



Solving the puzzle: Practical reminders to help improve wellbeing.

PRESENTED BY SHAUN BROWNE

SHAUN BROWNE COACHING AND DEVELOPMENT

WHO AM I ?



- Coach and mentor
- Speaker
- Wellbeing and mental health worker.

THE ELEMENTS

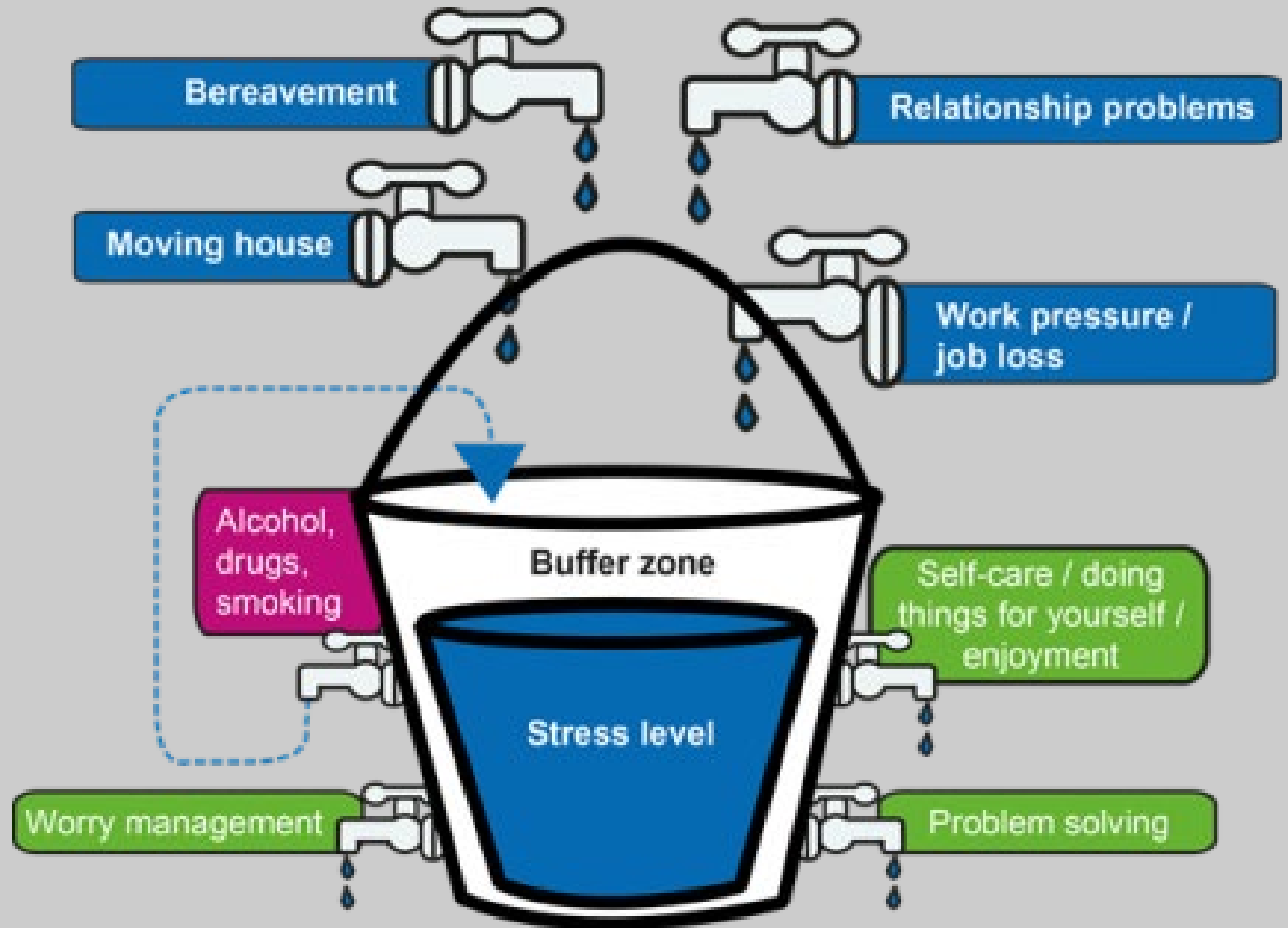


AWARENESS





Models



LEVELS



POSITIVE

Brief increases in heart rate, mild elevations in stress hormone levels.

TOLERABLE

Serious, temporary stress responses, buffered by supportive relationships.

TOXIC

Prolonged activation of stress response systems in the absence of protective relationships.



STRESS HAPPENS IN REAL TIME

LIFESTYLE

Cure

Prevention



Exercise





Breathing techniques



Long Inhale (*nose*)

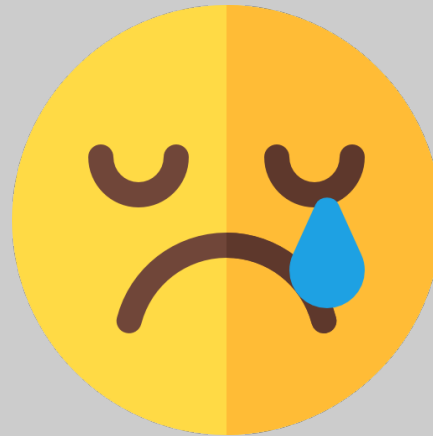
(quick pause)

Short Inhale (*nose*)



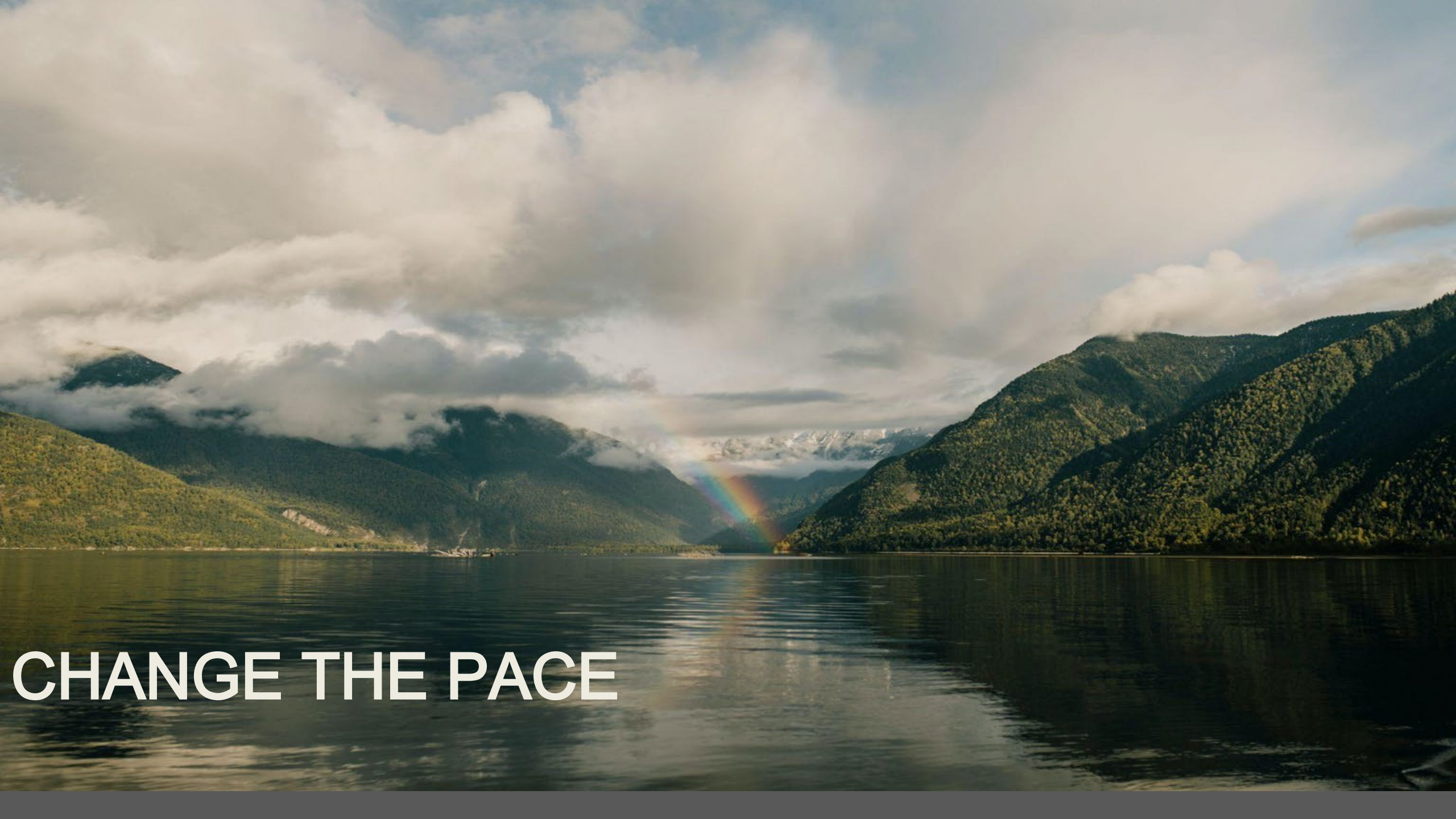
Long exhale with
sigh (*mouth*)

H.A.L.T





YOUR PEOPLE

A wide-angle landscape photograph of a serene lake. In the distance, a vibrant rainbow arches across the sky, its colors reflected in the still water. The lake is flanked by steep, forested mountains. The sky is filled with large, white, fluffy clouds, with patches of blue visible. The overall mood is peaceful and majestic.

CHANGE THE PACE

purpose

BRINGING IT TOGETHER THE MASTER KEY



What's the one thing that would help
boost your well being ?



THE PUZZLE HAS BEEN COMPLETED



Thank you so much for your time.

Any questions ?

Connect with me on
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