

MANTRA #10

LET'S GET *physical!*



WHY?

Currently, there are many things causing us stress that are out of our control. From a brain perspective, these stressors aren't meant to be 'on' all the time. When they are, it causes mental fatigue and leads to burnout. This manifests in physical fatigue, irritability, reduced focus as well as immune system.

WHO DO YOU

think are the main **'stressors'** in your life currently?

Are they **internal** or **external**?

Are they a **consistent source of stress** for you?

WHAT DO YOU

notice the **impact of these stressors** on you is?

Physically, emotionally, mentally and **spiritually**?

HOW?

We need to intentionally factor in activities in our day to reduce the impact of mental fatigue, be kind to our brain to avoid burnout.

CHALLENGE WE FACE

When we are mentally fatigued our brain tends to take short-cuts to preserve energy. One, it acts impulsively, or two, all too hard basket - complete avoidance.

ACTION

Many studies show the value of exercise in boosting concentration and mental focus. Just twenty minutes can improve performance!

TIP #1



Our **Thrivng Through Change** focuses concept of VUCA World and help people understand why they may feel and behave they way they do in times of change. More importantly it explores strategies and tools to build resourcefulness, accountability and resilience to thrive through change both personally and professionally.

KEYNOTE & FACILITATION WORKSHOP AVAILABLE

YOUR 2020

CHALLENGE

Here's a simple #2020Challenge to get physical!

1. Pick a 'fitness buddy'!
2. Choose your challenges – yoga, zomba, dancing or VR fitness!
3. Keep track of your progress & celebrate your achievement!

**Smash out 5 different
physical challenges in 7 days! five days!**

Pick your challenge!

- ♥ Plank ♥ Squats ♥ Mountain Climb ♥ Push ups
- ♥ Dance off ♥ Yoga ♥ Zumba ♥ VR or Xbox Fitness
- ♥ Steps ♥ Swim

