



**JANUARY
2022**

wellness shots starter

**Translating wellness
research for you**

**Wellness Shots are active
efforts to maximize your
wellness**

A free wellness guide





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sleep hack 101

- 1) Replace your current alarm with a sunrise alarm
- 2) Turn off your phone before bed (or put it in a place you can't check Instagram for the 52nd time tonight)

Did you know:

The blue light from your phone is not only bad for your vision, but your brain as well?

Research has found that there is a correlation between your phone's blue light and melatonin production.

When your body is low on melatonin, you can experience insomnia, tiredness and irritability throughout the day.



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man.. I just can't wait for the weekend...

Are you "living for the weekend?"

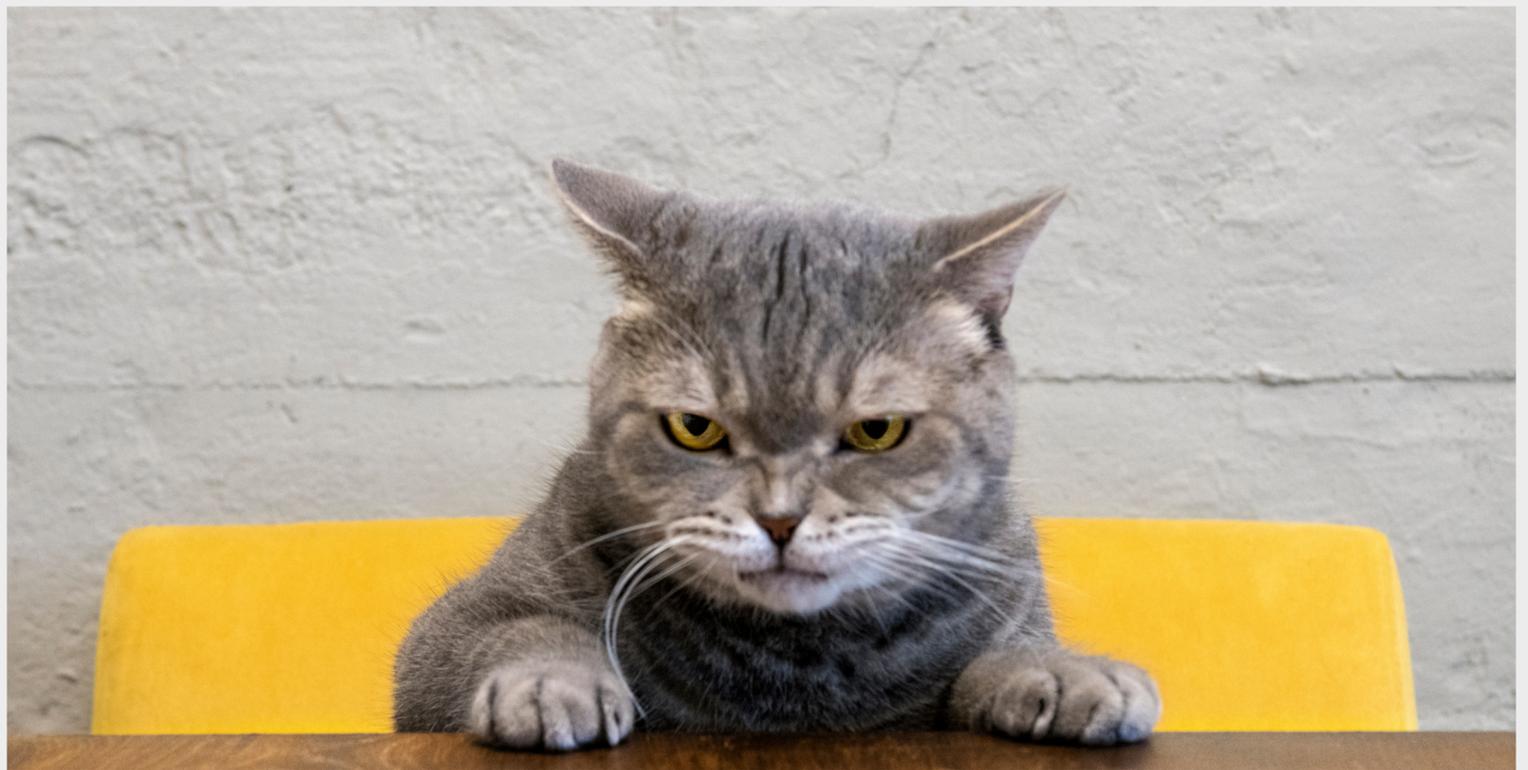
So was I, until I learned that one weekend is not enough to recover from burnout.

Strategies to take back your (work) life:

- 1) Delegate if you are feeling overwhelmed - you have a team for a reason!
- 2) Leave work at work - give yourself time to recharge and relax; that's what home is for
- 3) Be firm about your needs! Even if this scares you, talk to those within your workplace. It will be worth it in the long run!
- 4) Set boundaries. Don't let others take advantage of your compassion and learn to prioritize yourself



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becoming increasingly cynical about the work week?

Do you remember a time when you were excited for the coming day and enjoyed your work?

Changes in behaviour are an early and common sign of burnout - catch it while you can!

How can you start enjoying your workplace again?

Quick tips:

- 1) Build social connections
- 2) Find purpose in your work



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appeal vs. confront

Nervous about speaking to management about your burnout? Remember to appeal to their empathy rather than confront them about the issue.

How to speak to management in a way that benefits both of you:

- 1) Ask yourself "How would this help the workplace at large and therefore management?"
- 2) What are the universal benefits to managing workplace wellness?
- 3) Emphasize that workplace burnout is contagious
- 4) Suggest strategies, rather than demands



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how to say "no" a beginners guide:

Saying "no" to work requests (in a polite way) can be the first stepping stone to reclaiming your workplace wellness!

- 1) I'm swamped right now, but feel free to follow up.
- 2) I'm not qualified to do what you're asking, but here's something else.
- 3) This isn't in my wheelhouse, but I know someone who might be helpful.
- 4) If I helped you, I'd be letting others down.



three wellness shots

Grit was the topic of my most recent article. It can be described as an all encompassing trait gained through overcoming hardships. This months wellness shots are excellent additions to sharpen your skillset.

1) **Psychological flexibility** is the ability to adapt to changes within your life. Eg, **Planful problem solving** 1) analyze the problem, 2) make a plan based on that analysis, and 3) execute it.

2) Building off psychological flexibility, **resilience** allows the individual to cope and with crisis'; a hardened mentality. Eg, **Cultivate laughter and humour** as a buffer for stress.

3) **Social support** is gained from making connection within your community. It ensures that there are others to aid you in overcoming hardships. Eg, **join a community of practice**



upcoming



January 16: Burnout Workshop

*Discounted price

[Click Here](#) to find out more!

January 15: "Mentorship and Wellness"

Join me on Instagram Live at 9:00am MST!

*Special guest Sophy Yohannan, Boston Scientific . There is a scheduled IG live on my main instagram.

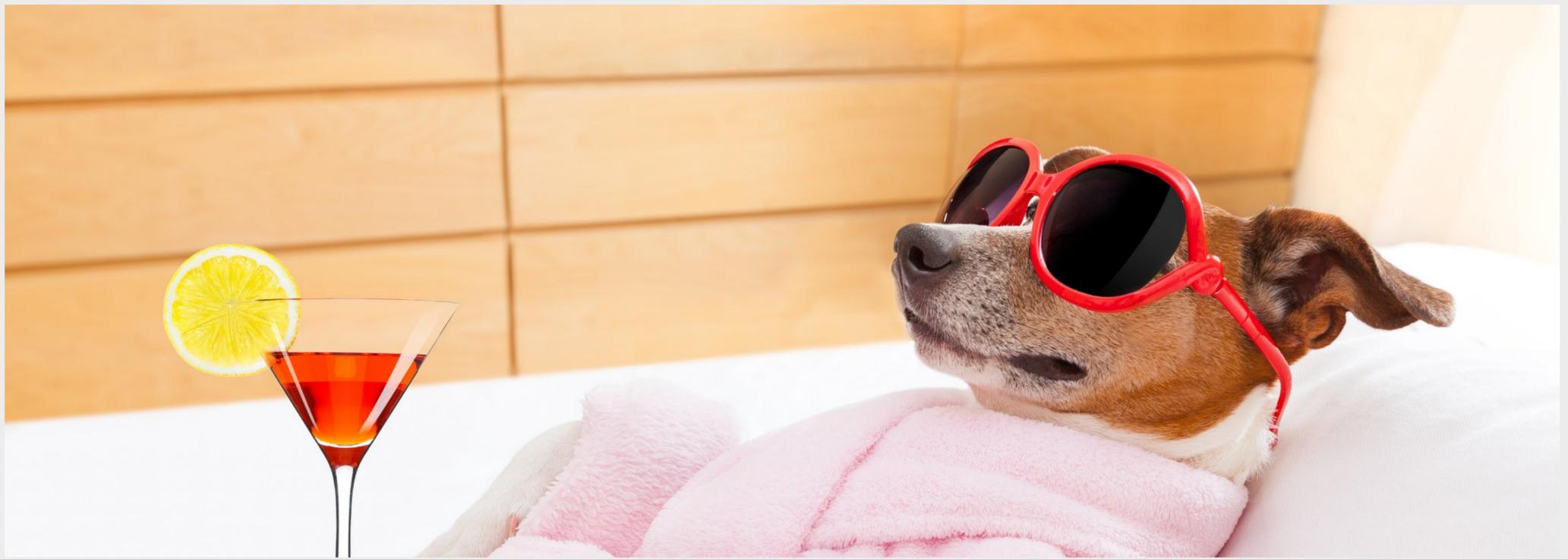
Missed one of the recent **wellness articles**? No problem, they're right here:

Article 1: Burnout in the Modern Context

Article 2: New Skill Unlocked: Grit 2.0



Interested in learning more? Check out my most recent **podcast** on Spotify!



where you can find me:



Supporting you with

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

1:1 consultations are available for January 2022.

don't be afraid to seek help

For serious mental and/or physical health concerns please seek **medical and/or psychological help** immediately.

Please contact your local mental health support line.