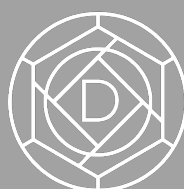




Workplace Wellness Workshop Series SEATTLEU

BONUS RESOURCES



dream life out loud

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Bonus Wellness Resources

Our Favorite Meditations

Productivity Hacks for
Workplace Wellness

Thank you – from your favorite dope
therapists!



Meditations

- 1 Healing For Liberation and Connection by Alex Elle - <https://insig.ht/CHRbjpB0eBb>
- 2 Breathing Through Burnout by Brittany Pollard <https://insig.ht/YgxqGvD0eBb>
- 3 Free The Mind From A Busy Workday by Liza Colpa <https://insig.ht/rsQy7vF0eBb>
- 4 Manifesting Productivity With Compassion by Liza Colpa <https://insig.ht/18pWtAH0eBb>
- 5 Rest + Reset Meditation by Liza Colpa <https://insig.ht/PR1cvjX0eBb>

Copy & paste the links for access and
enjoy...



THE POMODORO TECHNIQUE

It's easy to get sidetracked at work, we get it. Ever felt so swamped you don't even know which task to begin first, so you realize you've re-read and re-read the same email 5 times over? Yea, or how about starting a task only to get distracted by a ping on Slack about a "all team lunch" that's required?

We love this technique because Francesco Cirillo, the creator of the Pomodoro Technique essentially shifts the narrative around time as it relates to productivity – from "there's not enough" to "how can time help me?" In this technique, Cirillo's primary objectives are winning the game against time and activating our bodies and brain with the rest it needs to power through, more effectively.

The cornerstone of this technique is continuous engagement in one task for 25-minutes, only. And then, BREAK...even if for only 5-minutes. No cheating, take the break.

Give it a try, you got this.

1	2	3	4
The Task Select ONE (1) task and estimate how much time you need,	The Timer Consider how many Pomodoro's you might need, i.e., how many sets of 25-min. and Set your timer	Times Up At the end of the 25-minutes, pause and review your progress.	Time to Break This is the important part. Make sure you break, for at least 5-min but 20 if you can spare them.



Side note: it's only called "Pomodoro" because the guy he created the technique used a tomato shaped kitchen timer.

Tips from Your Fav Dope Therapist

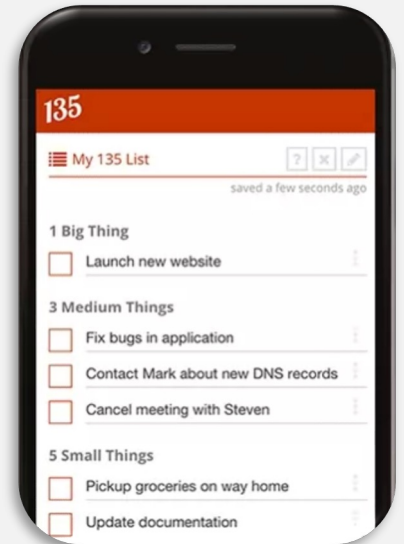
Make sure you review your progress and big up yourself for what you accomplish. Take note of how you celebrate yourself and go harder.



1-3-5 RULE

The 1-3-5 Rule is a simple time management tool aiming to ensure progress is made towards a range of tasks; from big or larger in scope tasks to smaller, perhaps more administrative tasks like daily email.

The first step is to begin by creating a list of all your tasks in a given week and group them by size/time/energy required. Begin with a big task and cycle through tasks by big, medium, and small. Also, incorporate the Pomodoro Technique and break every 25-minutes. Ahhh, we're talking about breaks again! Breaks are critical for productivity folks. Now give it a try:



One BIG Task

Three Medium Tasks

5 *small* Tasks



Thank you for your collaboration and partnership;
and for the opportunity to further our mission to
promote healing and liberation for marginalized
communities through holistic wellness.

It was an absolute honor to join you all. We
appreciate your engagement and wish you all the
best as you continue cultivating liberation in your
workplace and beyond. We have to mention that
your bravery and vulnerability was unmatched
and appreciated.

Remember to continue naming what comes up for
you and have the courage to bring the elephant
into all spaces.