

# REST, RESILIENCE, AND SELF-CARE

STAYING CALM  
AND FOCUSED IN  
CHALLENGING TIMES

THE  
PEOPLE  
PIECE

*We facilitate webinars, practice sessions, and group coaching to help employees, managers, leaders, and teams feel more present and less stressed in these challenging times. Get in touch to learn more.*

BENEFITS of reducing burnout:

- ✓ Employee Retention
- ✓ Quality of Work
- ✓ Relationships

# 70%

of employees say that the COVID pandemic is the **most stressful time in their entire career.**  
(AJMC)

Self-care is a moment in time when you've chosen to give yourself what you need, allowing you to be a better parent, leader, partner, and teammate.

## TRY THESE 3 STEPS



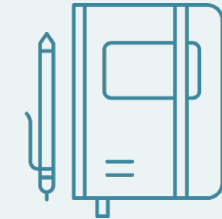
### Ground

Close your eyes and take a few deep breaths. Settle in to your body and this moment.



### Vision

Imagine it's 6 months from now and you are feeling balanced. What does life look like? How do you feel?



### Practice

Commit to 1 or 2 practices that will help you nurture more presence and calm in your life. Maybe breathing more deeply, going on walks, or taking regular 5-minute breaks