

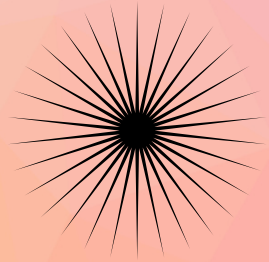


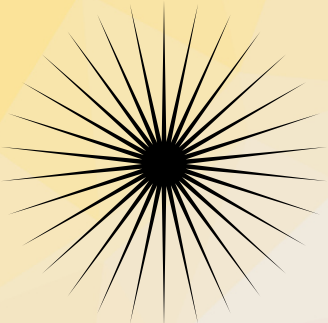

Wellness in Entrepreneurship

Healthy habits to help you and your business thrive









Tonight's Focus

Physical

Knowing your body and giving it what it needs for health, healing, and energy.

Spiritual

Expanding a sense of purpose and meaning in life, including one's morals and ethics.

Emotional

The ability to successfully handle life's stresses and adapt to change and difficult times.

Occupational

Balancing school, work, jobs, and leisure time. Work/life balance.



Wellness is a Practice




The act of rehearsing a behavior repeatedly, to help learn and eventually, master a skill.

Like most things, wellness is not a passive state or a one-time action, but a lifelong practice that takes work, intentional actions, and choices.

Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes so that instead of just surviving, you're thriving.

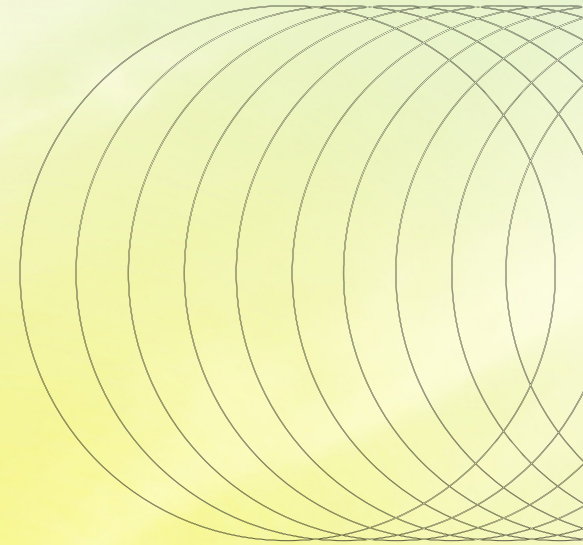
Wellness is connecting to yourself on a deeper level to listen to your body, mind, emotions, and spirit, and striving to take care of every aspect of yourself.

It will never feel "perfect", it is simply a practice that will ebb and flow with you from day to day. Not every technique will work for you, but part of your personal wellness journey is finding what does through trial and error.



Tonight's Goals

- 01** Checking in with Meditation
- 02** The Power of Your Breath
- 03** Create Your Own Mantra
- 04** Move
- 05** The Emotional Freedom Technique



How are you Doing?



"Be curious, not judgmental" -- Walt Whitman

Let's take a few moments to self-assess.

Become an innocent bystander as you meet yourself today.

Take everything you find simply as an observation.

We will try meditation to help clear the mind to

focus on how you feel.



Connect to Your Senses



*Though becoming present is a challenging task for most,
tapping into your five senses is a great first step.*


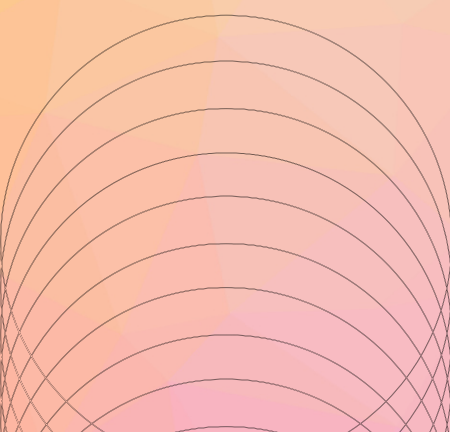
What are you currently touching? / What is touching you?

What sounds do you hear?

What can you smell?

What taste is in your mouth?

What can you see?





Relaxing Your Body

Let's try a meditation practice called Yoga Nidra.

Yoga Nidra can be done by anyone and there is no wrong way to do it.

Though sometimes called Sleep Meditation, set an intention to stay awake and aware to investigate your body and help it relax.
(but falling asleep is okay too!)

Yoga Nidra offers you the chance to learn more about yourself immediately and helps you relax your body and mind.

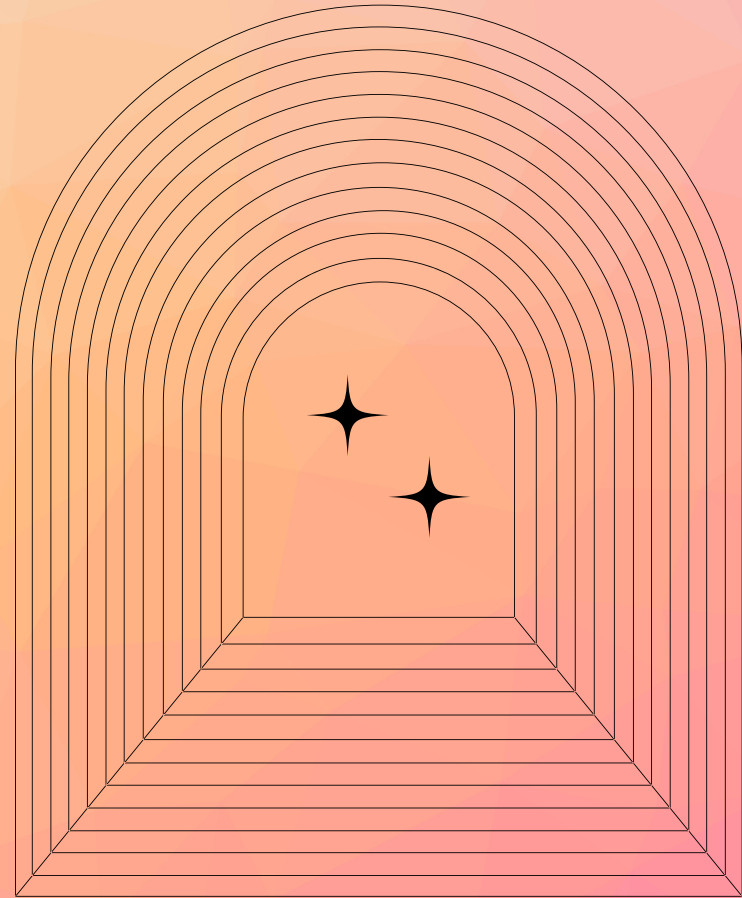


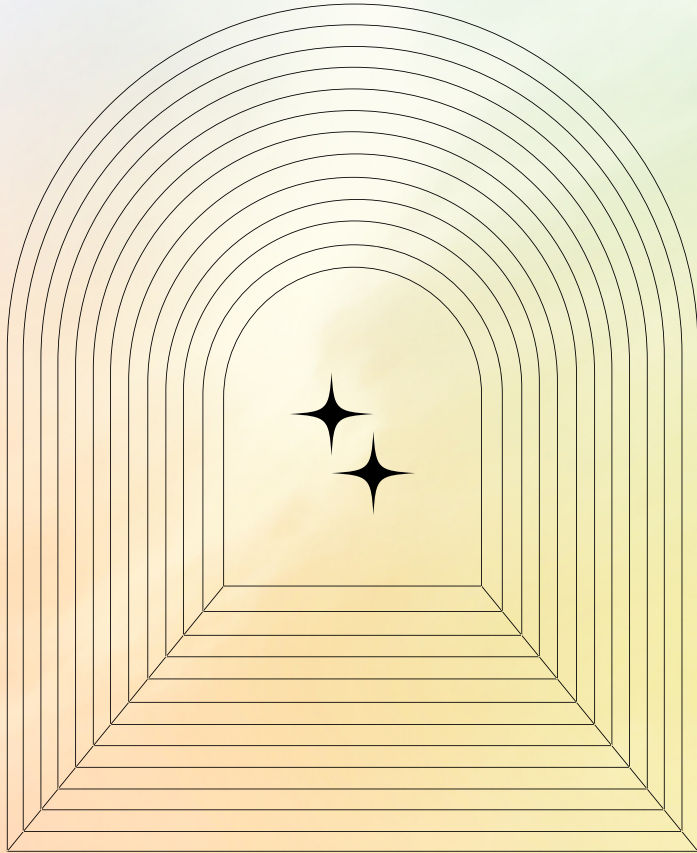
Yoga Nidra Meditation

Make any necessary adjustments to get yourself as comfortable as possible.

Close your eyes or set a soft gaze out in front of you.

Listen to my words, the music, or your breath to help your mind focus if your thoughts wander.





Take a Breather

Find your breath.

Notice its natural and automatic flow.

Acknowledge its resiliency.


Feel yourself become even more present.

Though our breath does not leave, it may change and show us how we are feeling.

Breathing Techniques



To help you breathe with intention



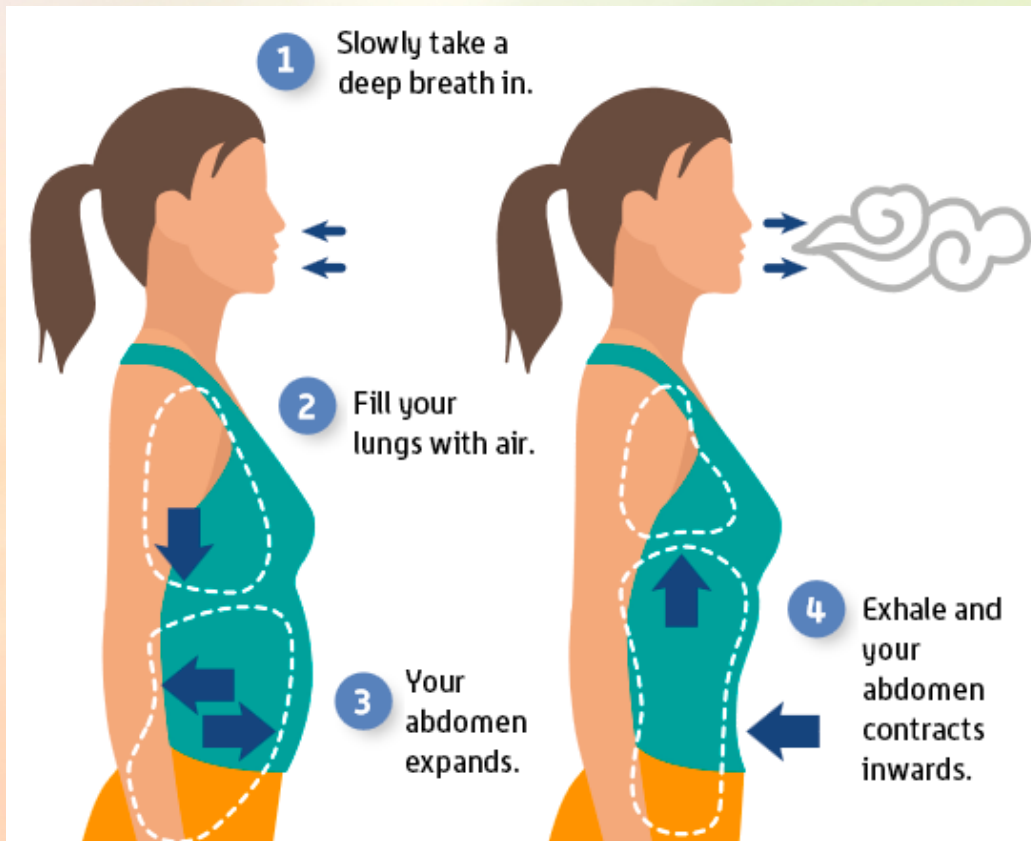
Diaphragmatic/
Belly Breathing

Square/Box
Breathing

Alternate Nostril
Breathing



Diaphragmatic Breathing



A kind of deep breathing that helps lower your heart rate and blood pressure, and leads your body and mind into relaxation.

During diaphragmatic breathing, you consciously use your diaphragm to take deep breaths.

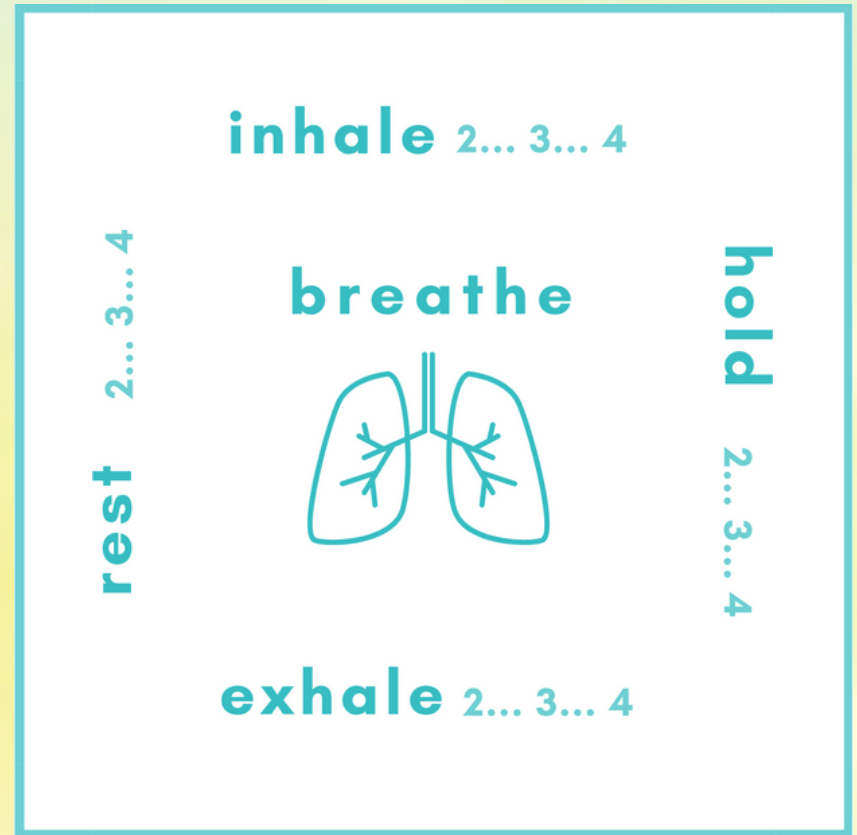
Diaphragmatic breathing allows you to use your lungs at 100% capacity to increase lung efficiency.

Square Breathing ✨

A simple tool for managing anxiety.

A racing heart, rapid breathing, and dizziness can make people with anxiety feel out of control.

Controlled, slow breaths can support a regained sense of control, offering relief from anxiety and panic attacks.

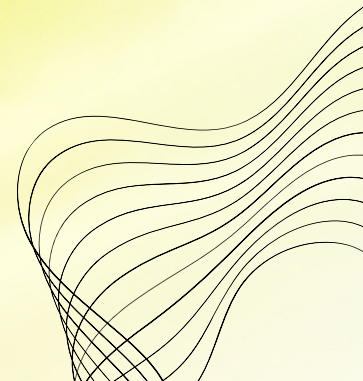


Alternate Nostril Breathing

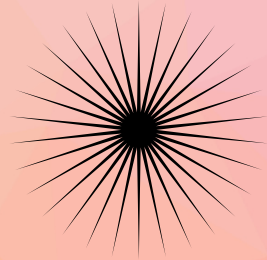


With regular practice, alternate-nostril breathing can bring better balance to your nervous system and lessen your stress response/activity over time.

Deep breathing and alternate-nostril breathing slow your heartbeat and lower your blood pressure.



Your Words Make a Difference



How do you normally talk to yourself?

How would you talk to a loved one?

Do these two questions have the same answer?

How would you like to talk to yourself?

What words do you need to hear? / What are your needs?

Where do you want to be? / What grounds you?





Create a Mantra to Empower Yourself

A word or phrase you repeat during meditation (or any time)
— as a tool to help release your mind

"There is absolutely nothing wrong with this moment."

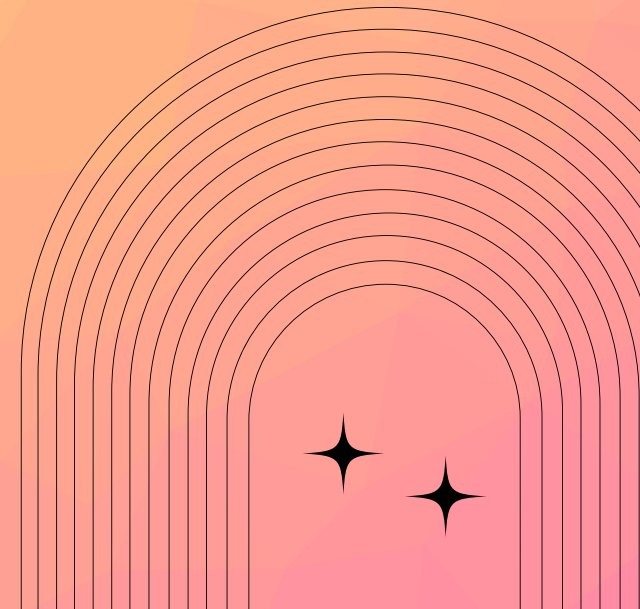
"I am aware of all that is good and creating space for even better things"

"I am a badass and I'm gonna do the damn thing."



Create Your Mantra

Using your Mantra Worksheet,
take a few moments to create a mantra for yourself.

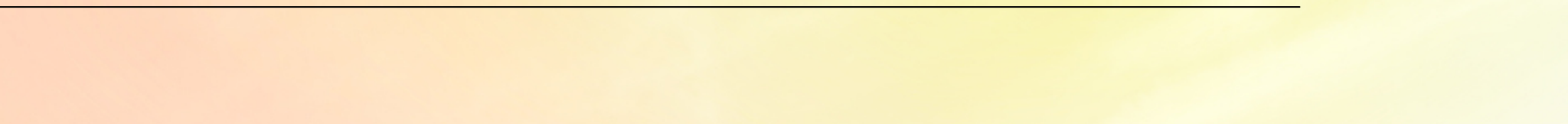
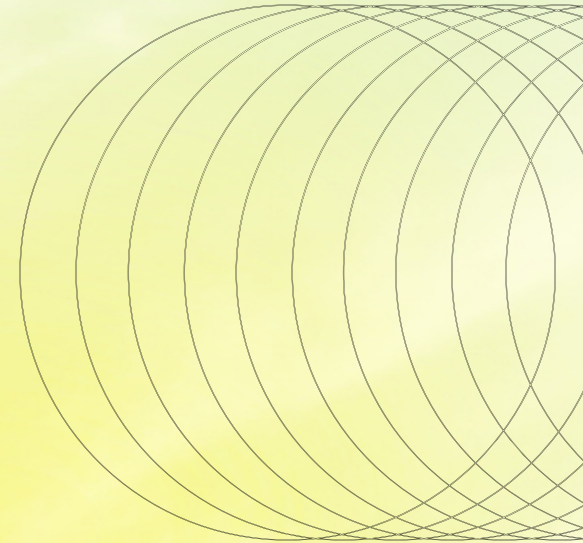


Movement as Medicine

Your body is constantly speaking to you. Rather than words, it speaks to you through signals and sensations.

Movement can be used as a medicine to nourish the signals you experience, especially when the sensations you notice are negative and overwhelming.

Our bodies change from day to day, and within each day we may need different things.



Types of Movement

Slow Swaying

For self soothing & regulating

Body Brushing

Anxiety and self criticism

Shaking/ Rhythmic Bouncing

A great aid in depression

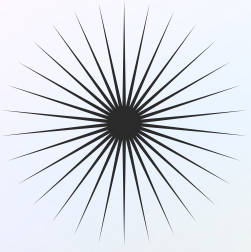
Ground Flow

To decrease repetitive thoughts

Stretching/ Softening

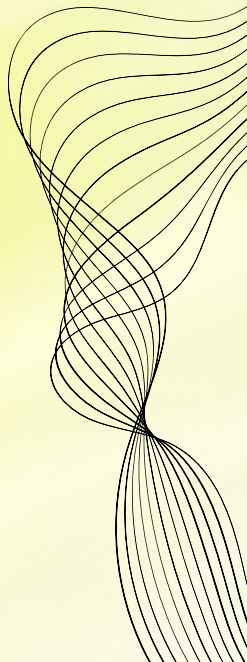
For when feeling stiff or stressed





Yoga for Stress Management

Poses and stretches to create space





Yoga Poses

Seated Cat/Cows

Hands to knees

Inhale: Arch your back

Exhale: Round your spine



Seated Twists

Inhale: Grow tall

Exhale: Rotate chest to the side

Seated Extended Mountain

Evenly plant your feet

Inhale: Reach your arms overhead

Exhale: Bring hands to heart

Tree Pose

From standing, shift weight. to either foot and externally rotate the other leg. Slide that foot up along your inner standing leg and plant it at a comfortable height

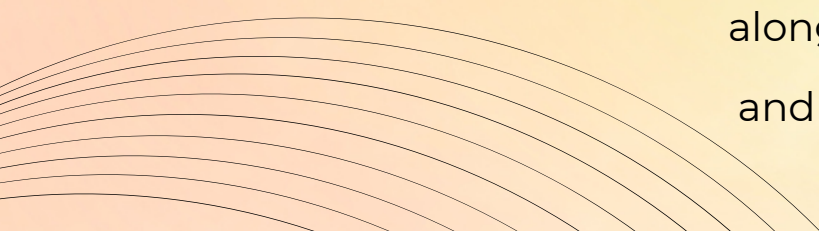
Seated Forward Fold

Hinge from your hips

Seated Pigeon

Create a figure 4 with ankle over thigh

Fold forward for deeper stretch



EFT/Tapping



A method to help manage emotions, intrusive thoughts, habitual patterns, physical pain, trauma, depression, anxiety, fear, and more.

A practice of tapping your fingertips to specific points of your hands, face, and body while focusing on obstacles and pairing them with affirmations.

This is done to help neutralize the intense feelings.

Based on Chinese Medicine, the points we tap connect to the meridian lines in our bodies, similar to the practice of acupuncture.



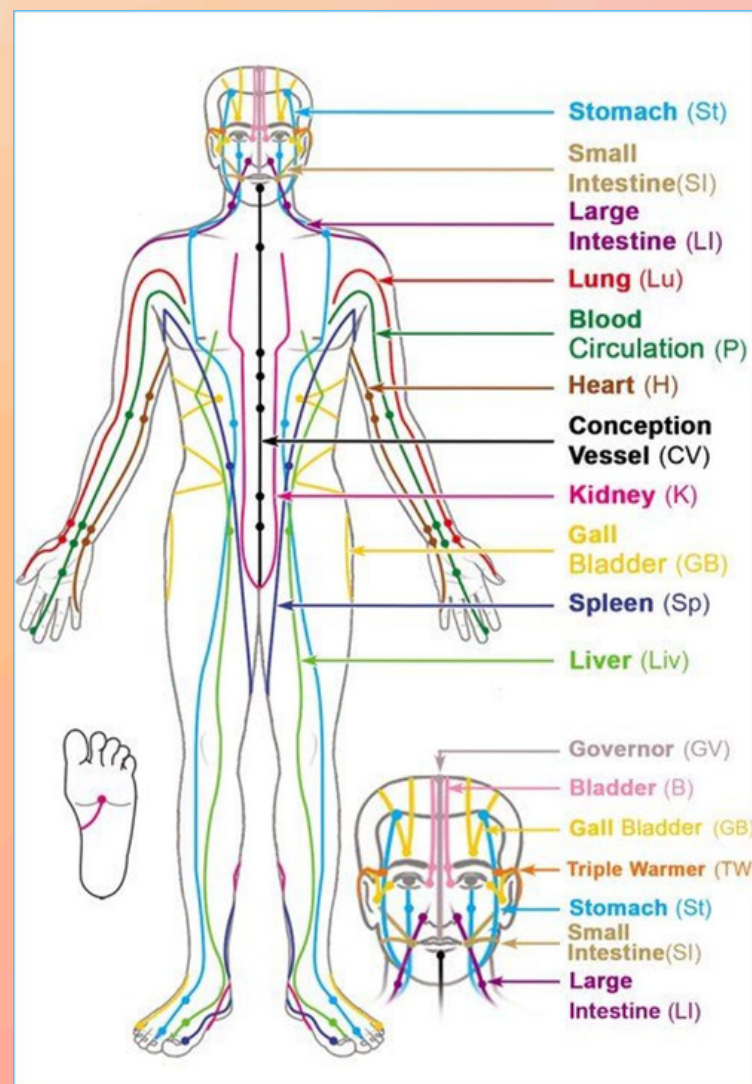
Meridian Lines

Meridians are invisible pathways in the human body through which vital energy is believed to flow.

The human body contains 12 primary meridians and 8 additional meridians, forming an interconnected network that links various organs and body parts. In tapping, we access 8 meridians.

These meridians carry the energy, or information that sustains all living things and helps them grow. This energy is also referred to as Chi, subtle energy, and Prana, vital energy.

EFT harnesses the power of the meridians to release blockages and restore balance to the body's energy system.



EFT Guidelines



- 1 Identify your obstacle
- 2 Rate the intensity from 1-10
- 3 Establish a phrase
- 4 “Even though _____, I love and accept myself”
- 5 Take a deep breath and then let it return to normal
- 6 At your “Karate chop” point, tap and repeat your full phrase 3x
- 7 Repeat a shortened phrase and tap ~7x on each remaining point
- 8 Repeat the sequence another 2-3 times
- 9 Rate the intensity again

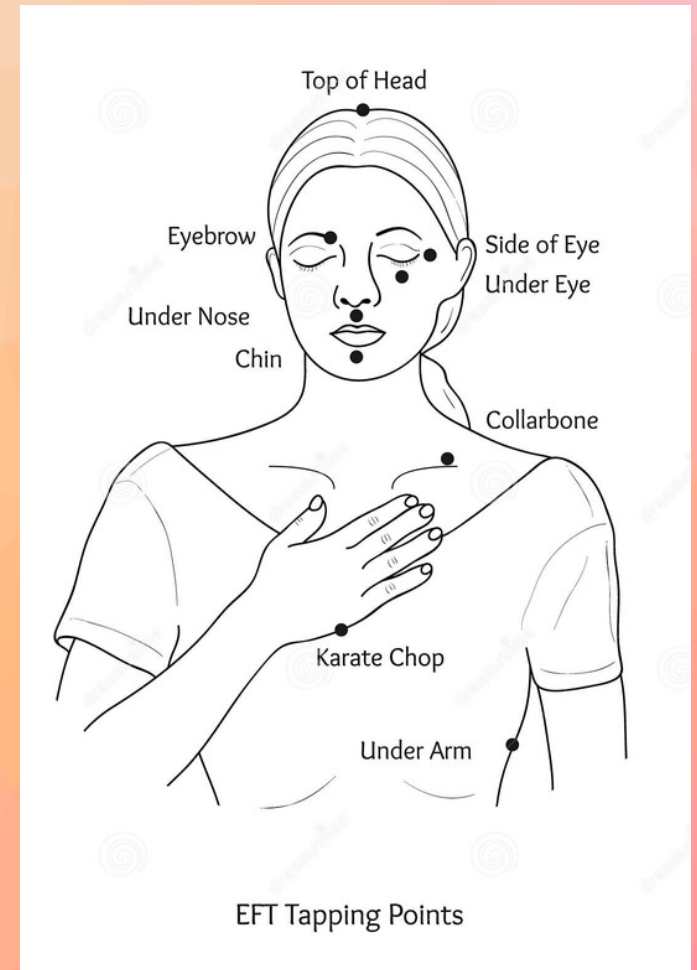


EFT Sequence

- 1 Karate Chop - Small Intestine ~ *joy/agitation*
- 2 Eyebrow - Bladder ~ *fear*
- 3 Side of Eye - Gallbladder ~ *anger*
- 4 Under Eye - Stomach ~ *anxiety*
- 5 Under Nose - Governing Vessel* ~ *mind*
- 6 Chin - Central Vessel** ~ *body*
- 7 Collarbone - Kidney ~ *willpower*
- 8 Underarm - Spleen ~ *worry*
- 9 Top of Head - Governing Vessel ~ *mind*

*starts at kidneys, runs down to the perineum, then up along the spine, through the brain, and down the midline of your face; supports the yang (Yang is the hot, fiery, expansive, active parts of our physiology) functions of body

**runs up the center of your body, from pubic bone to beneath your lower lip; supports many of your body and energy functions, specifically the Yin functions of calming body, heart and mind



How are you Doing? ✨

Before we close, let's self-assess once more.

Do you notice any changes in your mind or body?

Did you find something that you would like to take away
from this to try again?

Remember, it's about practice, not perfection, or performance.

