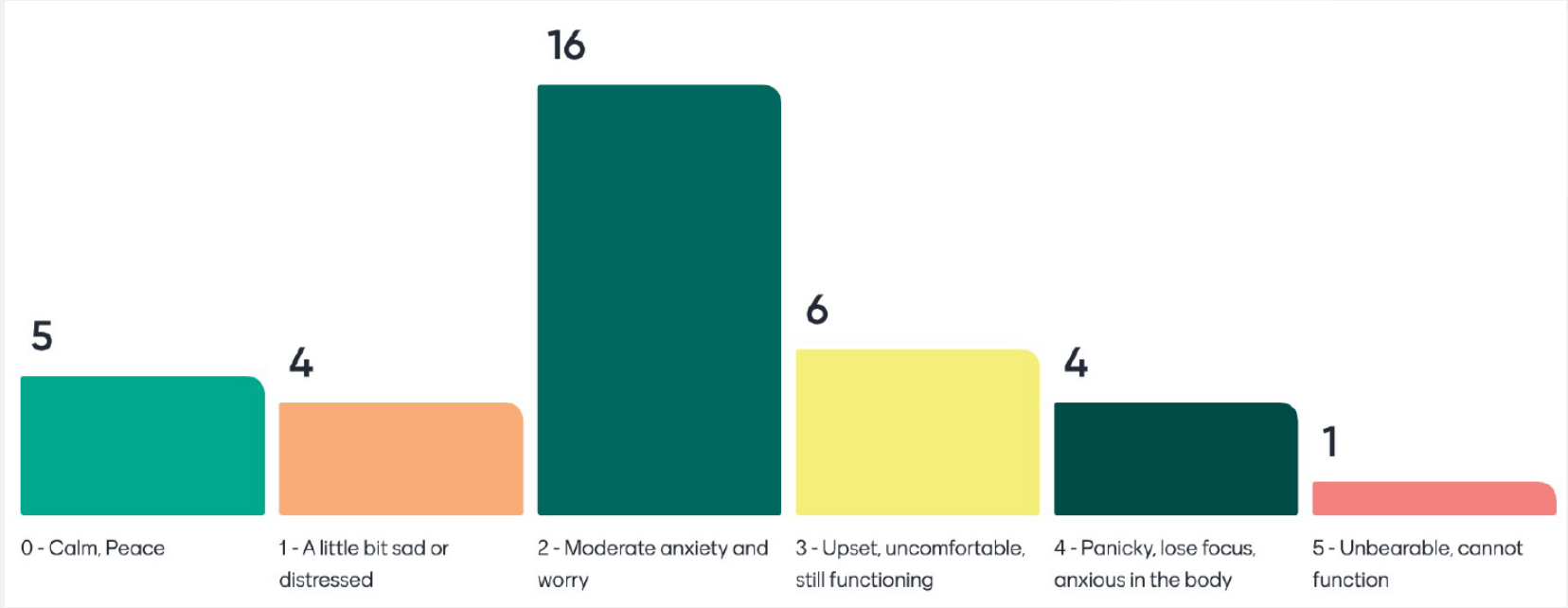
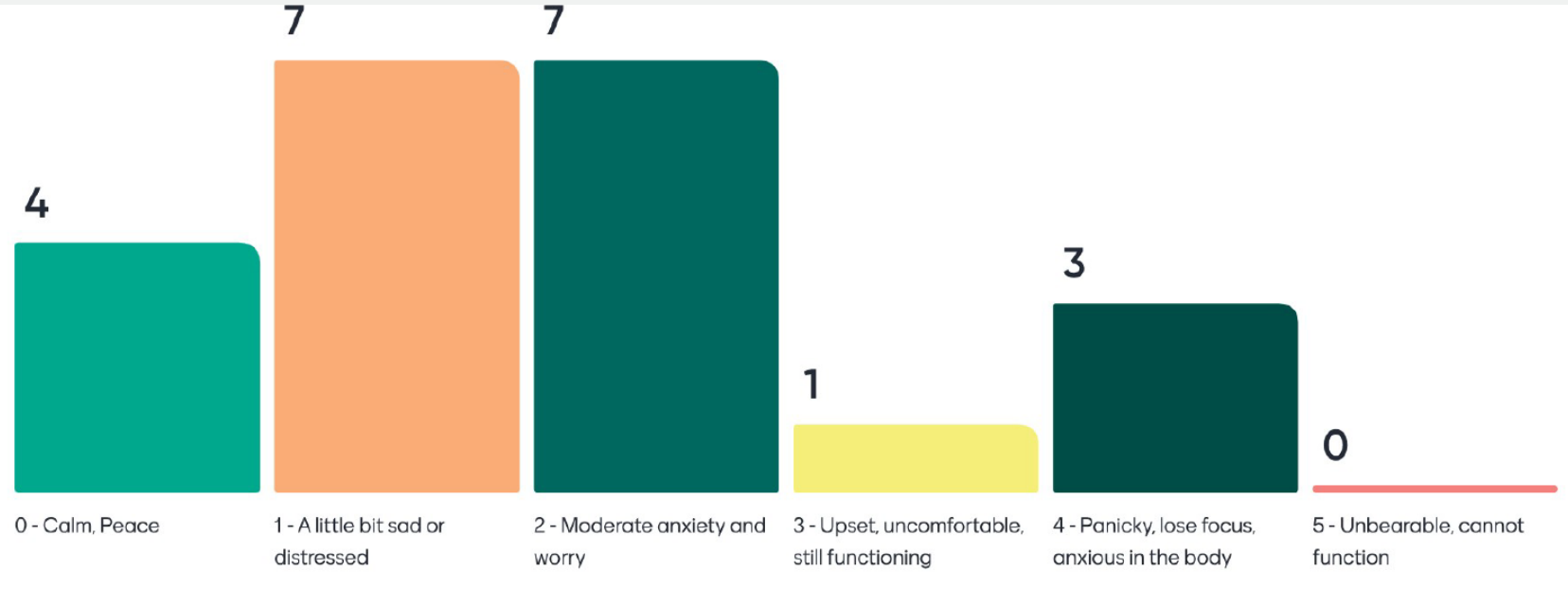


Self-Assessment

Before Self-Care & Connection



After Self-Care & Connection



30%
REDUCTION IN
STRESS RATING

NAVIGATING CHANGE SERIES

MAY
27

NAVIGATING CHANGE AND ITS IMPACT ON THE BRAIN

JULY
8

NAVIGATING CHANGE: ACCEPTANCE

AUG
19

NAVIGATING CHANGE: ALIGNMENT

SEPT
30

NAVIGATING CHANGE: ADJUSTMENT



Psychological Flexibility

is the capacity to adapt to difficult experiences while remaining true to one's values.



MISALIGNMENT

- Tension
- Burnout
- Loss of Direction

ALIGNMENT

- Autonomy
- Competence
- Connection

What are your goals and values as you navigate this path?

Be my best and show up

Financial freedom

Fun Matters!

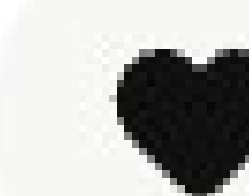
To not go ballistic

Use the tools I already have to be better

Stability

Help others

Adapt and thrive through all of this



What are your goals and values as you navigate this path?

Strengthen
Relationships

Show compassion, we
are all just humans 💕

family

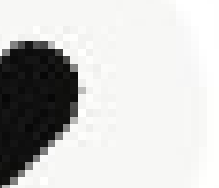
Success

Be more present for
the task at hand,
reduce multi-tasking

Heal

Have a menti fresh
attitude

Freedon, peace and
balance



What are your goals and values as you navigate this path?

Restoration

Develop people underneath me so that span of care is spread out so that I don't get overwhelmed and can focus on only the things I can do. I want our team to enjoy their work.

Empathy and grace

Not let myself get overwhelmed

Stay focused, accept what I can control and plan accordingly

Just doing the next right thing, and forgetting any work stress to be present with my kiddo.

Be more in the moment and enjoy the small things

Be more patient, in and out of work. Find balance in myself, my family, my environment and my workplace and give myself grace when I make mistakes

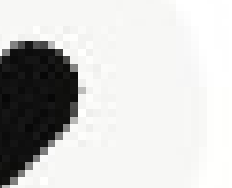
What are your goals and values as you navigate this path?

Support my family.

Let resistance mold
me, not break me.

Value family, loved ones,
work life balance, honesty,
emotional strength & stability
Goals are to be there for my
loved ones always, raise my
children the best I can and
for them, career longevity


Transparency



Mindfulness

The quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment, and aware of our thoughts and feelings without getting caught up in them.

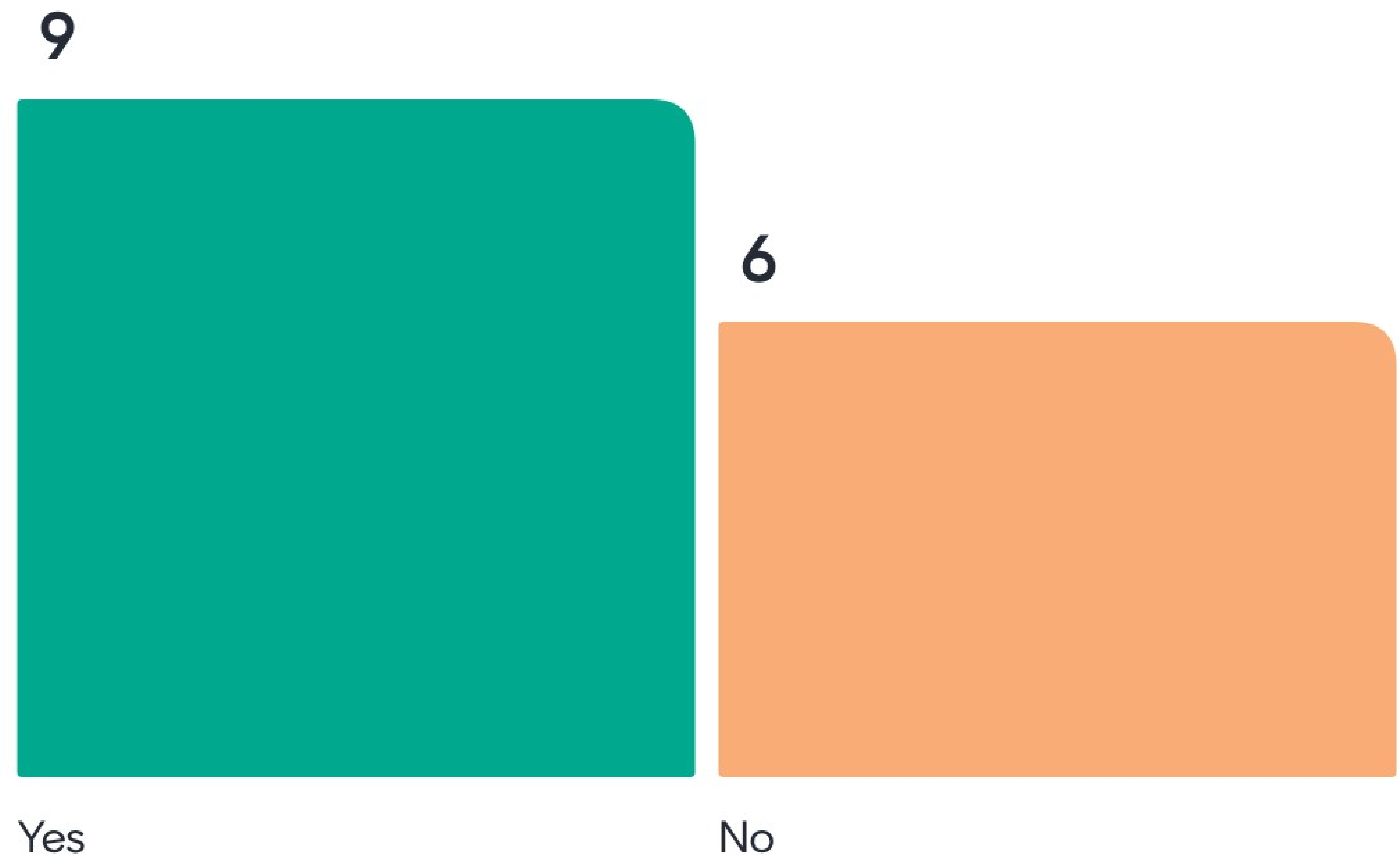
-Headspace

A person with short brown hair, wearing a white t-shirt, is sitting in a meditative pose on a grassy hill. They are facing away from the camera, looking out over a vast landscape at sunset. The sky is a mix of orange, yellow, and blue, with some clouds. In the distance, there are rolling hills and a body of water. The overall mood is peaceful and contemplative.

In a world that pulls us in
countless directions,
alignment is how we return to
ourselves.

-Ryan C. Warner, Ph.D.

Did you notice that your personal rating reduced while participating in the Be Well Experience?



Let's Connect!



bewellcommunity.org



bewell@livebrightli.org



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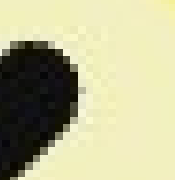


be well

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MENTAL HEALTH



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and
Youtube



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on  Spotify

Experience the healing power of music with
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