

Building resilience when life is stressful

How to add a little control into a crazy time!

My Top 10 – Control what YOU can control

1. Start/ end the day without tech
2. Have a morning routine – for YOU – include some planning and focus
3. Get outside for 20 mins a day – maybe a walking meeting/ phone call?
4. Tech free lunch – even if its 15 mins
5. 1 min deep breathing (see no. 2)
6. Be PRESENT with those in your community
7. Practice daily gratitude
8. Do something you love EACH day – even if its 5 mins
9. Move every hour
10. Learn a new skill/ set yourself a challenge

Any questions.....

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