



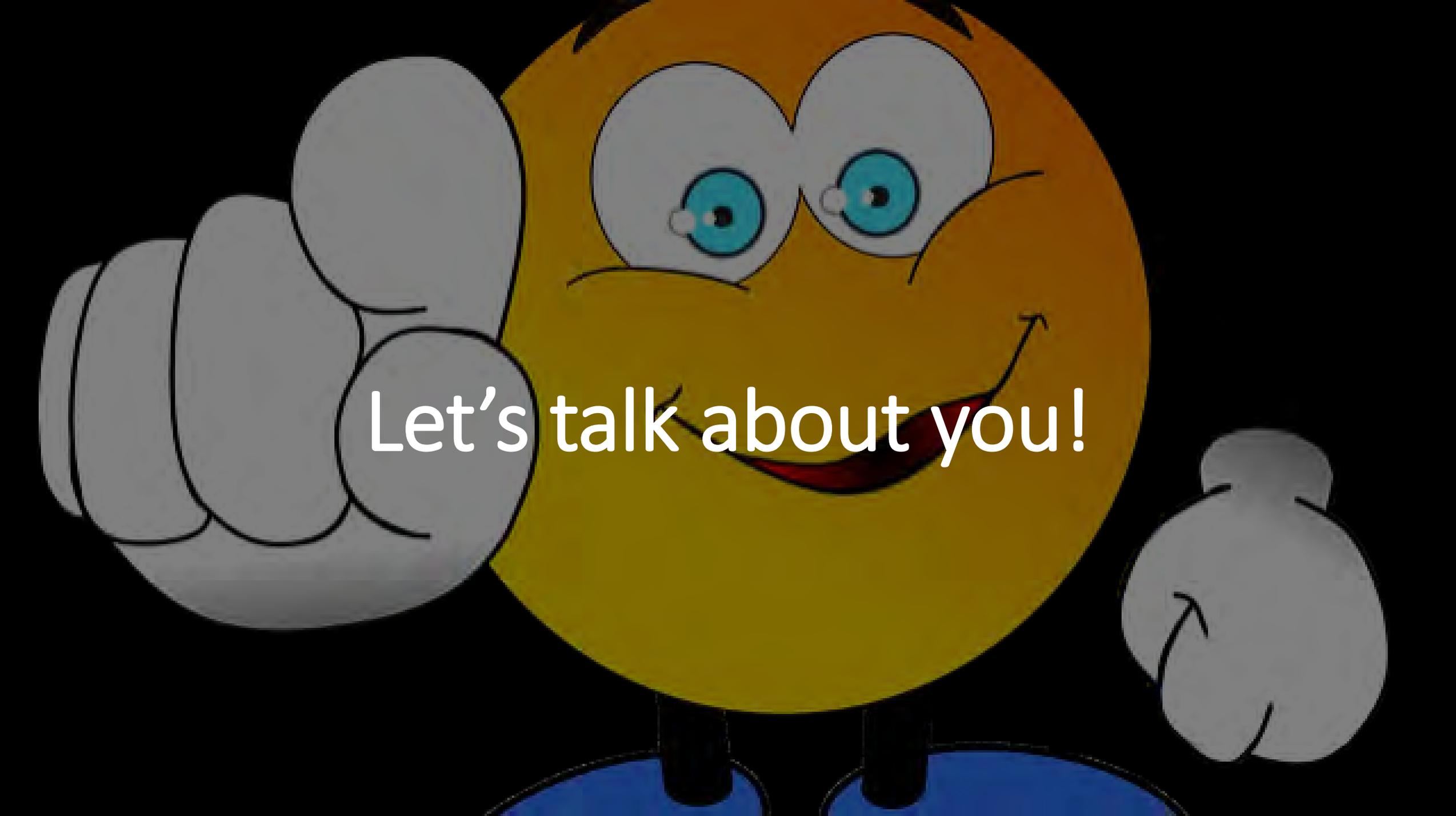
# Taking Care of You Too!



You can't calm the storm..  
so **stop trying**. What you  
can do is calm yourself.  
**The storm will pass.**

(Timber Hawkeye)

[WWW.LIVELIFEHAPPY.COM](http://WWW.LIVELIFEHAPPY.COM)

A cartoon character with a large, round yellow face and wide, blue eyes. The character has a large, open smile showing a red tongue. The character is surrounded by several white, cloud-like or smoke-like shapes. The background is dark. The text "Let's talk about you!" is written in white across the character's face.

Let's talk about you!



Is your daily  
life like a  
version of the  
movie  
Groundhog  
day?

Is there a  
glitch in your  
matrix?





## What can you control?

- ✓ Your attitude
- ✓ Your ambition
- ✓ Your schedule
- ✓ Your distractions

# Let's Flip the Switch!



- ✓ Everyday you can reach out to another family to help them make the important choice of funeral prearrangement.
- ✓ Everyday you have a choice to be positive. Get out of your comfort zone and don't make excuses.
- ✓ Be in your "happy place" before the first phone call to a family.
- ✓ Reach the same level of empathy virtually as you do in person.
- ✓ Now chat in a few things that gets you to a positive place in the mornings.

# Three Everyday Takeaways

## For stability – everyday:

1. Start your day with 3 intentions (not more to-do list stuff, going for emotions/thoughts here)
  2. Just once in the middle of your day stop for 3 minutes (that's it, just stop doing and **Be** for 3)
  3. End your day thinking of 3 good things that happened (and be grateful for them)
- 





How are you  
managing  
day to day?

Everybody is home with me. . .

and it's a lot!



Check your stress level





**STRESS**



**RELAX**



What does  
relaxing look  
like for you?



Aaahhh...







So with everything  
going on. . .

is it hard to really listen?

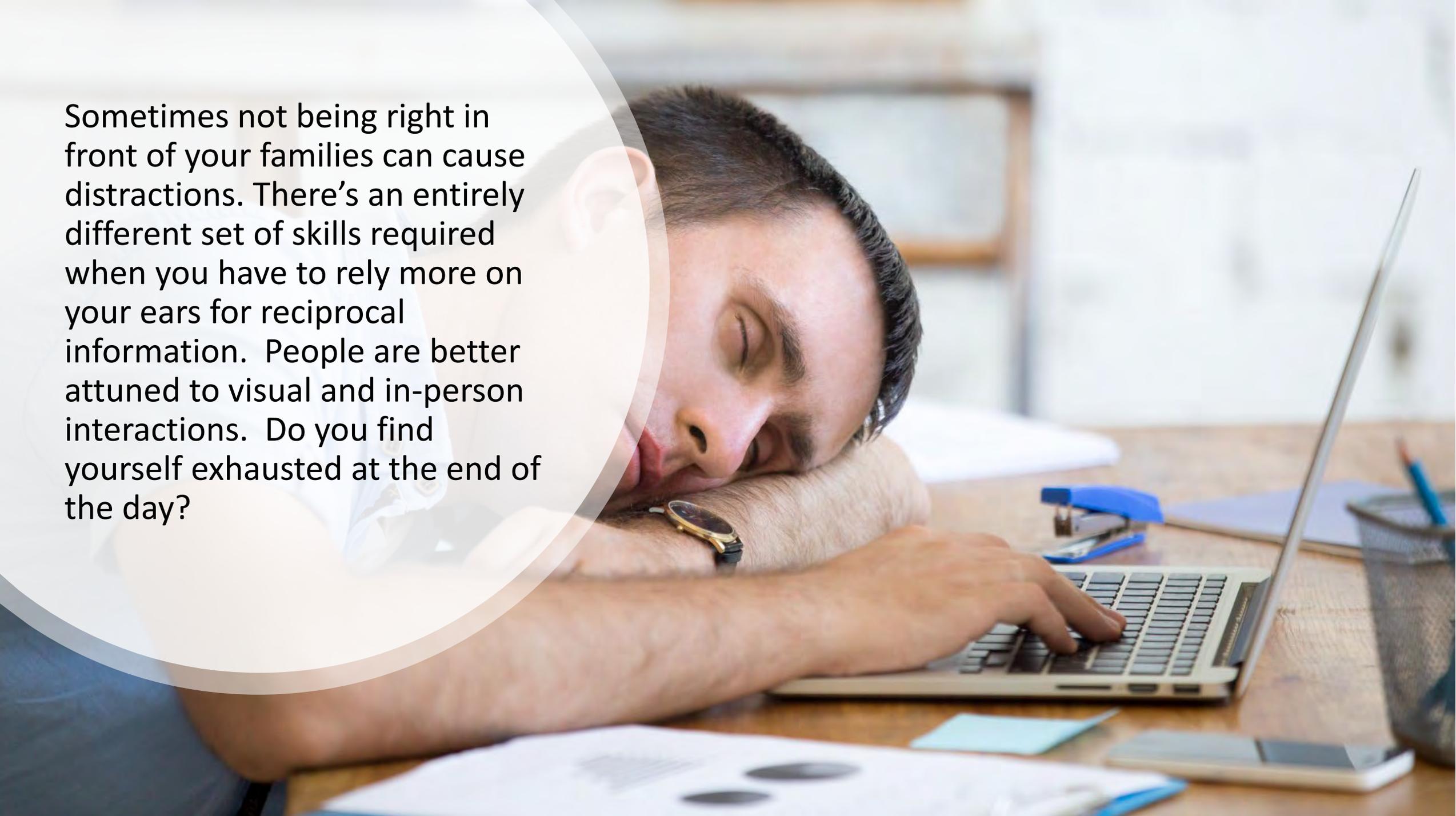
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Are you too  
distracted?

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Sometimes not being right in front of your families can cause distractions. There's an entirely different set of skills required when you have to rely more on your ears for reciprocal information. People are better attuned to visual and in-person interactions. Do you find yourself exhausted at the end of the day?





1positiveaffirmations



If you want to be happy,  
you have to be happy on purpose.  
When you wake up, you can't just  
wait to see what kind of day you'll  
have. You have to decide what  
kind of day you'll have.

-Joel Osteen

