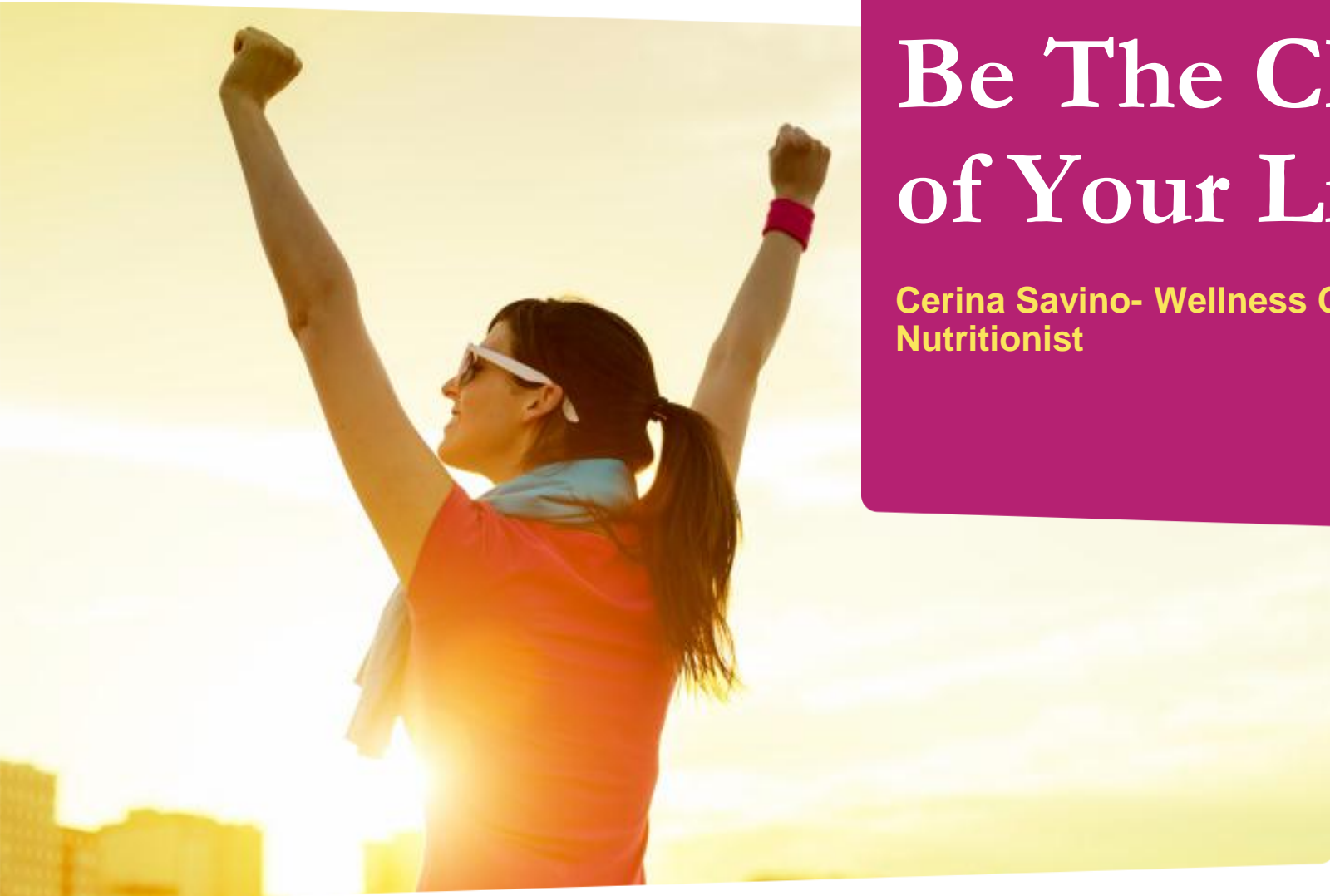


# Be The CEO of Your Life

**Cerina Savino- Wellness Coordinator-  
Nutritionist**

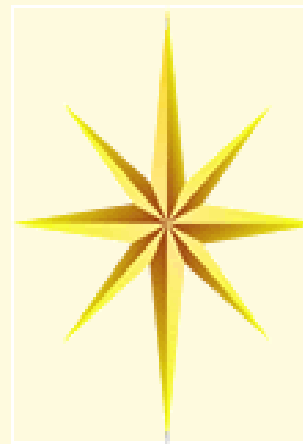




- **Confident**

- **Energetic**

- **Optimistic**



C.E.O.

# Confidence

Belief in oneself and one's powers or abilities.

# Confidence

*“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, I have lived through this horror. I can take the next thing that comes along.’ You must do the thing you think you cannot do.”*

*Eleanor Roosevelt*

# Steps to Increase Your Confidence

Look at What You've Already Achieved- Make a list of your accomplishments



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

# Steps to Increase Your Confidence

## Think About Your Strengths:

*What do I love about my personality?*

- humorous • supportive
  - adventurous • strenght of will
- 

*What do my friends like about me?*

- spontaneus • helpful
- forgiving • positive attitude





# Confidence

What's Important to You, and Where Do You Want to Go?

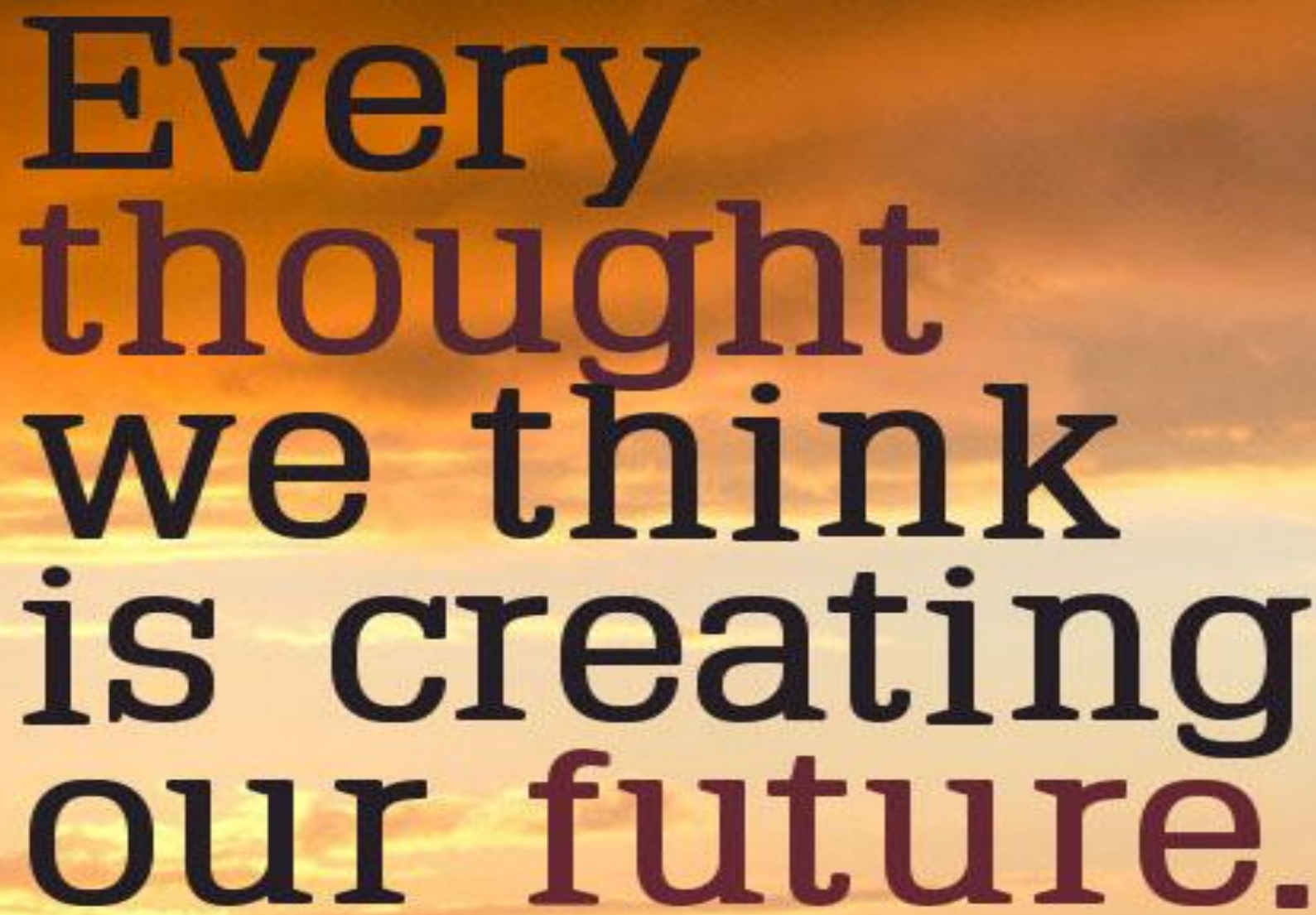


# Confidence

*Start Managing Your Mind by using.....*

*Thought Awareness, Rational Thinking, and  
Positive Thinking*





Every  
thought  
we think  
is creating  
our future.

— LOUISE HAY

# *Commit Yourself to Success*

The image features two hands in silhouette, shaking in a firm grip. The hands are positioned in the center, with the fingers interlaced. The background is a bright, cloudy sky, suggesting a sunrise or sunset. The overall tone is motivational and positive.

PROMISE *YOURSELF*



Be kind to yourself.

YOU ARE AMAZING.

You are Good Enough.

YOU ARE WORTH IT.

A decorative border surrounds the central text area. It features a repeating pattern of green stars and green swirls on a light purple background. At the corners, there are larger yellow stars with black outlines.

# Energy

To sustain stamina

The ability to  
make something happen

Physical, emotional, mental,  
and spiritual  
endurance

# 4 Types of Energy



# Physical Energy-How healthy are you?

- Fundamental source of fuel in life
- Breathing
- Strategic eating
- Sustainable glucose levels
- Water
- Proper sleep
- Exercise
- R&R





# Superfoods

Leafy greens

Salmon

Lentils

Avocado

Sweet potatoes

Berries

Quinoa

Bananas

Eggs

Sea vegetables

Hemp seeds

Chia seeds

Goji berries

Flax Seeds and oil

Spirulina

Fresh coconut water

Cinnamon

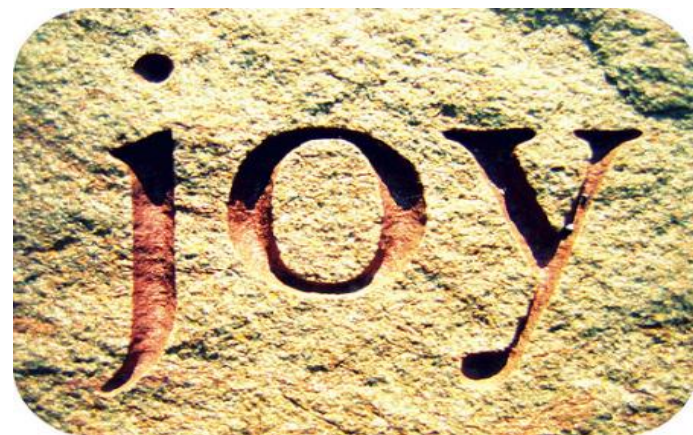
Pure, raw organic cacao

Maca root

Turmeric

# Emotional Energy-How Happy are you?

I'M SO EXCITED!



# Emotional Energy

*"As human beings we all want to be happy and free from misery... we have learned that the key to happiness is inner peace. The greatest obstacles to inner peace are disturbing emotions such as anger, attachment, fear and suspicion, while love and compassion and a sense of universal responsibility are the sources of peace and happiness."*

*— Dalai Lama*

# Mental Energy

Decisions...

Decisions...

Decisions...







**Spiritual  
Energy**

HELP PEOPLE

+ YOUR TALENT

---

PURPOSE



# Energy

## 6 Tips For Increasing Your Energy, Not Your Time

1. Boost your energy!
2. Schedule it!
3. Double the break you think you need (walk away)
4. Enlist family and friends
5. Make a list of the benefits of R&R, and brainstorm your favorite rejuvenation activities.
6. Break down your biggest goals into achievable, measurable chunks and reward yourself often

The image features a decorative border with a light purple background. It contains yellow stars, green stars, and green swirls arranged in a repeating pattern around the edges. In the center, there is a white rectangular box with a light gray border containing text.

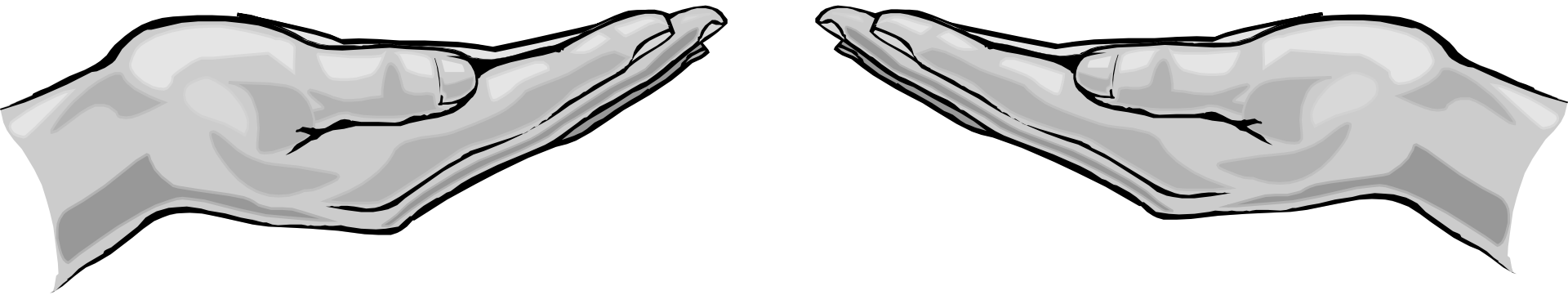
# Optimistic

To take a favorable  
view  
of events or conditions.

To expect the best  
outcome!

# It's a Matter of Choice

*Optimism is not dependent on the news of the world –  
It's a thing of the mind ---an attitude*



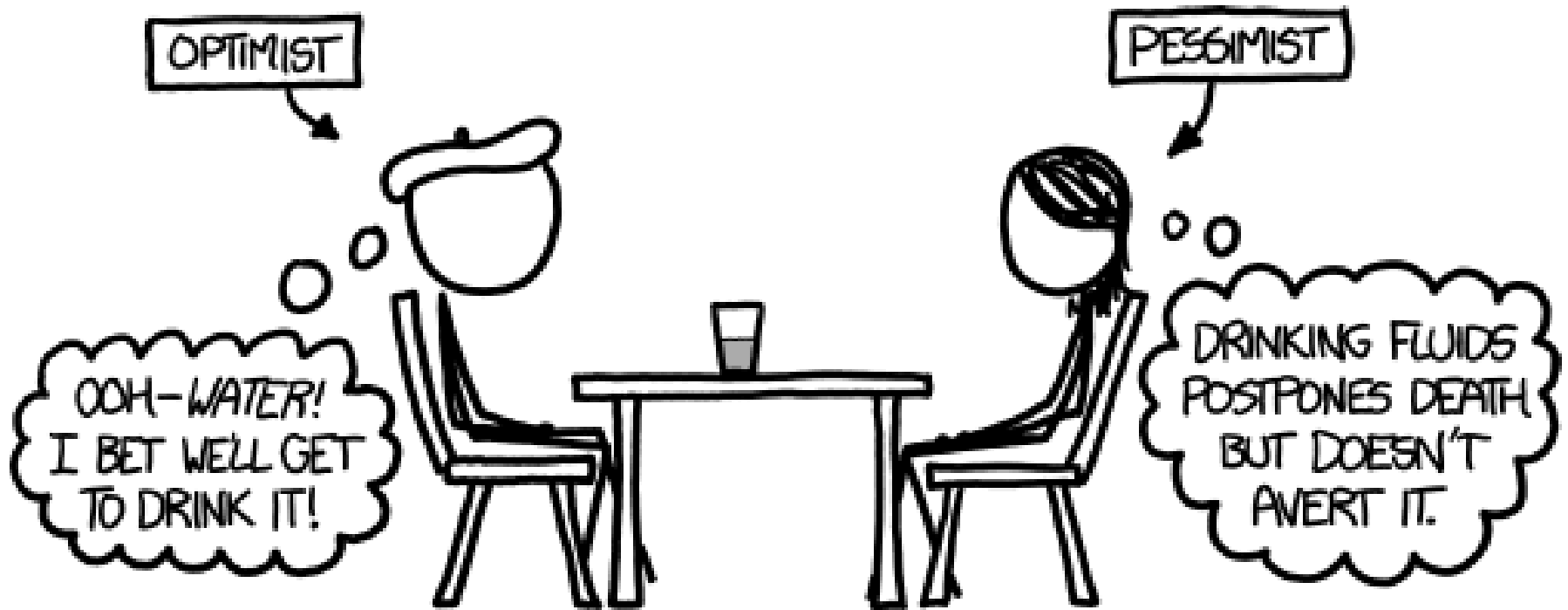


Opportunity is nowhere



# Optimism

Which one are you?



An overly pessimistic style can reduce our ability to cope with stress and research shows it has shown that it can have a negative influence on our physical and psychological health.

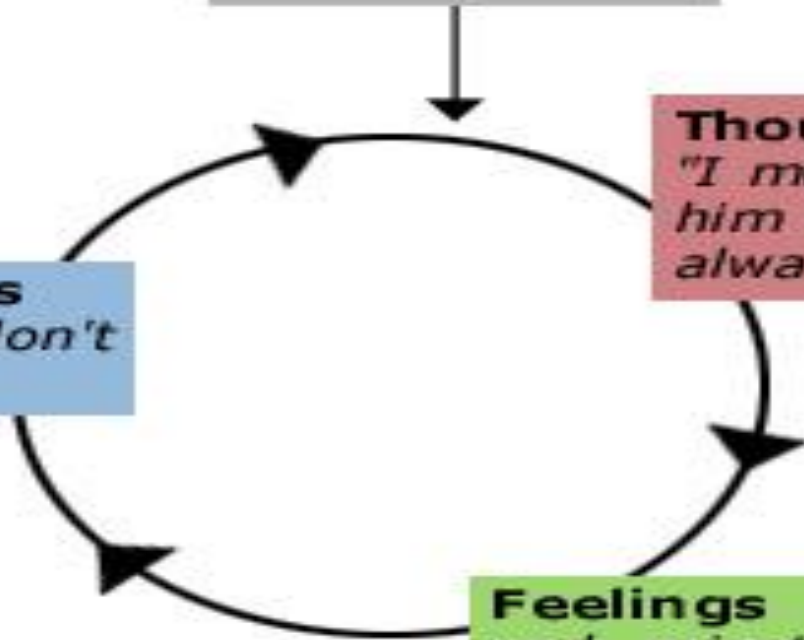
## Pessimism Cycle

**Incident**  
*colleague Bill  
not saying hello*

**Thoughts**  
*"I must have offended  
him in some way. I'm  
always doing that."*

**Feelings**  
*sad, rejected*

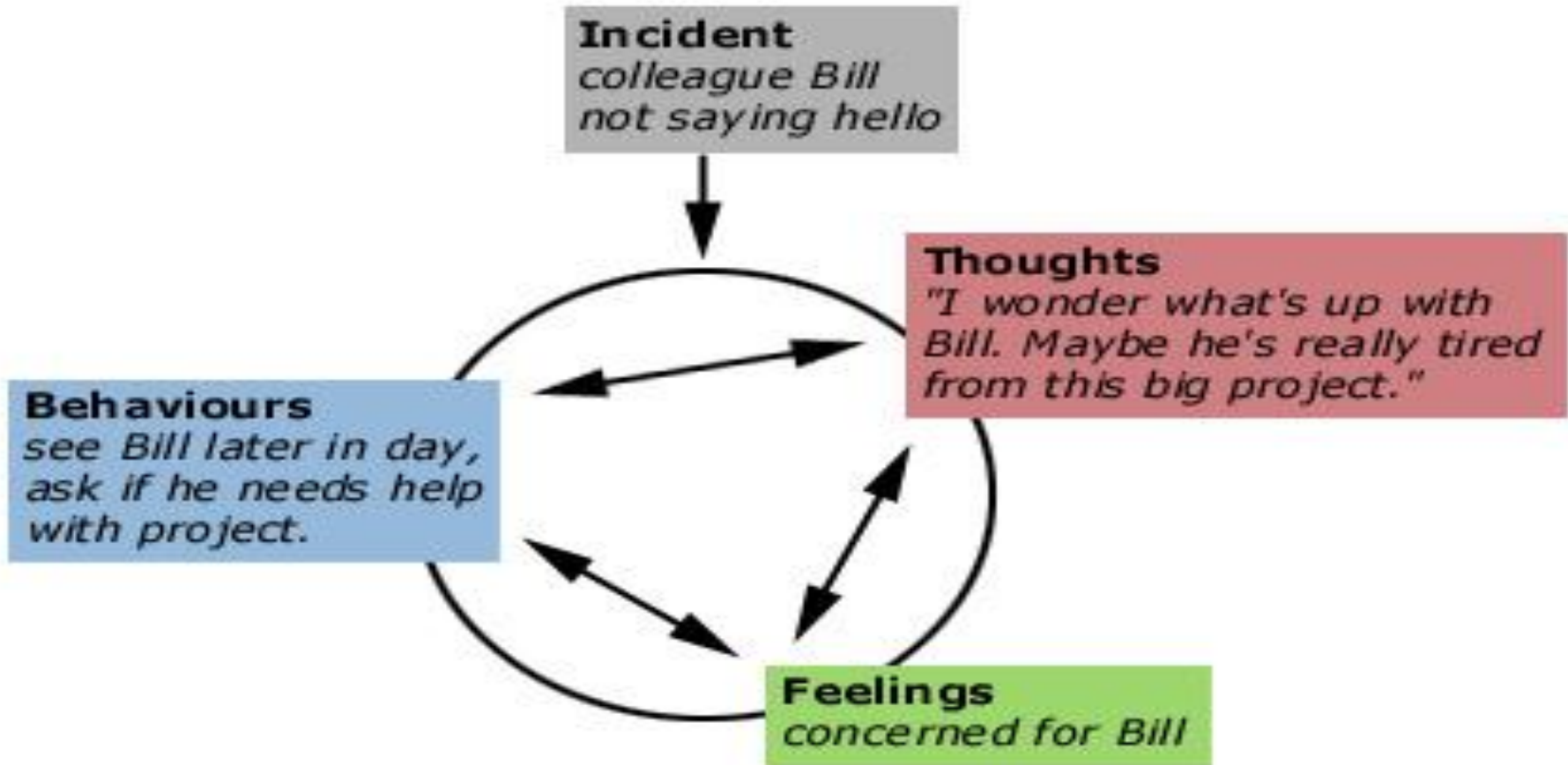
**Behaviours**  
*withdraw, don't  
talk to Bill*





**“Changing the destructive things you say to yourself when you experience the setbacks that life deals us is the central skill of optimism.” (Seligman, 1991)**

## Optimism Cycle



# Optimism

## The Optimist

*Increased life span*

*Lower rates of depression*

*Lower levels of distress*

*Improved coping skills*

*Reduced risk for death from  
cardiovascular disease*



## The Pessimist

*Poorer mood*

*Less social support*

*Prolonged recovery from stress  
and illness*

*Less satisfaction with life*



# Optimism

## **Theory of How Pessimism Connects to Health**

Pessimistic Attributions



Helplessness and Hopelessness



Depression, Worry, Anxiety



Heightened Stress Response



Detrimental Effects to the Cardiovascular system

# Acceptance

A sunset over the ocean with rays of light breaking through the clouds. The sun is low on the horizon, casting a warm glow across the sky and reflecting on the water. The clouds are scattered and catch the light, creating a dramatic and peaceful scene.

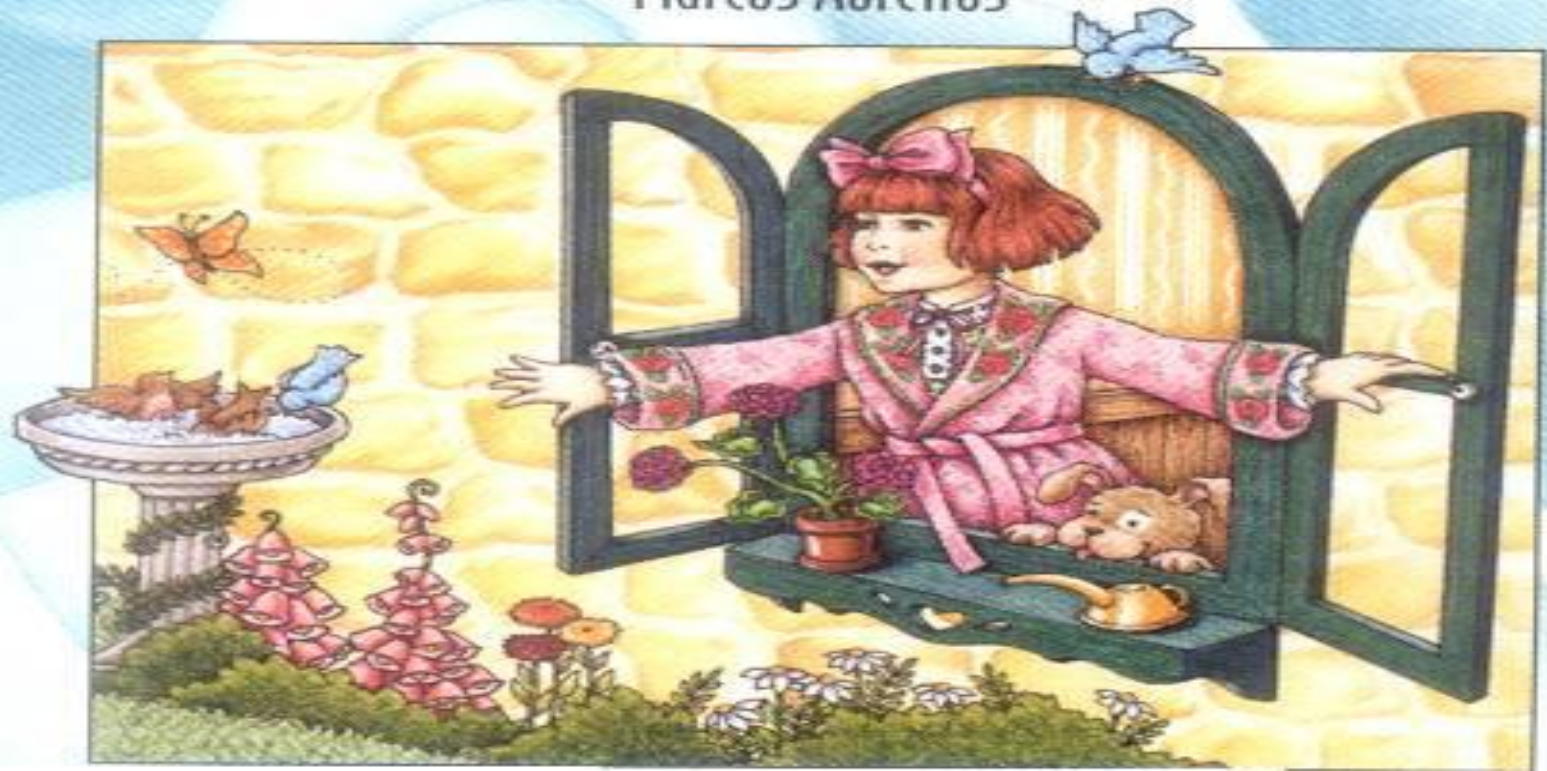
*Surrender to what is. Say 'yes' to life—and see how life suddenly starts working for you rather than against you.*

*Eckhart Tolle*

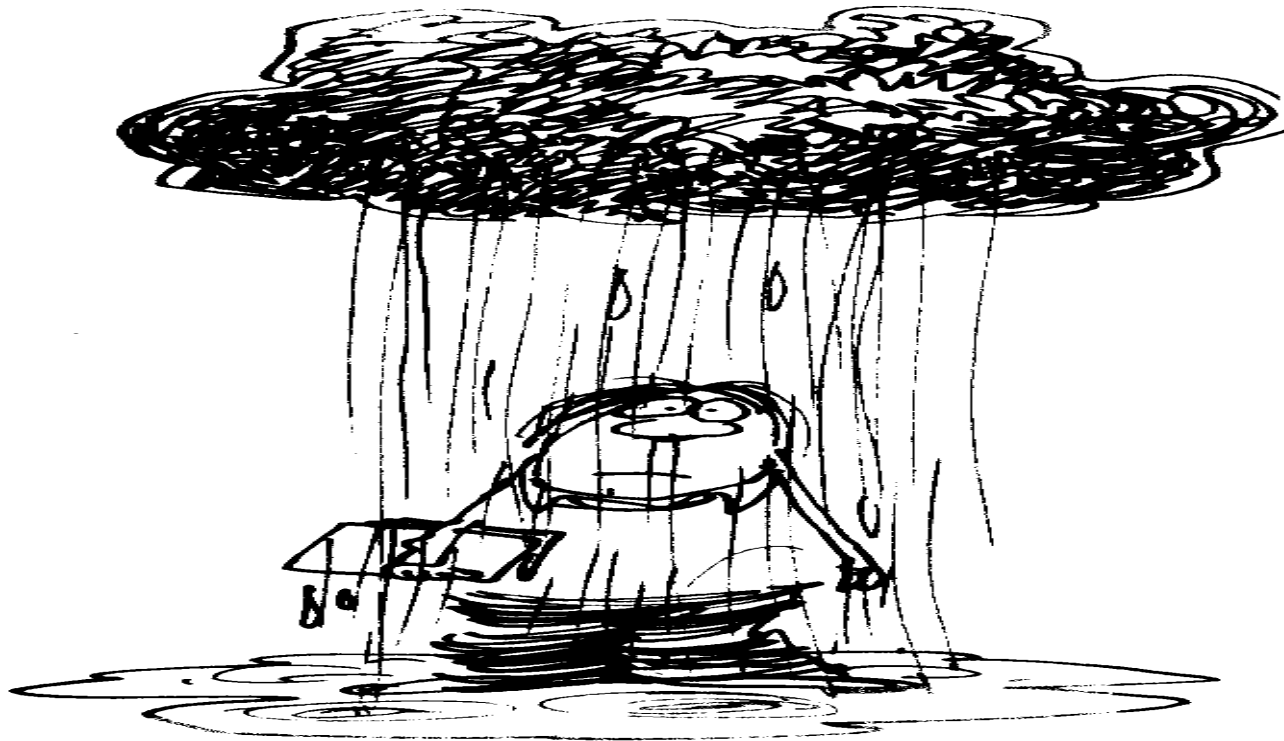


When you arise in the morning,  
think of what a precious  
privilege it is to be alive—  
to breathe, to think,  
to enjoy, to love.

—Marcus Aurelius



The world is not against you







"Your beliefs become your thoughts, Your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny."

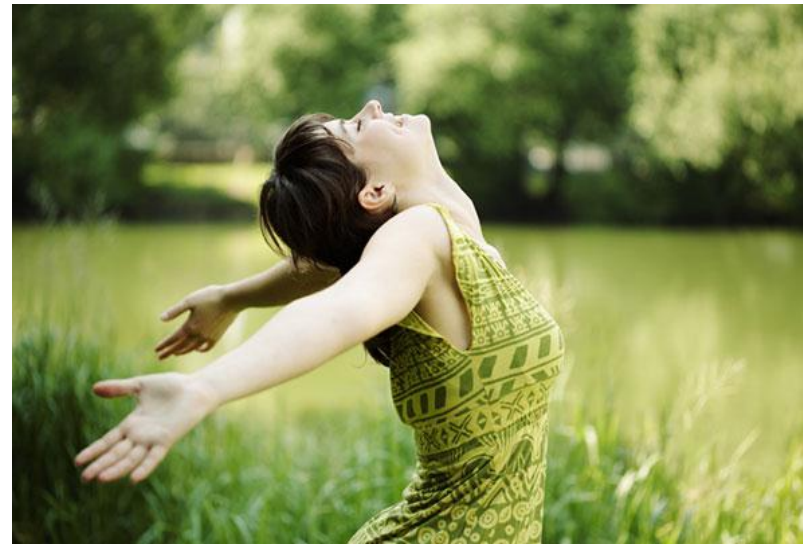
~ Mahatma Gandhi

# Understand How to Address Your Emotions

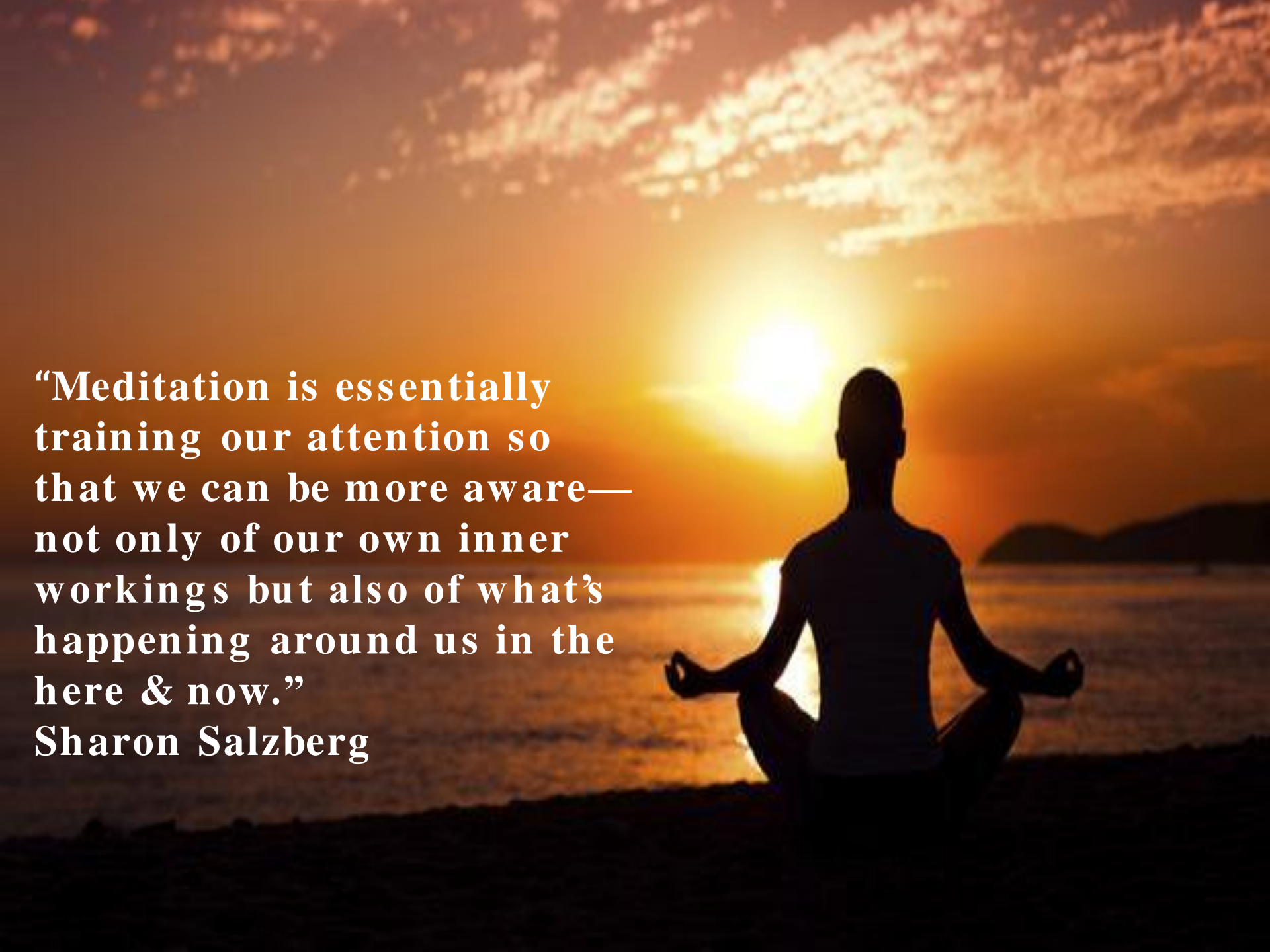


# Simple Steps to Releasing Emotions

- 1. What is my NOW feeling?*
- 2. Notice where you feel it physically*
- 3. Could I allow this feeling to be here now?*
- 4. Could I welcome this feeling?*
- 5. Could I release this feeling?*
- 6. Would I release this feeling?*
- 7. When?*





A silhouette of a person sitting in a meditative lotus position on a beach at sunset. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky and reflects on the water. The person's hands are resting on their knees in a mudra. The background shows a calm sea and distant hills under a cloudy sky.

**“Meditation is essentially training our attention so that we can be more aware—not only of our own inner workings but also of what’s happening around us in the here & now.”**

**Sharon Salzberg**

# Act not react

You heard right.  
We've decided to  
freeze you until  
medical science  
finds a cure for  
your bad attitude.



Phil Frank

Its not about waiting for the storm to  
pass;  
its learning how to dance in the rain



Do not give the past power







Forgiveness  
is the fragrance  
that the violet sheds  
on the heel that has  
crushed it.

*Mark Twain*



**The most useful asset  
of a person is not a head  
full of knowledge but  
a heart full of love,  
with ears open to listen,  
and hands willing to help.**



THANK  
YOU!



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