

Mom's Retreat 2017
Rejuvenation and Filling Your Bucket
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Social interaction
 Exercise
 Education
 Diet
 Sleep

Nervous System	Emotional/mental	Exercise/ Diet	Social	Sleep
Stress Reduction: Diaphragmatic Breathing- specifically the exhale Meditation stretching yoga kegel exercise 20sec cuddling intimacy Acceptance/ non-judgment of situation	Focus on what went well today Write everything that is on mind- scientific studies show this is more effective than sleeping pills learn something stop stinking thinking- What do think about when stressed, bored, no novelty or tired: make them useful by reflecting on ideas, impressions, or creative thoughts label: "That is just a depressing thought" "That is just an anxious thought" break it down into baby steps Do the things you don't feel like doing	Exercise best anti-depressant we have: better than any pill or psychotherapy combined Brain derived neurotropic factor: Brain fertilizer Improves ability to think: attention alertness motivation adaptability Decreases inflammation slow aging sunshine: vit d, circadian rhythms, Diet super important: Low magnesium: Crave chocolate, Feel overwhelmed, like not good enough Low Sodium: Crave salty foods	Being with people you have a positive relationships with Decrease: blood pressure, cortisol levels, cholesterol anxiety vulnerability to catching a cold stress slows cognitive decline improve sleep improves digestion	Circadian rhythm: balances wake/sleep times release specific hormones: melatonin/ serotonin balance recalibrates the brain regulates immune system Light/dark importance

		<p>feel weak, exhausted, clear runny nose, Feel Despair, Hopeless</p> <p>Low Potassium: crave: OJ, bananas, potatoes shaky hands, weak muscles, puffiness Feel like having nervous breakdown. Can't take one more thing.</p> <p>Low Calcium: Poor sleep, muscle cramps, Munchies- eating even when full Feel Angry, irritated, lose temper</p>	
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Long term Triggers for burn out

Deadlines, social or holiday events, taking on too much work, starting a new job, saying yes before thinking thru the consequences, starting watching movies to late in the evening, getting sucked into the computer, too heavy of an academic load, overzealous vacation plans, poor daily pacing, stay up too late to finish projects, watch upsetting media, poor relationship choices, poor fit: work