

wellness shots starter

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Translating wellness
research for you.

Wellness Shots are active efforts to optimize your wellness.



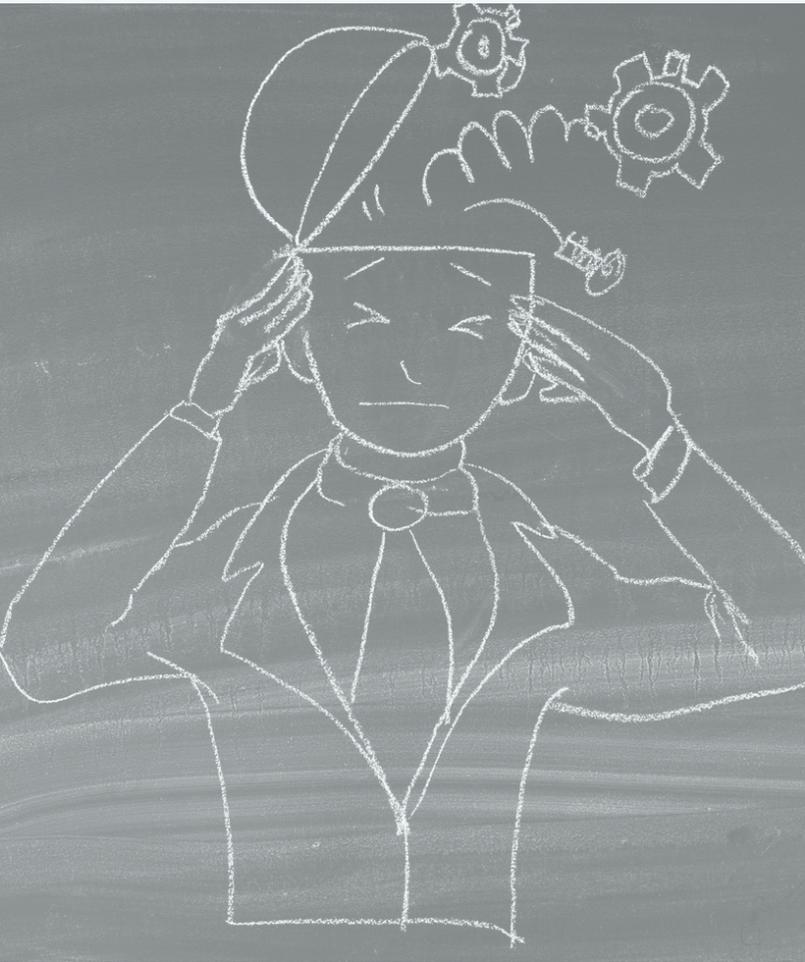
Burnout Wellness Shots

Free Guide

Can't sleep



created by sumana jeddy |



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If your body is waking you up at odd hours and you are unable to fall back asleep, your body is telling you that you are in **crisis mode**. When this happens collect your sleep/worry data. Start documenting your 2am panic wake ups. If there is a specific worry or thought that is waking you up (project, email, person) document it!

Get specific. The data you collect will help you identify your triggers and solutions so can move towards recovery.

Don't wait for it to get worse



created by sumana f jeddy |



[WATCH VIDEO](#)



You know the difference between stress and burnout by now. If you are experiencing symptoms of **burnout** (minor/early stage still counts), seek help to prevent it from getting worse. The longer you wait to get diagnosis/treatment, the longer the symptoms are going to persist and worsen.

Document your symptoms and get in touch with a family physician or a therapist. Don't ignore it.

Take a mindful break



created by sumana f jeddy |



Downtime is great but do you feel refreshed after your break? Whether you are burned out or not, be **mindful** of who you are spending time with during the holidays. Check the commitments that are draining you vs the ones that are energizing you and strategically minimize the former.



If you haven't yet identified root causes, identify them. There are 6 root causes of burnout and you can have more than one.

Five holiday wellness strategies



created by sumana f jeddy |

- 1. I will simplify how I manage emails:
Do, Delegate or Delete**
- 2. I will respect the out of office
(professional and private) message.
Rest means rest.**
- 3. I will keep one social media app that I
enjoy the most and delete the rest.**
- 4. I will journal my personal and
professionals wins of the year, share
and celebrate them with my
family/friends.**
- 5. I will go through my phone and either
catch up with old friends or delete
contacts I no longer need.**

I will do strategy # _____

Wishing you a wonderful 2022



created by sumana f jeddy |

Celebrate this time, however you want. If you are grieving, I am with you. COVID-19 is still all around us and it is still scary out there. I will not be celebrating per se, but I will be spending time with my friends. I miss them dearly and I haven't see most of them in over 2 years. I am looking forward to low key brunches, dinners and adventures with people who energize me. Thank you so much for being part of this community and for downloading this and all the other guides. I have enjoyed getting to know a few of you via DM's. I hope to get to know more names vs just usernames. I love making these guides for you, it would mean the world to me if you give me some feedback by clicking on the link below.



[CLICK HERE](#)

Have a safe and happy holiday month.

Sumana
sjeddywellness /6



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Want 1:1 support?

Then you need to...

Book a free 30 minute call with me or a 60 minute consultation with me.

*Sumana F Jeddy, MPH
Founder and CEO Jeddy Wellness*

LEARN MORE





Clubhouse

Exciting announcement!

I am excited to announce that Jeddy Wellness is once again sponsoring the second annual **Workplace Wellness Summit in May 2022!**

Click link to learn more about the summit.

Sumana F Jeddy, MPH

Founder and CEO Jeddy Wellness

LEARN MORE



Seek help

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For serious mental and/or physical health concerns please seek **medical and/or psychological help** immediately. Please contact your local mental health support line.



Supporting you with



Fresh and relevant evidence-based content and Wellness Shots Exclusive Programs that are designed for you.

Starter/Lite/Pro/Premium/Platinum

Sumana F Jeddy, MPH
Founder and CEO Jeddy Wellness

