 1-5?

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Energy Management  
not time management

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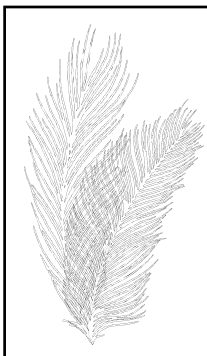
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How calm and clear do you  
feel from 1-5?

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**Energy 101 - Live in the Middle**

- Diet = Fuel vs. Experience
- Playful movement throughout the day - no "workout/gym" time
- Sleep - no caffeine after 4pm, no blue screens an hour before bed, develop simple bedtime routine before bed and include any type of deep 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.)

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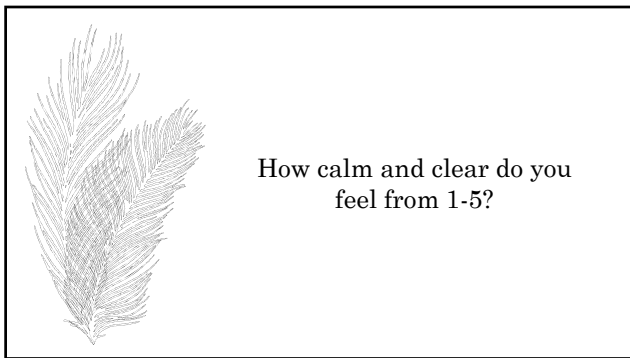
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12 week guided beginner program  
integrating all of the techniques above.

Email [sjuman@policymedical.com](mailto:sjuman@policymedical.com) if interested....



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**Thank you**

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[Sjuman@policymedical.com](mailto:Sjuman@policymedical.com)

*Shawn DeGroot*  
[Shawn@Compliancevitals.com](mailto:Shawn@Compliancevitals.com)

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