

# WEATHER

CONDITIONS  
OF MODERN LIFE



over-  
TAPPED



over-  
WORKED



over-  
WROUGHT



over-  
STIMULATED

# SAFEHARBORS HARBORS



PEOPLE



PLACES

**BRAIN FOODS.**

I AM HUNGRY!

LET'S EAT!



REAL vs FAKE FOODS



EAT.

C. A. L. M.



MAX NAP Time

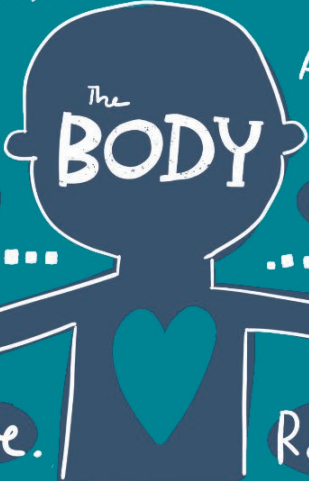


TYPES OF SLEEP



NEVER NAP AFTER SPM

- 1 RELAX
- 2 REPAIR & RESTORE
- 3 RECOVER & REMEMBER



SLEEP.

Move.

REGULATE.

GRADING SEAT TIME  
**A+**

A = <6  
B = 7-9  
C/D = 10-12  
F = +13

Hours PER DAY



WAYS we move

- 1 FLEXIBILITY
- 2 MOBILITY
- 3 STABILITY
- 4 STRENGTH



Freeze

Free



FIGHT or FLIGHT



DYSREGULATION

REGULATION



CALM ASK EMPATHY BREAK CHOOSE



# in the ZONE



BEWARE OF  
**FAUX**  
Flow



- thumbs up icon: Promotes Positivity
- clipboard icon: Prepares us
- shield icon: Protects us

'We are Built to Play AND Built through Play.'  
- STUART BROWN

## Promoting FLOW

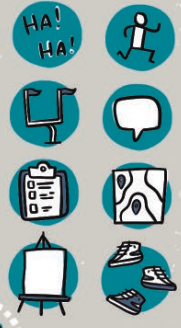
- CLARITY
- CENTERING
- CHOICE
- COMMITMENT
- CHALLENGE



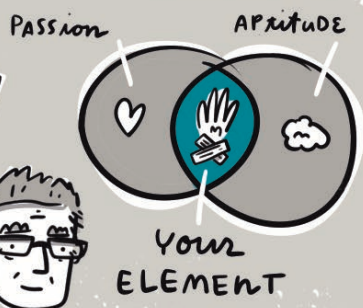
# Flow | Play

## The MIND

# Create | Wonder



## EIGHT WONDERS OF LIFE



## 3 SIGNS OF AWE



- SUE KEN ROBINSON

G R A T I T U D E  
 R E C I P R O C I T Y  
 A L T R U I S M  
 C H O I C E  
 E N J O Y M E N T

# CONNECT

L O N L I N E S S  
 A L A R M !



Relationships we need to THRIVE!



# LOVE

Attachment STYLES

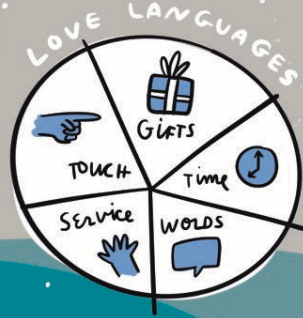


Aloha.

CHARACTERISTICS OF LOVING RELATIONSHIPS

COMFORT  
 CLOSENESS  
 CARE

# The HEART



"BELONGING IS THE SOUL-SENSE OF BEING KNOWN, WELCOME, & WANTED."

- 4 WAYS TO BUILD BELONGING
- 1 SITUATION CRAFTING
  - 2 UNIVERSAL DESIGN
  - 3 SUPPORT GROUP
  - 4 VILLAGE EFFECT

EMPATHY & COMPASSION

"Every Person Matters. Everyone BELONGS. Everyone HAS TALENT."



# BELONG



# JOY is our Birthright

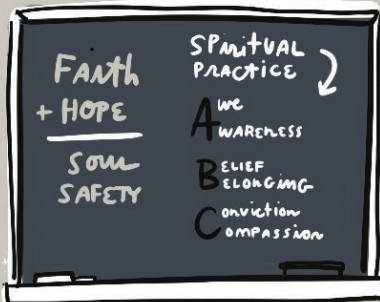
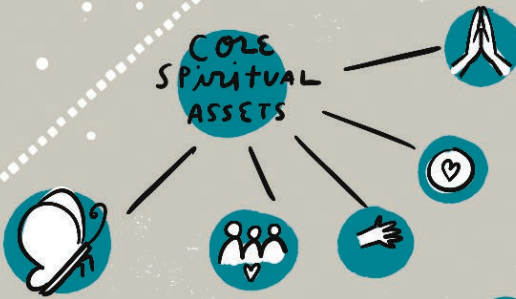


## 8 Pillars of Joy

- PERSPECTIVE
- HUMILITY
- HUMOR
- ACCEPTANCE
- COMPASSION
- GENEROUSITY
- FOLGIVENESS
- GRATITUDE

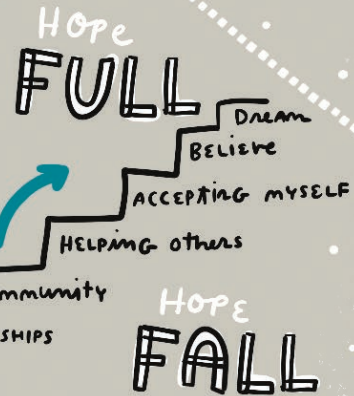


### Core Spiritual Assets



WHAT is your PURPOSE?

## Find your SPARK



# WHAT'S THE WEATHER?

CREATE YOUR CURRENT FORECAST BY ASSESSING EACH CONDITION AND ITS INTENSITY, GIVING YOURSELF AN OVERALL PREDICTION AT THE END.

OVERTAPPED



CONDITIONS



INTENSITY



OVERWORKED

CONDITIONS



INTENSITY



OVERSTIMULATED



CONDITIONS



INTENSITY



OVERWROUGHT

CONDITIONS



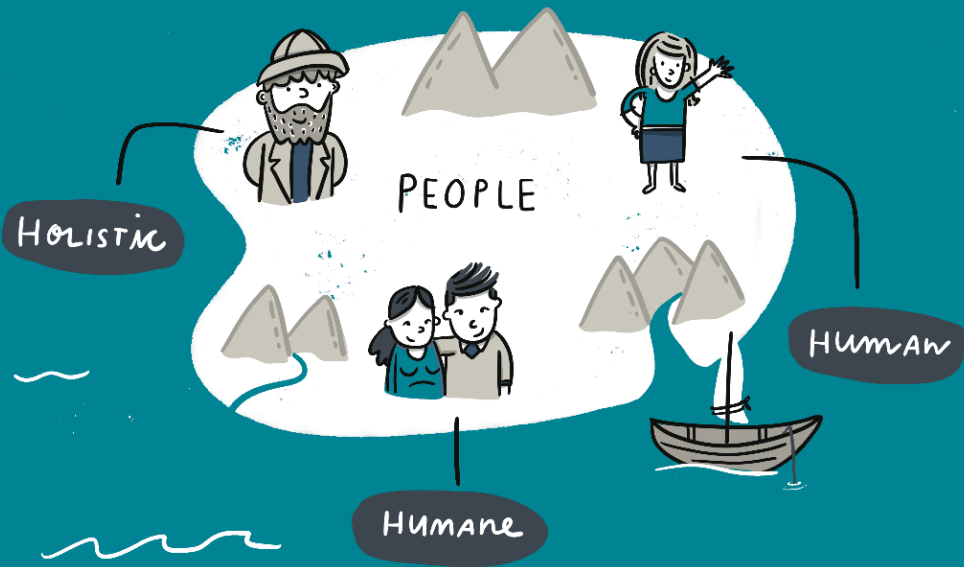
INTENSITY



OVERALL



WHICH SAFE HARBORS DO YOU NEED?



WHERE SHOULD YOU SPEND TIME?

