

HEALING THE HEALER:

How To Find Happiness In A High Stress Profession



1984



WE ALL HAVE A STORY

YOU ARE
enough

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



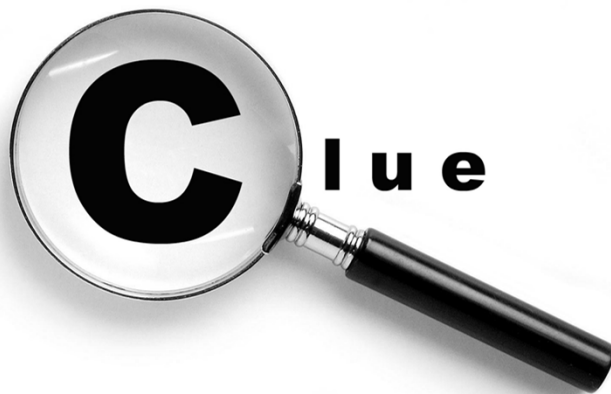
INTERACTIVE



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 60 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?

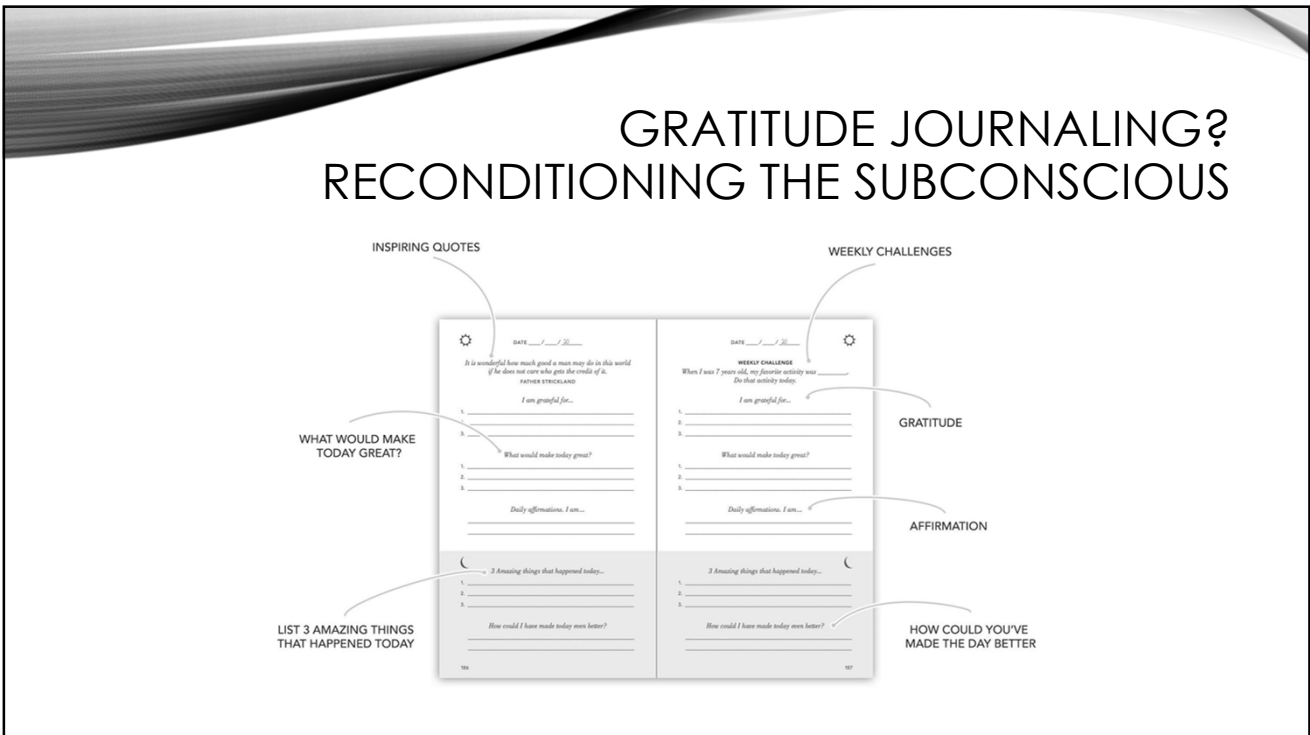
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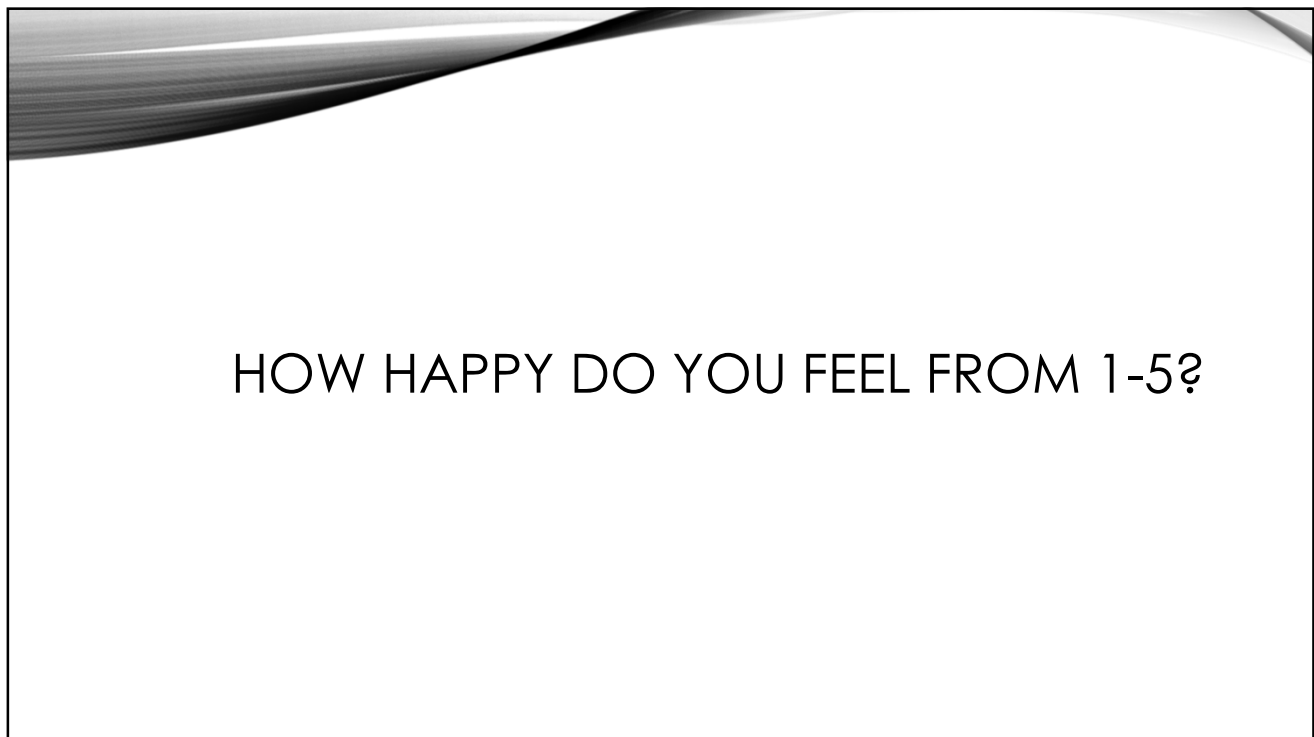


HOW HAPPY DO YOU FEEL FROM 1-5?

STREAM OF CONSCIOUSNESS: WHAT,
WHY, HOW?







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 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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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....

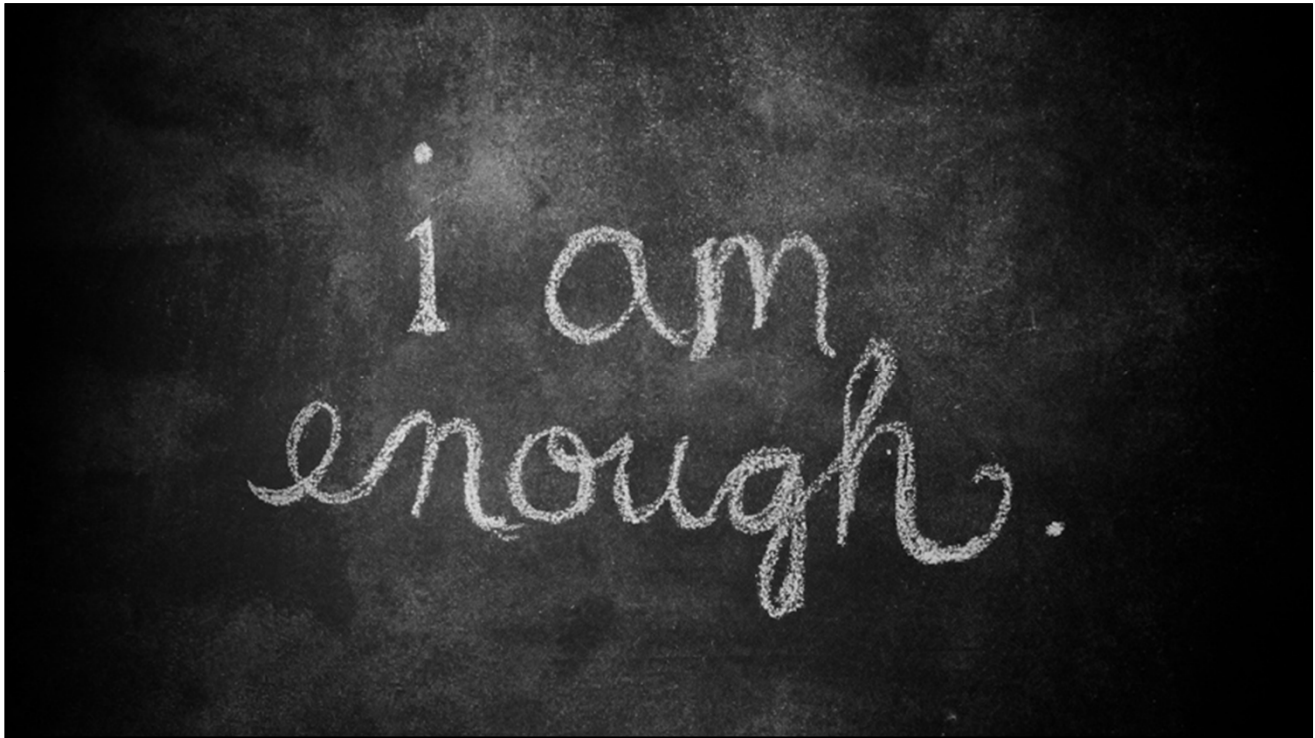


WRAP UP



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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