

# Wellness that Works

## Grounded & Grateful *Retreat Conclusions & Meditation*



“

"The quieter you become, the  
more you are able to hear."

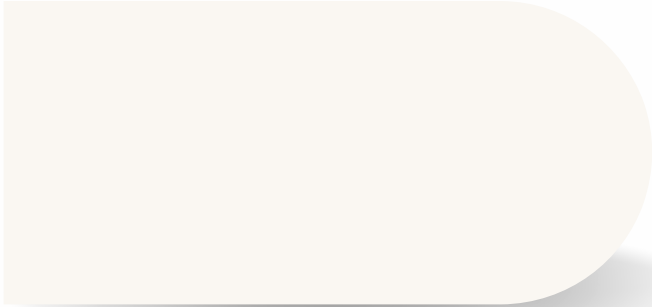
~ Rumi

”

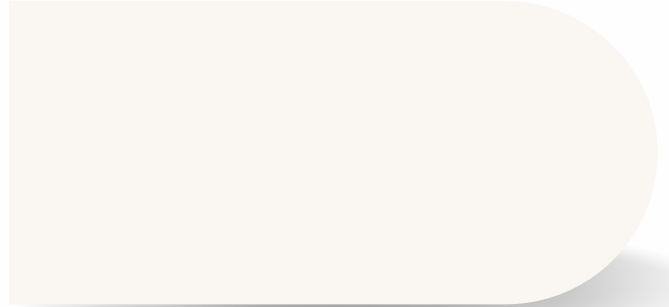
# WELLNESS

## *toolbox*

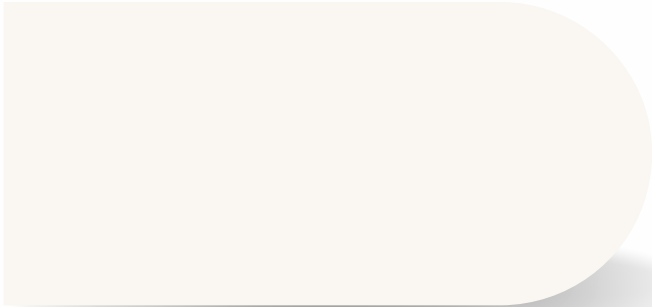
My Core Value(s) &  
Core Value Statement (p. 4)



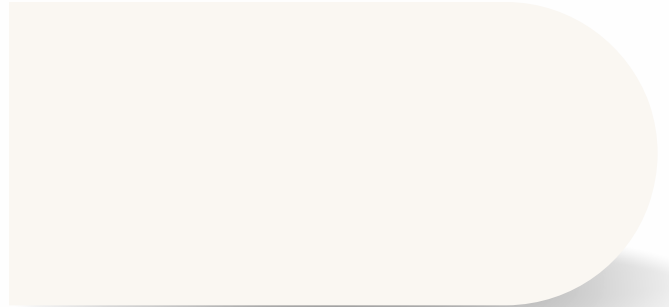
My Strength &  
How I'll Use it in a New Way (p.7)



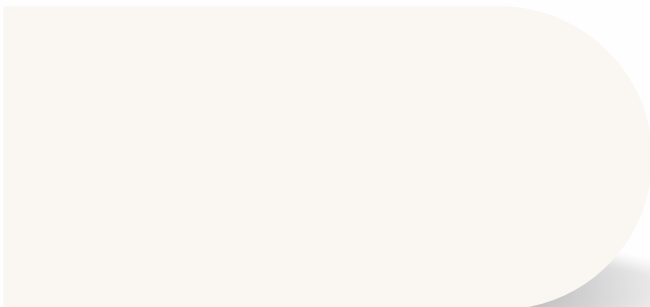
My Self-Compassion  
Strategies (p.13)



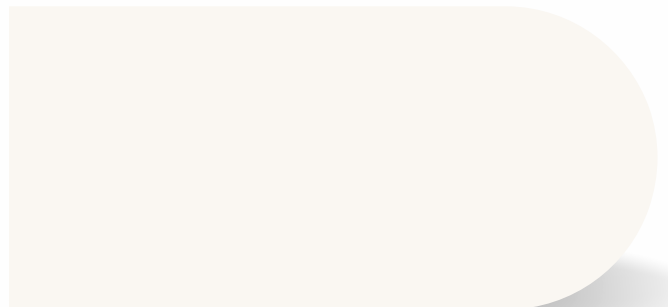
My Reframed  
Imposter Voice (p. 17)



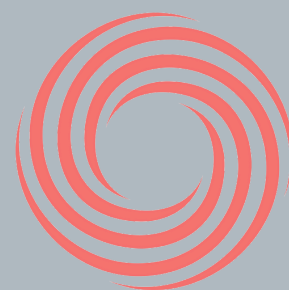
My Breathwork  
Strategy (p. 21)



My Boundary Statement  
(p. 26)













# Mental & Physical Benefits



Become more present<sup>I</sup>



Improved attention<sup>I</sup>,  
Better problem solving<sup>I</sup>



Be less judgmental<sup>I</sup>,  
Boost compassion<sup>I</sup>



Reduction in job burnout<sup>2</sup>  
Increased work satisfaction<sup>1</sup>



Reduction in chronic pain<sup>5</sup>  
Reduced hypertension<sup>6</sup>



Reduction in anxiety<sup>3</sup>  
Slowing of brain aging<sup>1</sup>



More self-transcendence<sup>4</sup>



# Meditation

*"You are your best thing."  
~Toni Morrison*







*so hum*  
i am that  
i am one with all of life and all of life is one with me



# References

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2. Klein, A., Taieb, O., Xavier, S., Baubet, T., & Reyre, A. (2020) The benefits of mindfulness-based interventions on burnout among health professionals: A systematic review. 16(1), 35-43,
3. Positive Impact of Mindfulness Meditation on Mental Health of Female Teachers during the COVID-19 Outbreak in Italy. International Journal of Environmental Research and Public Health, 17(18), 6450.
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5. Marchant, J. (2021). The mindfulness revolution: A clear-headed look at the evidence. New Scientist. Retrieved February 9, 2023, from <https://www.newscientist.com/article/mg25033370-300-the-mindfulness-revolution-a-clear-headed-look-at-the-evidence/>
6. Levine, G. N., Lange, R. A., Bairey-Merz, C. N., Davidson, R. J., Jamerson, K., Mehta, P. K., Michos, E. D., Norris, K., Ray, I. B., Saban, K. L., Shah, T., Stein, R., & Smith, S. C. (2017). Meditation and cardiovascular risk reduction. Journal of the American Heart Association, 6(10).





THANK

YOU