



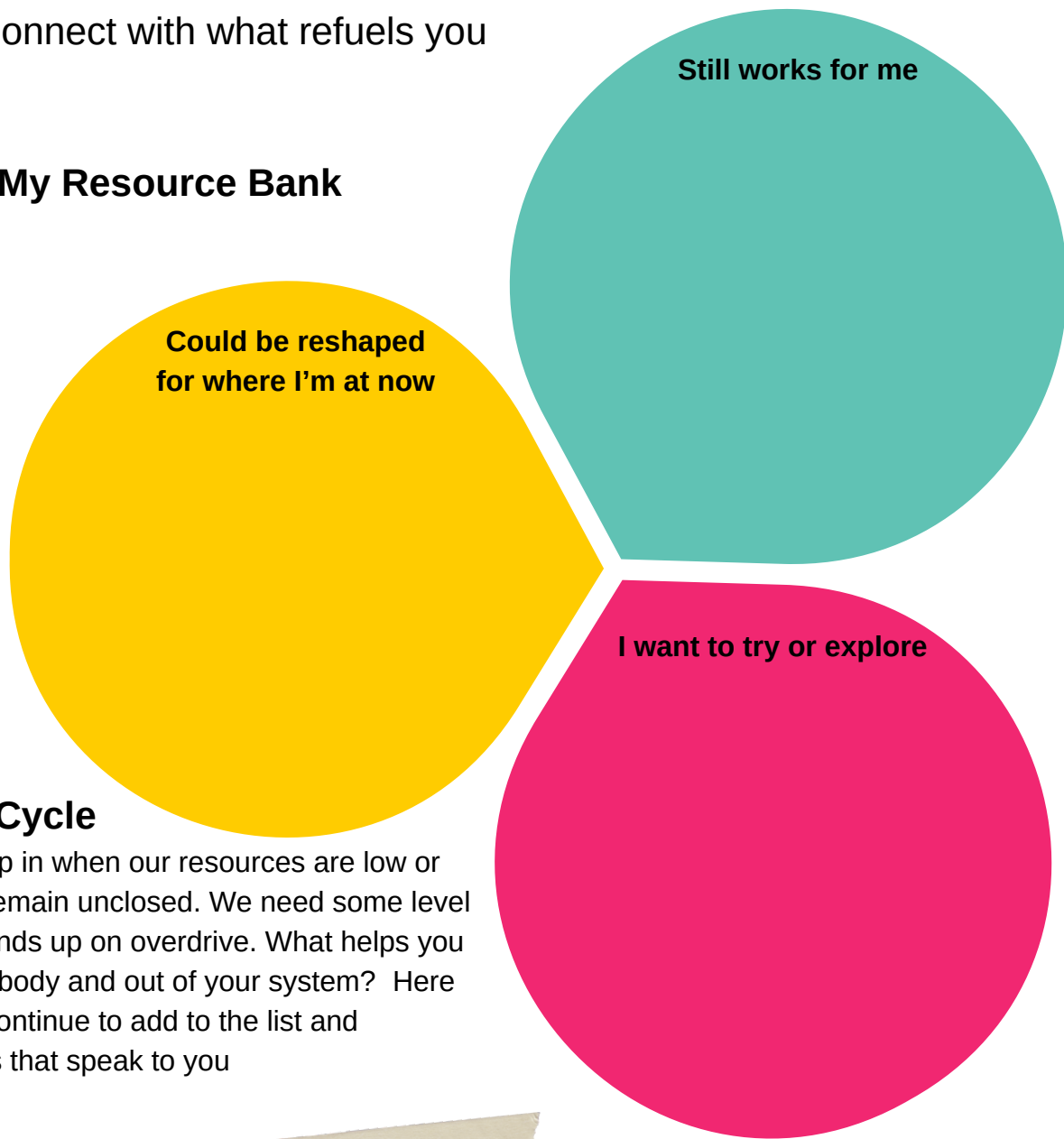
Resource Bank

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Reconnect with what refuels you

My Resource Bank



Close the Stress Cycle

Burnout can start to creep in when our resources are low or when our stress cycles remain unclosed. We need some level of stress, but this often ends up on overdrive. What helps you shift stress through your body and out of your system? Here are a few to inspire but continue to add to the list and experiment with the ones that speak to you



- Movement (walk, dance, stretch)
- Creativity (art, music, writing)
- Crying it out
- Laughter
- Talking it through
- Rest / sleep
- Breath-work

Want to continue? Let's see how we can work together, [book a free chat](#)