



live in wellness

at home

happy hour

Welcome

happy hour

What you will need:

A quiet and relaxing place for learning

A drink of your choice

A piece of paper and pen/pencil

A comfy pillow

And...an open heart!

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Can anyone relate?

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happy hour

BALANCING WORK

EMOTIONAL WELLBEING

HOMEWORK

*Where are
you
struggling?*

HOUSE WORK

LAUNDRY

MARRIAGE

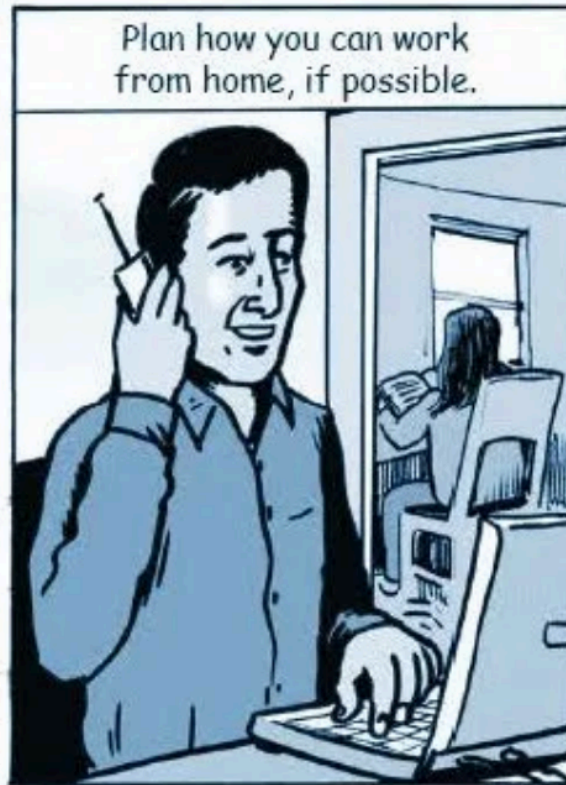
MEAL PLANNING AND PREP

ENTERTAINING KIDS

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Do you feel overwhelmed by expectations?

happy hour



happy hour

We're here to support you!

*Visit our website for resources to
help the whole family!*

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Free Family Resources

www.ILiveInWellness.com.

[Back to School Planning](#)

[Lunchbox Ideas](#)

[Earth Day Scavenger Hunt](#)

[Blueprint Worksheet](#)

[Tapping Handout \(EFT\)](#)

[Emotional Eating Worksheet](#)

Reciepes

[Chickpea Blondies](#)

[The 5 S's of Self-Care](#)

[Wellness Bingo](#)

Shelter in Place - Family

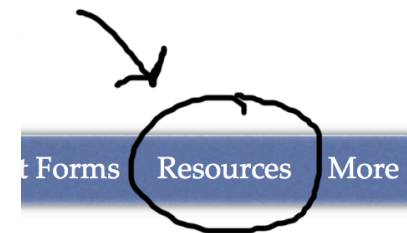
[LIW Coloring Page](#)

[COVID Time Capsule](#)

[Cootie Catcher - Growth Mindset](#)

[Shadow Drawing](#)

[My Strong Mind](#)



[lock](#)

[atuopath](#)

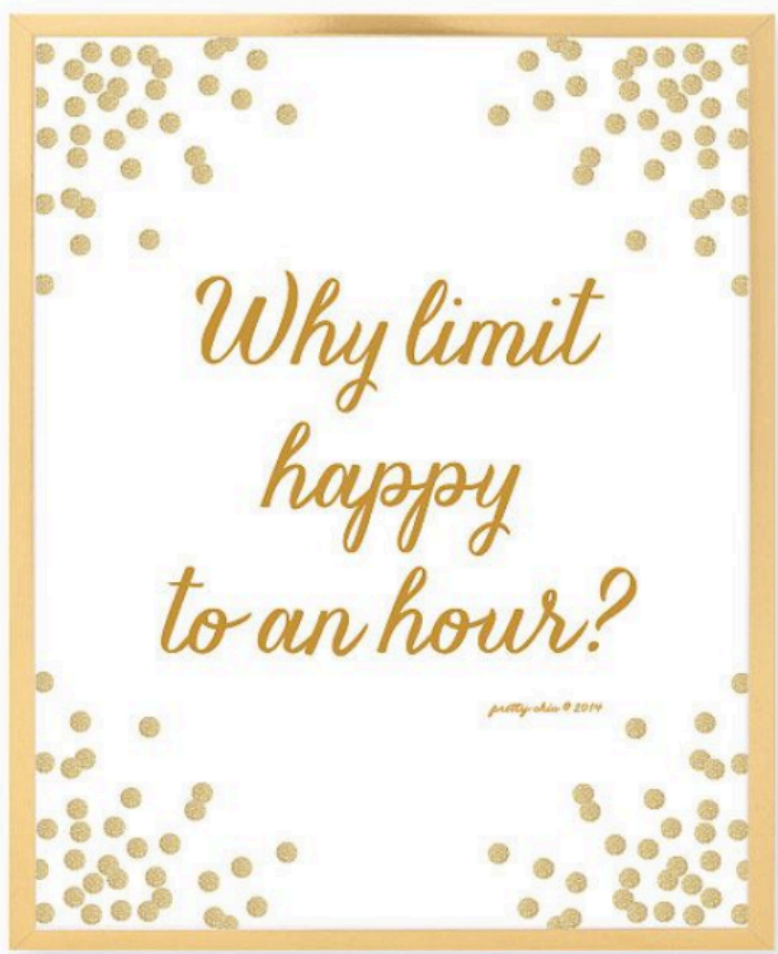
[nutrition](#)



[BOOK ONLINE](#)

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happy hour



If you don't want to limit **HAPPY** to an hour you must learn how to stay **grounded** and **balanced**.

happy hour

ground·ed

/'groundid/

adjective

1. well balanced and sensible.



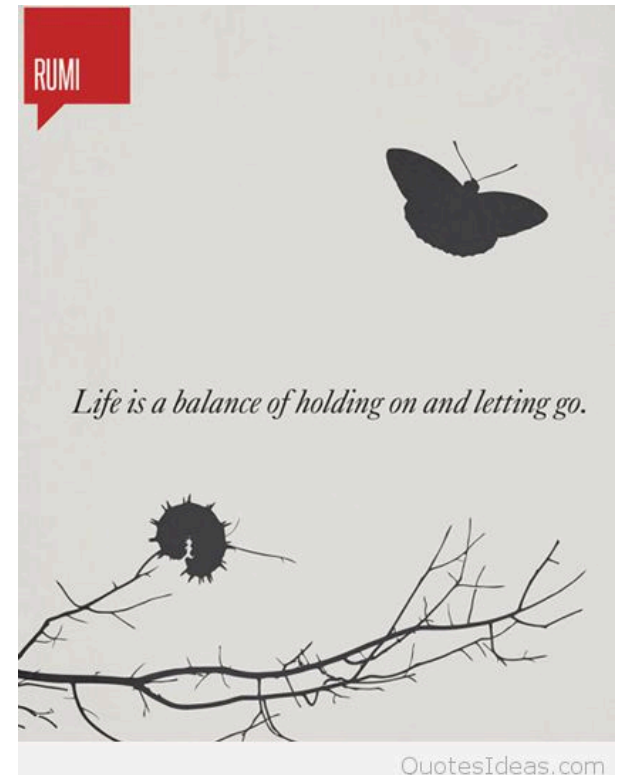
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bal·anced

/'balənst/

adjective

1. keeping or showing a balance; arranged in good proportions.
2. taking everything into account; fairly judged or presented.



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Why is this important?

- Can bring you out of a panic state
- Helps rid the body of:
 - Unwanted memories
 - Distressing Emotions
 - Negative Thoughts
- Reconnects you with the present.

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Yes please...but how?

- Spend time in nature
- Stand barefoot in the grass
- Hold a piece of petrified wood
- Hug a tree
- Imagine you are a tree...ready?

Let's get grounded and balanced

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Grounding Visualization Exercise



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What about crystals?

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Grounding and Balancing Crystals



Hematite



Smokey Quartz



Red Jasper

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*Now that we've learned
the importance of being*

GROUNDING & BALANCED

Let's dig in a bit deeper

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STRESSED

GRIEF

OVERWHELMED

EXHAUSTED

INADEQUATE

TREADING WATER

FAILURE

SADNESS

ISOLATED

RESENTFUL

FEARFUL

ANGRY

HOPELESSNESS

TAKE FOR GRANTED

*What
are you
feeling?*

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Introducing



live in wellness

3 Steps to Release Negative Thoughts

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Step 1 - *Assess*

Step 2 - *Acknowledge*

Step 3 - *Ascend*

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Step 1 - Assess

Grab your paper & pen and prepare for an emotional release. You will have 2 minutes to write down every negative thought and emotion that pops in your head. The first 30 seconds is so easy....but keep going the magic happens near the end...trust me.

Set your intention...prepare your heart...and let's do this!

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Step 1 – *Assess*



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Step 2 - Acknowledge

ac·knowl·edge

/ək'näləj/

verb

1. accept or admit the existence or truth of

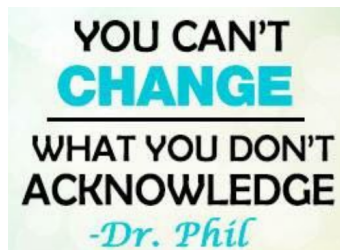
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Step 2 - *Acknowledge*

Congrats!!

It might not have been easy...but you did it!

How does it feel to dump all those negative thoughts and feelings onto paper?



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Step 3 - Ascend

as·cend

/ə'send/

verb

1. go up or climb.
2. rise through the air.

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Step 3 - *Ascend*

You are not your emotions!

What's next is up to you. You can shred, crumble, tear-up, or burn this paper. I would encourage you to have some ceremonial release to allow you to understand these emotions do not define you and you have chosen to ascend.

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How are we feeling?

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*Let's add an extra shot
happy to our hour...
you ready?*

happy hour



Grab your pillow and set it on your lap.

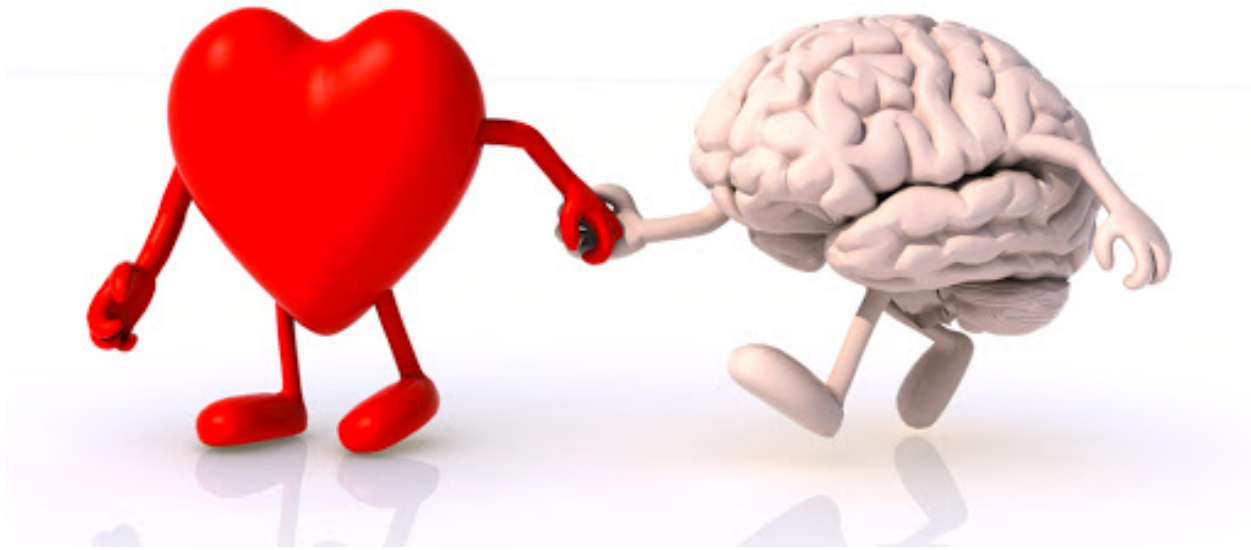
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*You're probably wondering why you have
a pillow on your lap?*

The answer may surprise you.

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Oxytocin is a hormone secreted by the posterior lobe of the pituitary gland, a pea-sized structure at the base of the brain. It's sometimes known as the "cuddle hormone" because it is released when people snuggle up or bond socially.

happy hour



While social distancing we're not able to hug our family and friends, so we're missing the frequent release of our "Happy Hormones". So go ahead and hug your pillow!



happy hour

Great idea for....

- Grandparents via zoom with grandkids
- Military
- Anyone in a hospital or nursing home

*Send a
Virtual
Hug!*



Whenever i miss you,
i just hug my pillow
and imagine it's you.

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*We are grounded, balanced, and happy...
how in the world do we stay this way?*

By protecting ourselves!

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Protecting your Energy



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*Congrats on your journey and thank you
for joining us for*

Happy Hour!

Ambw

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Have an idea or topic for our next

Happy Hour?

E-Mail: amber@ILiveinWellness

or

Text 618-391-0605



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