

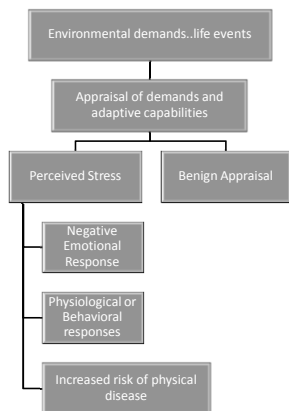
- Five Fast Fixes to Reduce Stress
-and Improve Outcomes

Sylvia Nissenboim, LCSW, Certified Coach
Lifework Transitions, LLC
314-477-3144
www.lifeworktransitions.co

Is This You?????????



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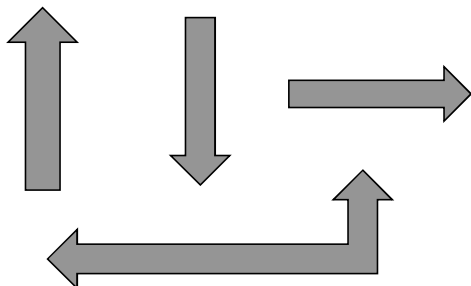
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Booster Shot

- Stress reduction techniques
 - Attitude
 - Resilience
 - Gratitude
 - Appt with self
 - Today I will.....

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Attitude



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Resilience



{ 6 }

Gratitude

- Clearest link to one's mental health
- Appreciation
- Journal



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Make a daily appt with self

SUN	MON	TUES	WED	THURS	FRI	SAT
1 ME	2 ME	3 ME	4 ME	5 ME	6 ME	7 ME
8 ME	9 ME	10 ME	11 ME	12 ME	13 ME	14 ME
15 ME	16 ME	17 ME	18 ME	19 ME	20 ME	21 ME
22 ME	23 ME	24 ME	25 ME	26 ME	27 ME	28 ME
29 ME	30 ME	31 ME				

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Today I Will

- **Make Your Commitment Now**
 - What
 - When
 - Who Will Keep Me Accountable?



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Thank you!

- For more information or to see how we might work together..

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 - 314-477-3144
 - www.lifeworktransitions.co
 - www.facebook.com/lifeworktransitionsllc