

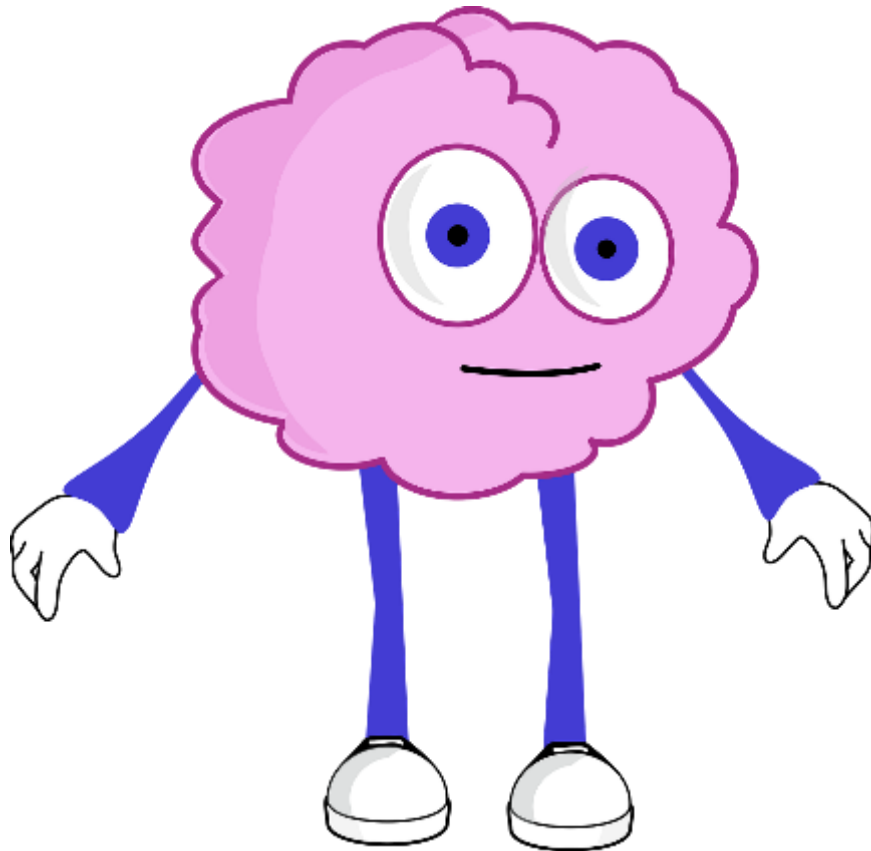
SELF CARE *MINI-WINS* FOR CARE GIVERS

with Cara Bradley

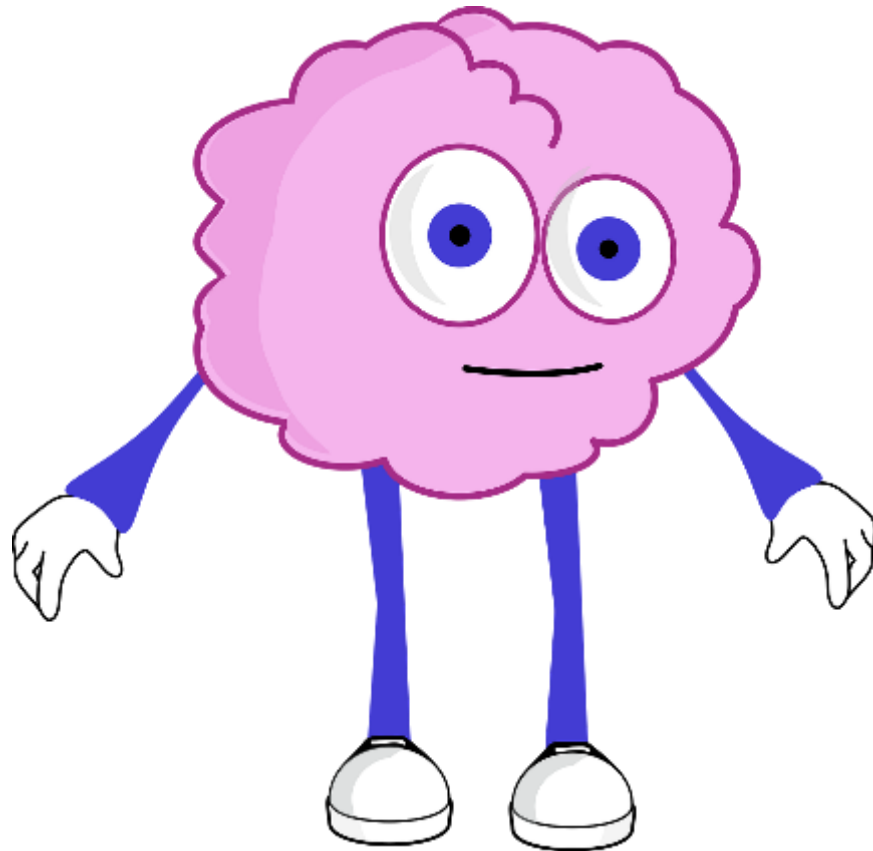


CARA BRADLEY

Brain On A Stick



Brain On A Stick



- Sloppy Brain
- Crazy Busy
- Over Thinking
- Auto-Pilot
- Info Overload



There's a Better Way to Live



There's a Better Way to Live



- Clear
- Calm
- Strong



There's a Better Way to Live



- Clear
- Calm
- Strong
- ***Flow***



Flow

Where we feel better and perform better



Stop. Take Five.



1. Get to Know *Flow*



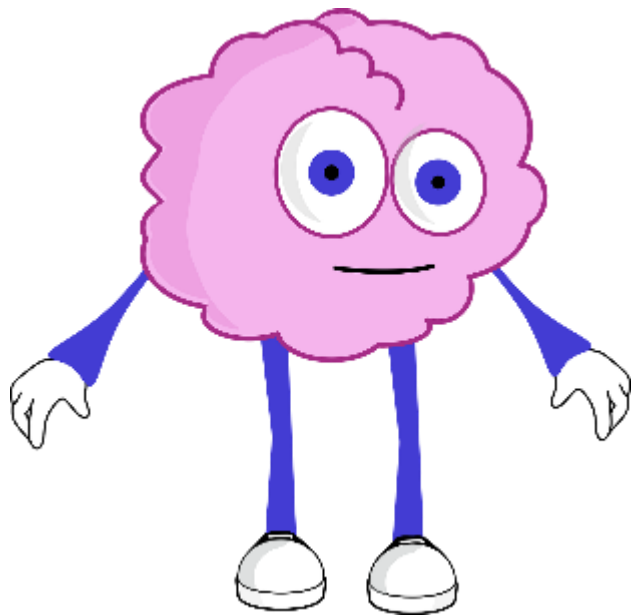
Let's Pause



1. Get to Know *Flow*
2. Return to *Flow*



Mini-Wins

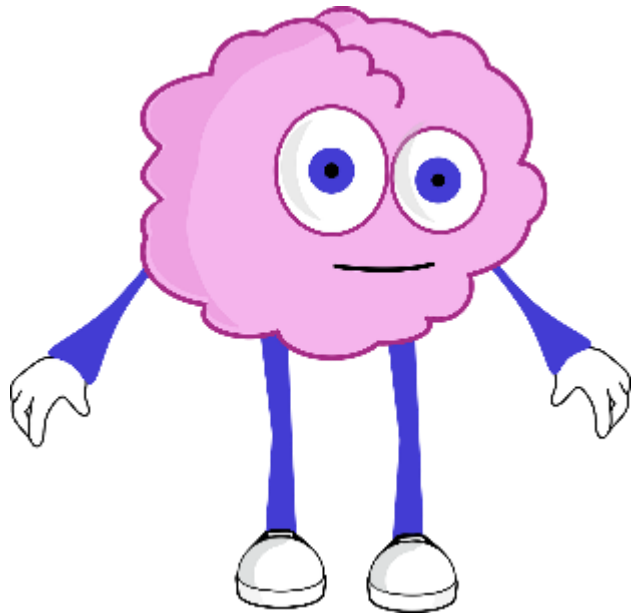


Mini-Wins

Get out of your head

Get into your body

Live in Flow



Move.

Breathe.

Sit.



1. Know *Flow*
2. Return to *Flow* – mini wins
3. Train to *Flow*



1. Know *Flow*
2. Return to *Flow* – mini wins
3. Train to *Flow* – micro practices



- Exercise
- Meditation
- Solitude
- Breath

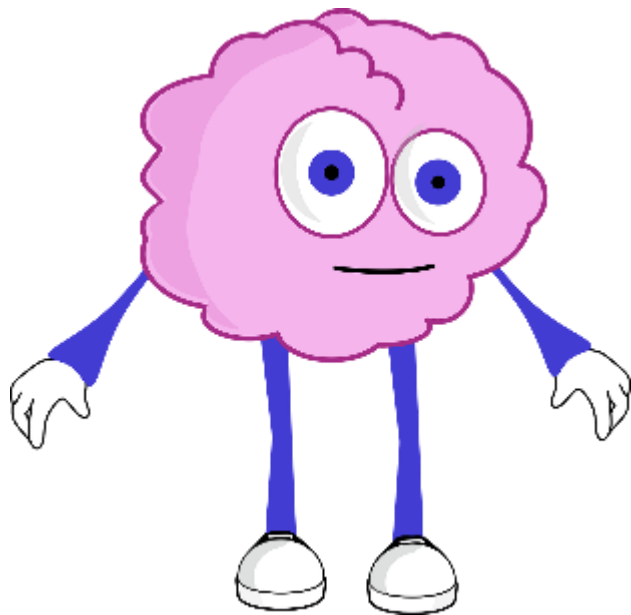


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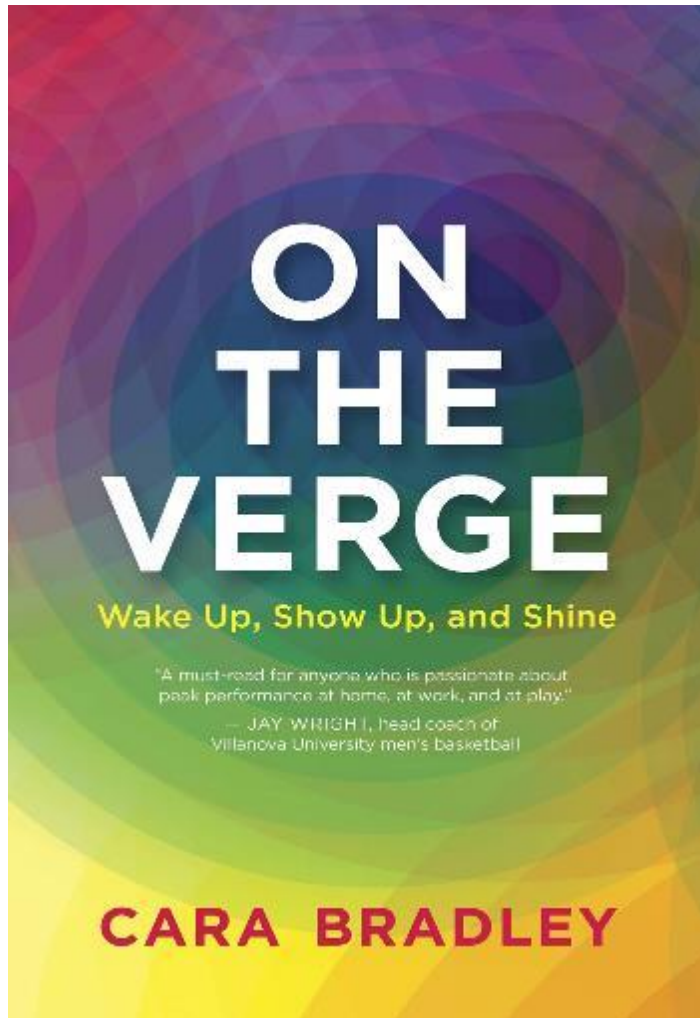


There's a Better Way to Live



- Clear
- Calm
- Strong
- ***Flow***





THANK YOU!

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