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Banish Burnout.
Find Your Happy.

The Overwhelm Escape Kit

A Guide for Women Leaders



Thank you

Self-care is not a luxury; it's a vital necessity for our success, happiness, and resilience.

What you do to take care of yourself positively impacts everyone in your life so Thank you.

But how can we possibly find time for it in our bustling schedules?

The answer lies in the power of **small tweaks**. You'd be amazed at the impact even the tiniest adjustments have on your well-being.

I've crafted this kit – so you can implement the Seven Pillars of Self-Care to make transformative changes in your life.



The 7 Pillars

Each of the seven pillars addresses a fundamental aspect of your life.

Mental
Emotional
Physical
Environmental
Spiritual
Recreational
Social

In this guide, you will find practical tweaks that are easy to implement. These tweaks will create more energy than they take and enhance your daily routines, infusing them with self-care and self-love.



Small Changes



Dive into this guide, explore the pillars, and consider which small tweaks resonate with you.

You don't need to make grand gestures or carve out hours of your day. Just a few minutes dedicated to these small adjustments can lead to a profound shift in how you feel, think, and experience life.

Incorporate them into your daily life, one by one, and watch how they collectively transform your well-being. Remember, self-care isn't selfish; it's an act of self-love and empowerment that resonates throughout your life.

Here's to a happier, healthier, and more fulfilled you!



1. Mental

Daily Affirmations:

Start your day with a positive affirmation. Repeat it to yourself a few times for a confidence boost.

Breathing Breaks:

Take a few deep breaths whenever you feel overwhelmed. It instantly calms your nerves.

Limit Screen Time:

Dedicate tech-free moments during your day to disconnect from the digital world and recharge.

Gratitude Journal:

Write down three things you're grateful for each day. It shifts your focus to the positive.



2. Emotional

Emotion Check-In:

Pause and ask yourself how you're feeling throughout the day. Acknowledging your emotions is the first step in managing them.

Daily Self-Care Ritual:

Create a simple daily ritual that's just for you, like lighting a candle or putting fresh flowers near your workspace.

Positive Playlist:

Curate a playlist of your favourite uplifting songs. Play it when you need an emotional lift.

Compliment Jar:

Keep a jar filled with compliments or kind words from friends and colleagues. Read one when you need a boost.



3. Physical

Desk Stretches:

Incorporate quick desk stretches into your workday to ease muscle tension.

Hydration Reminder:

Set a timer to remind you to drink water throughout the day. Staying hydrated boosts energy.

Mindful Eating:

Slow down during meals. Savour each bite, and pay attention to your body's hunger cues. Take a proper lunch break.

Power Naps:

A short, 10-15 minute nap can recharge your brain and improve alertness.



4. Environmental

Desk Personalisation:

Add personal items to your workspace, like photos or inspiring quotes.

Nature Breaks:

Spend a few minutes outdoors, even if it's just your garden or a nearby park.

Aromatherapy:

Use calming scents like lavender or eucalyptus in your workspace.

Reduce Noise:

Wear noise-cancelling headphones or play soft instrumental music to create a peaceful atmosphere.



5. Spiritual

Morning Reflection:

Begin your day with a moment of silence, focusing on your intentions for the day.

Connect to Awe:

Take time to connect to something that brings a feeling of awe. The ocean, the eyes of your child, a perfect flower.

Gratitude Meditation:

Meditate. If you are just starting try guided meditations. Insight Timer is a great app.

Grounding:

Feel your feet on the ground and imagine roots growing from your feet. Imagine them growing down to the centre of the earth.



6. Recreation

Weekly Creativity Challenge:

Set aside time each week to be creative. It could be a 5-minute pencil drawing, a mandala made from leaves, petals or shells, or a craft you enjoy.

Screen-Free Evening:

Dedicate at least one evening per week to enjoy activities that don't involve screens, such as board games, crafts or reading.

Local Exploration:

Discover a new place near you, whether it's a cafe, a new walk or an event.

Book Swap:

Arrange a book exchange with friends or colleagues to diversify your reading.



7. Social

Virtual Coffee Dates:

Schedule regular 10 min virtual catch-ups with friends or colleagues, or join my 'Get Sh*t Done mornings' where we socialise and get more done in an hour than you can imagine.

Call a Friend:

Reach out to friends regularly. The longer you leave it the longer the calls. The trick with a busy life is to maintain regular shorter contact.

Random Acts of Kindness:

Surprise someone with a thoughtful gesture, whether it's a handwritten note or a small gift, just because.

Get Together:

There's no better feeling than getting in the same room as your tribe. Get plans in the diary to walk, sing, volunteer, eat or whatever you do together.



Self Care Is Not Selfish

Self-care is not a luxury; it's a necessity. The power of small tweaks can't be underestimated. By incorporating these changes into your life, you can enhance your well-being and resilience.

Take these tweaks at your own pace, one by one, and embrace the transformative impact they can have. Self-care isn't selfish; it's self-love and empowerment in action.

Keep this guide as a reminder that your well-being matters, and that by nurturing yourself, you set a powerful example for those you lead. Here's to a future filled with balance, joy, and self-empowerment.



"No matter what gets done and how much is left undone, I am enough."

Brene Brown



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Exclusive Offer: **“Overwhelm Escape Kit 1;1”**

Feeling overwhelmed by the plate spinning? Take a breather with my FREE "Overwhelm Escape Kit" session. **In just 30 minutes**, we'll dive a little deeper and discover the three most powerful pillars for **you** to start now and **immediately ease the overwhelm.**

These **simple, actionable steps** quickly restore balance and control.

Every day I see people like you make these changes and transform their lives from overwhelmed to happy.

Let's make your day effortlessly manageable and more joyful.

Grab Your Spot

Join my Facebook Group 'Banish Burnout' to get access to training, live workshops, downloads and a network of like-minded women.

www.laurajessicawalker.com

