

5 Shifts to Emotional Wellbeing

Don't Ignore the **WARNING** Signs



STOP!

Stress
Tiredness
Overwhelm
Pressure



1 Check Your Map

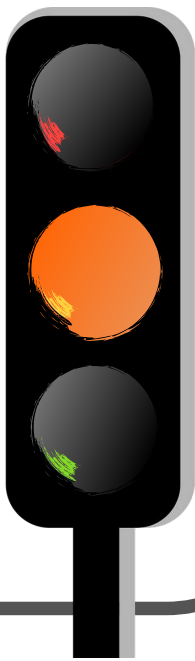
M - Mindset, Mood, Motivation
A - Attitude, Attention, Awareness
P - Potential, Purpose, Present

For F'S SAKE!



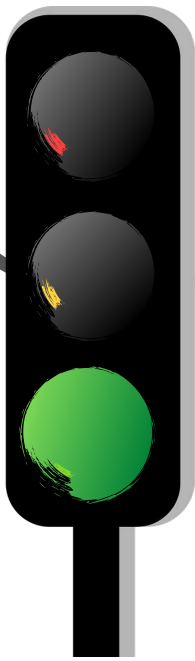
Find it
Face it
Feel it
Free it

2 Repair



3 Prepare

ENGAGE THE **WHOLE BRAIN**



**Let Go and
Let's Go!**

4



Give
Observe

BLISS

- Better Health
- Love and be loved
- Increased Clarity
- Solution Orientated
- Self Awareness



5 S.A.S

**Seek
Assistance
Sooner**



Asking for help is a sign of great Courage
Don't wait until your Non-Negotiables are compromised
Expressing emotions makes you human. We feel for a reason.