. I trust that this message finds you well. Life comes with a variety of challenges and sometimes, something happens…

And we feel bad.

School doesn't teach us how to regain balance.

Someone may say something that hurts your feelings…

Or someone at work ignores your positive contribution.

Learn how to bring yourself back to balance.

Get Back to Feeling Good Again

First, take in a big breath.

Just the act of breathing calms you down…

This will bring your whole autonomic nervous system into a different mode and help you get back to a sense of balance and calm.

Enough to rethink the situation.

Believe it or not, recognizing hat you are feeling bad is the first step to feeling good again.

You'll keep yourself from doing something you'll regret later.

Schedule Your FREE Action Call Right Now

Focus on Self Care

Those bad feelings can linger and bring on resentment unless you are…

Proactive.

Focus on taking care of yourself.

Make sure you get enough sleep…

And eat healthy food.

Add fitness to your free time by doing fun activities like something like playing volleyball.

Schedule time to do things you enjoy every week.

Take a look at the many ways you can add positive experiences in your life.



Focus on Your Overall Balance

Make sure your routines are in balance.

That way when you're ready to do something at work, you can at work…

and it's getting stressful…

you have more capacity to deal with it

If you're getting out of balance, you're losing the spectrum of things.

Reflect on yourself and reflect on it with a friend or a mentor.

If you fine negative thoughts are impacting your life, working with a mentor will get you back in balance.

Let's get you connected. Schedule your call.

Schedule Your FREE Action Call Right Now

Stay strong and take care,

Christian Pyrros

Senior Mentor and Coach

elevanation.com

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