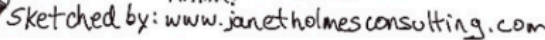


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A circular graphic featuring a QR code in the center. The text "BE PART OF OUR COMMUNITY! JOIN OUR MAILING LIST" is written in a circular path around the QR code, following the curve of the circle's border. The QR code is a standard black and white matrix code. The text is in a bold, sans-serif font, all in uppercase. The entire graphic is enclosed within a thin black circular border.

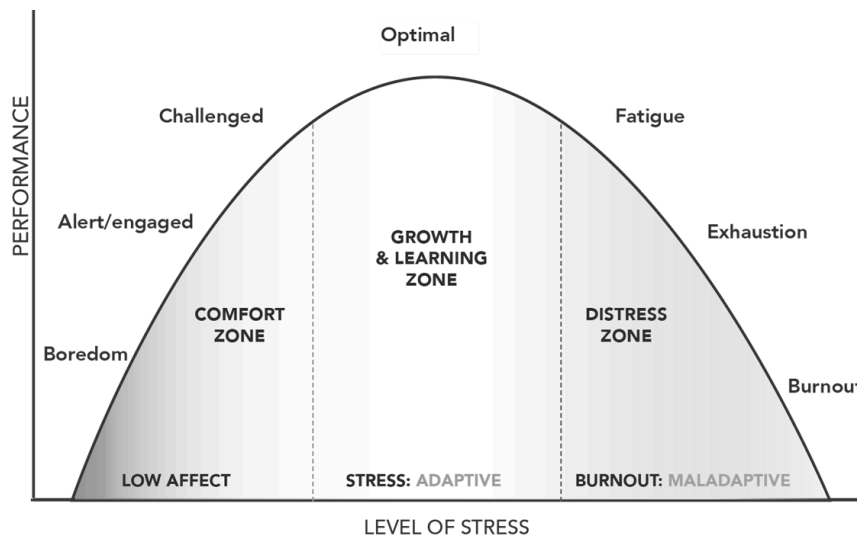
DRROBYNE.CA
@DR_ROBYNEHD

Yerkes-Dodson, Human Performance Stress Curve

The relationship between our stress or cortisol levels and our performance, both personally and professionally, is well researched. When we are in the growth and learning zone, we are on our 'A-game'. We have the right balance of pressure, responsibilities, and resources to meet our roles and deliverables. We are able to focus, have an awareness of what is important and have the energy to meet the demands. Supply and demand are integrated.

We shift into the distress zone when the demands outweigh the available resources (energy, time, clarity, tools, rest). When we are in the distress zone, everything is hindered by this false sense of urgency and increases the likelihood of staying stuck in stress cycling behaviours.

When in distress the ability to tolerate stressors decreases and maladaptive behaviours to cope increase.



Adapted from Gilbert (2009)



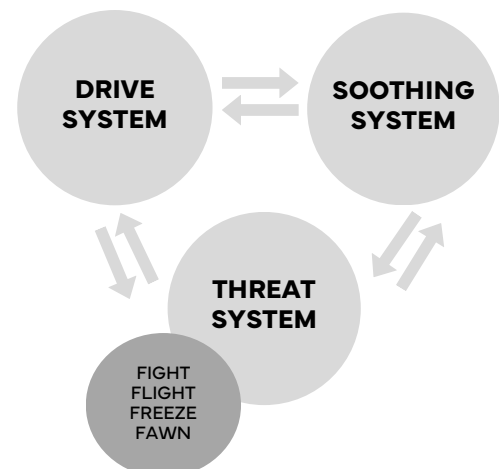
PRACTICES FOR SELF-REGULATION

Goal: Activate the soothing system

ACTIONS:

Nature. Crying. Carbs
 Birthday Cake Breathing
 Drifting Water

EMOTIONAL REGULATION CIRCLES



As we explore an alternative path for fostering our well-being, I encourage you to take kind and compassionate steps and walk gently with yourself.

To achieve a more sustainable and human-centric way of co-creating your good life, there may be some "unlearning" required.

That is part of the process.
Be patient with yourself.

Keep a watchful eye on hype-cycles, quick fix promises and misinformation.

'Be sure not to step over \$100 bills to pick up pennies'

STRESS WISELY WITH THE 8 REALMS OF WELLNESS

Physical

Physical wellness is all about taking care of your physical body now and for the future.

Emotional

Emotional wellness involves navigating both the high and low frequency feelings and emotions, effectively and efficiently. It allows us to identify, understand, and respect our feelings, as well as the feelings of those around us.

Intellectual

Intellectual wellness is about acknowledging our abilities, maintaining curiosity, and expanding our knowledge and skills through learning opportunities and new challenges.

Social

Social wellness relates to our sense of community, belonging with others, and how we contribute to the community around us.

Environmental

Environmental wellness encourages us to understand how our surroundings affect us and how being part of stimulating and safe environments can support our wellness. It is also about respecting our surroundings and taking care of our lands.

Financial

Financial wellness involves managing and understanding how our financial behaviours impact our wellness.

Occupational

Occupational wellness is about finding enjoyment, personal satisfaction, and life enrichment through our work and service.

Spiritual

Spiritual wellness is about using your values to develop a sense of purpose and meaning in life. It involves making actions and decisions that are in alignment with our values and beliefs.

WELLNESS HABITS

‘Cope Ahead of Time’



Non-negotiables. Habits & Rituals.
Lists: To-Do . To-Be . Done!
The Art of 100%.
Self-Tells: Know them & Already have a plan.
Know YOUR Critical conversations:
Personal & Professional.



‘Come Back Practices’

Naps
Solitude
Connection
Movement
Nature
Music
Gratitude

FORCES OF RECOVERY

A DAY IN QUARTERS

	MORNING	30 Minute Walk Nature
	MID DAY	Lists - (To Do & To Be) Critical Conversations
	AFTERNOON	Task Switching Reunions
	EVENING	Nature Bedtime Gratitude

	MORNING	
	MID DAY	
	AFTERNOON	
	EVENING	

**When you notice
you don't feel well...**

Start with the basics

Have I?

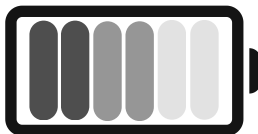
- Taken a break?
- Drank water?
- Moved?
- Gone outside?
- Really talked?

ENERGY DRAINERS



- Worrying
- Clutter
- Sitting too long
- Under Eating
- Scrolling

ENERGY GENERATORS



- Forces of recovery
- Water breaks
- Finish lines
- 'Favourite self'
- Puppy time

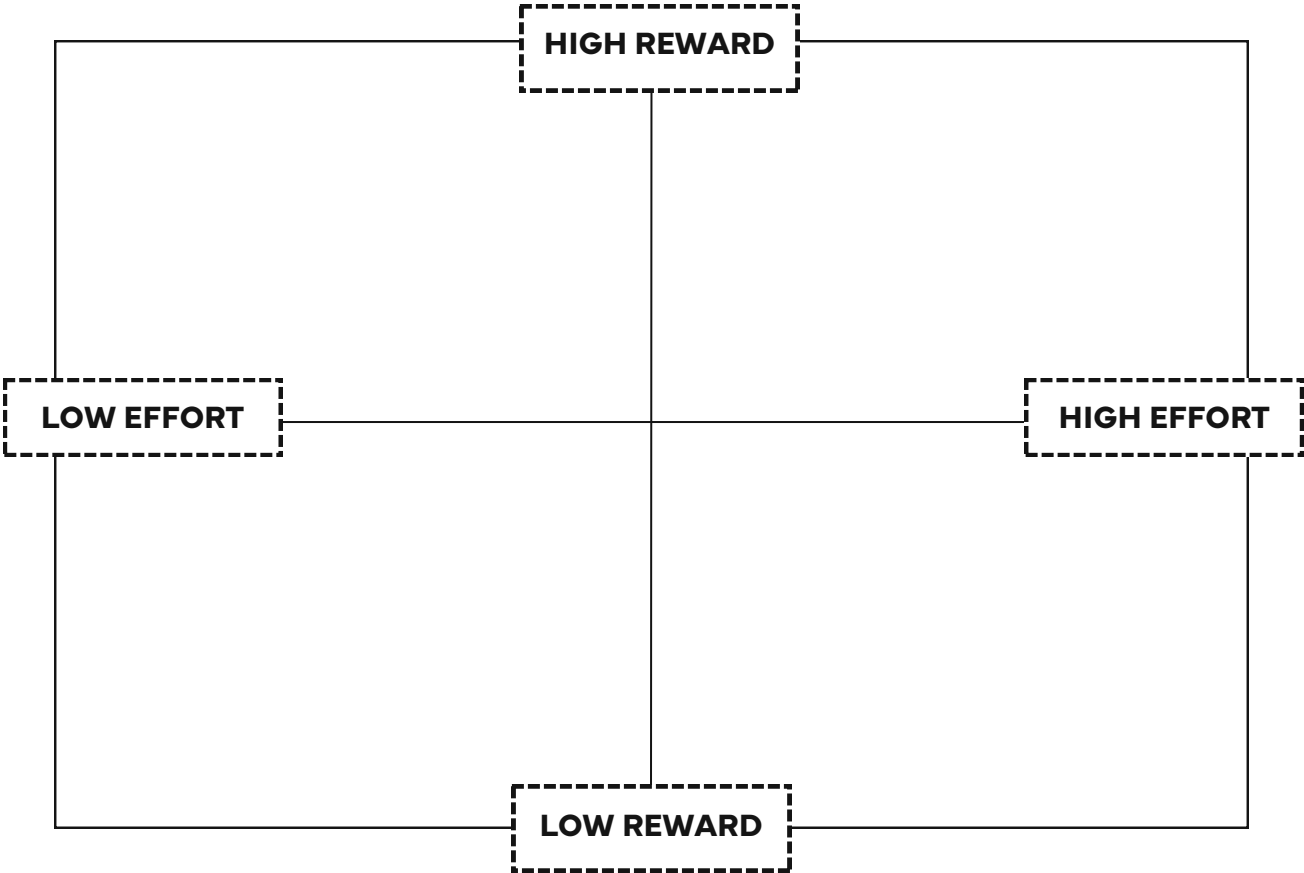
ENERGY DRAINERS

ENERGY GENERATORS

"Our greatest ally in managing stress is our relationship with wellness. I use the word 'relationship' on purpose. Our wellness is a relationship with our whole self. It is a series of give-and-takes."



COME BACK RATES AND PRACTICES



DR. ROBYNE

I HAVE _____

I AM _____

I CAN _____

I WILL _____

Trust your skills, talents and gifts.



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