

Jerry Bridge
Speaker ▪ Humorist ▪ Author
Leadership ▪ Productivity ▪ Well Being ▪ Work-Life Balance

Are You Practicin Relaxin?

To be sung to the tune of "If I Only Had a Brain"

If you're practicin' relaxin'
Life wouldn't be so taxin '
In each and every day....

So it's time we start confessin'
Just how much we're stressin'
And learn a better way...

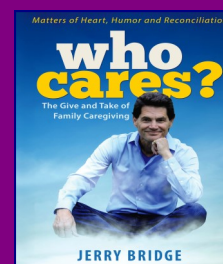
Now I know you're tryin hard
Just keepin up and feelin so tard...

With an open heart and some discipline
You really could relax within'
And surely you would then begin
To see the light of day ...

So....let's start practicin' relaxin'
Now life wouldn't be so taxin '
Each and every day....



Keynotes ▪ Retreats ▪ Workshops
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My Personal Pledge for Taking Care

Principles and Practices for Balancing Work, Well Being & Care Giving

Name _____ Date _____

Signed _____ Coach _____

PRINCIPLES

1. The healthier I am, the more able I am to care for others. Self care is not selfish, it is a gift to those I care for most.
2. I will never 'get it all done' and that's okay! I release the need to try and get it all done. Instead, I will focus on what's most important.
3. My breathing is sacred and my breaths are finite. Taking conscious, deep breaths is relaxing, naturally healing and stress reducing.
4. I will practice self awareness and self compassion; these practices will help me to grow and become healthier—in mind, body and spirit.

Practices

MOVE IT OR LOSE IT! Walk ____ Yoga ____ Pilates ____ Swim ____ Other _____

I AM WHAT I EAT! I will manage and limit my intake of sugar, salt, fat, & processed foods. I will feed my body and brain the healthy, whole foods it yearns for.

MINDFULNESS & REST: I will practice conscious breathing, relaxing or meditation. I will take time to read, write and connect with people. I will be mindful of my addictions. I will slow down, take naps as needed and get plenty of rest.

I STAND for a FUTURE in which (envision future goals; health & well being, grandkids, family, travel, community, security, volunteer, ?)
