Flip the Switch!

Wellness Redefined

Let's Talk about STRESS

KNOW

- Your Triggers. *What are your stressors?*
- Your Body. *How does your body react to stress?*
- Your Regulators. *How do you reset?*

REGULATE

- Breathe. *Breathwork, Meditation, Sing*
- Exercise. *Walk, Yoga, Dance, Qigong, Tai Chi*
- Decompress. *Ground, Journal, Laugh, Refocus, Relax*
- Support. Acupuncture, *Coaching, Medical Assistance**
- Wellness. *Sleep, Diet & Nutrition, Detox, Clean Living*

**Seek immediate medical support if you feel overwhelmed or have suicidal tendencies*

TIME TO RESET!

SCAN FOR INFORMATION

www.Connexions2WellnessSolutions.com

630.426.9561

Connexions 2 Wellness Solutions | A bridge to balance - mind, body, soul, and spirit