



THE WELLNESS GAP

How To Immediately Find Safety In Self Care As
An Ambitious Woman Who Is Under Served And
Still Determined To Overcome Obstacles
Standing In The Way

NEGLECT $\longleftrightarrow$ NURTURE

NATARSHAREID.COM



HERE'S MY PROMISE...

By the time we leave this session you'll know exactly how to establish a wellness plan for yourself that serves as a realistic roadmap to help keep you striving to be healthy and whole while you navigate life's journey.



IMPORTANT NOTE

THIS WORKSHOP/PLAN/STRATEGY IS
IN NO WAY MEANT TO DIAGNOSE,
PRESCRIBE, ORDER OR DIRECT...

We (myself and my team) Are Simply
Providing Resources To Help You To Be
Better At Self Care!

PICK ONE



01

**I'M REALLY GOOD AT SETTING
DAILY INTENTIONS AND
STICKING TO THEM**

02

**I START WITH GOOD INTENTIONS
BUT DON'T ALWAYS FOLLOW
THRU WITH STAYING ON TRACK**

03

**I HAVE NO IDEA
WHERE TO START**



3 STEPS TO SHRINK YOUR WELLNESS GAP IN 7 DAYS WITHOUT TURNING YOUR WORLD UPSIDE DOWN TO DO IT



STEP 1



REDEFINE WELLNESS
& SELF CARE



WELLNESS IS

THE ACTIVE PROCESS OF
ADOPTING **HEALTHY** HABITS
AND BEHAVIORS TO IMPROVE
YOUR LIFE'S JOURNEY.



SELF CARE IS

THE PRACTICE OF TAKING
ACTION TO PRESERVE OR
IMPROVE ONE'S OWN **HEALTH**
(AND WELLNESS).



LET'S PUT IT
INTO CONTEXT

WELLNESS

IMPROVES THE **JOURNEY**

SELF CARE

AMPLIFIES/IMPROVES YOUR
HEALTH AND **WELLNESS**
WHILE ON THE JOURNEY.



BUT LET'S DIVE DEEPER

HEALTH

THE STATE OF BEING FREE
FROM **ILLNESS** (OR INJURY).



ILLNESS

A **DISEASE** OR PERIOD OF SICKNESS AFFECTING THE BODY OR THE MIND.



DISEASE

A **DISORDER** OF FUNCTION, ESPECIALLY ONE THAT PRODUCES SPECIFIC SIGNS OR SYMPTOMS OR THAT AFFECTS A SPECIFIC LOCATION AND IS NOT SIMPLY A DIRECT RESULT OF PHYSICAL INJURY.



DISORDER

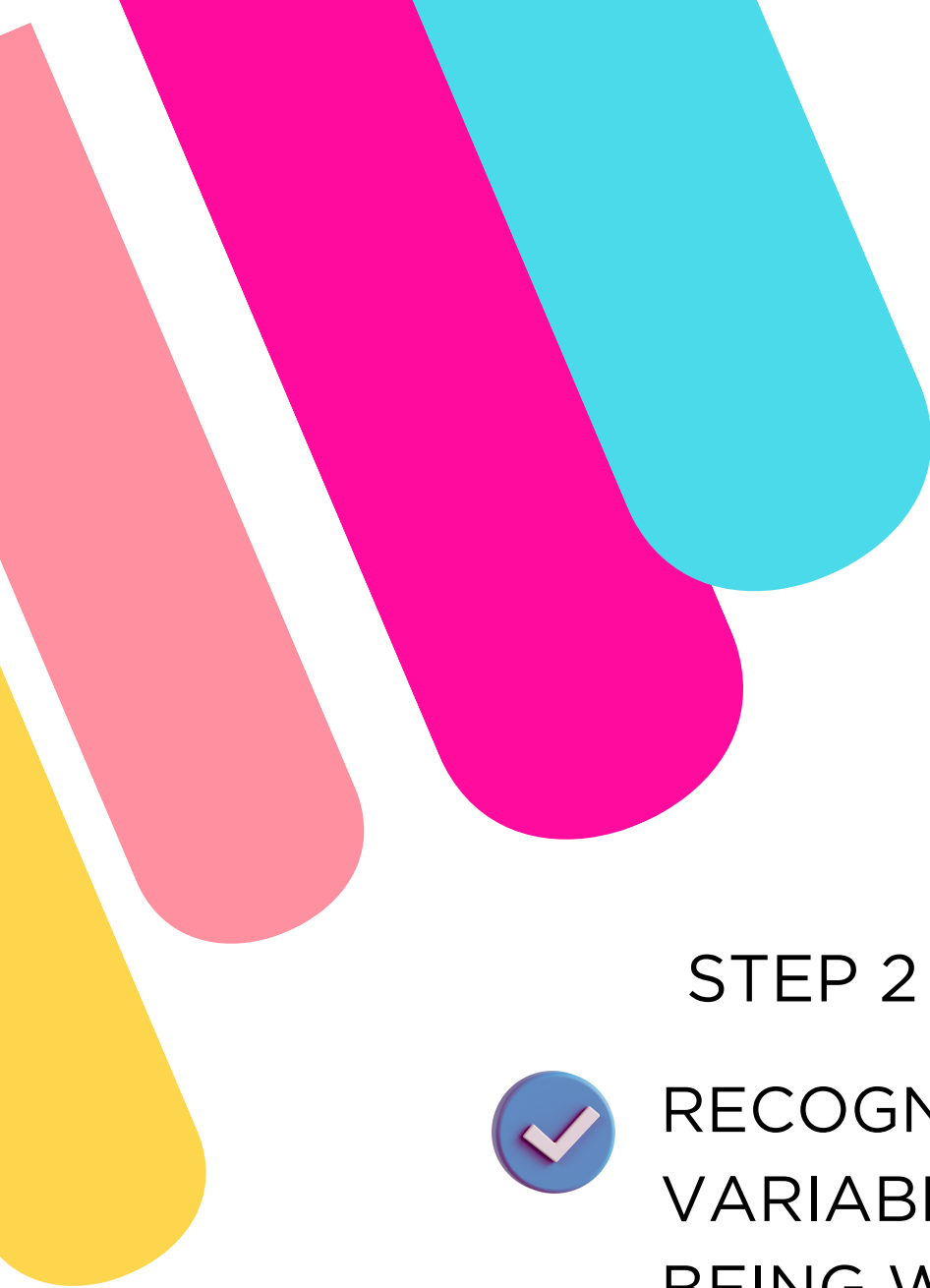
A STATE OF CONFUSION.





SELF CARE IS NOT

- A SPECIFIC VERB OR ACTION (IT'S A PROCESS THAT REQUIRES A PROPER MINDSET TO EXPERIENCE LONG TERM RESULTS)
- SELFISH (YOU CAN'T POUR FROM AN EMPTY CUP. YOU CAN'T TAKE CARE OF OTHERS FOR THE LONG HAUL IF YOU DON'T TAKE CARE OF YOU.)
- SELF CARE IS NOT A ONE TIME EXPERIENCE (IT TAKES PRACTICE. IT TAKES FOCUS AND IT TAKES A COMMITMENT TO YOURSELF.)



STEP 2



RECOGNIZE
VARIABLES OF
BEING WELL



FULL CIRCLE SELF CARE SUCCESS

REST- Sleep, relaxation, play, ease,
taking it slow

SUSTENANCE- Food/nutrition, water,
health, physical comfort, movement/exercise, sensory pleasure

SAFETY- Security, protection, stability,
order, fairness

HONESTY- Authenticity, integrity, being genuine, self-expression

PRODUCTIVITY- Competence, making a difference, organization, order

AUTONOMY- Choice, freedom, independence, having control over your life

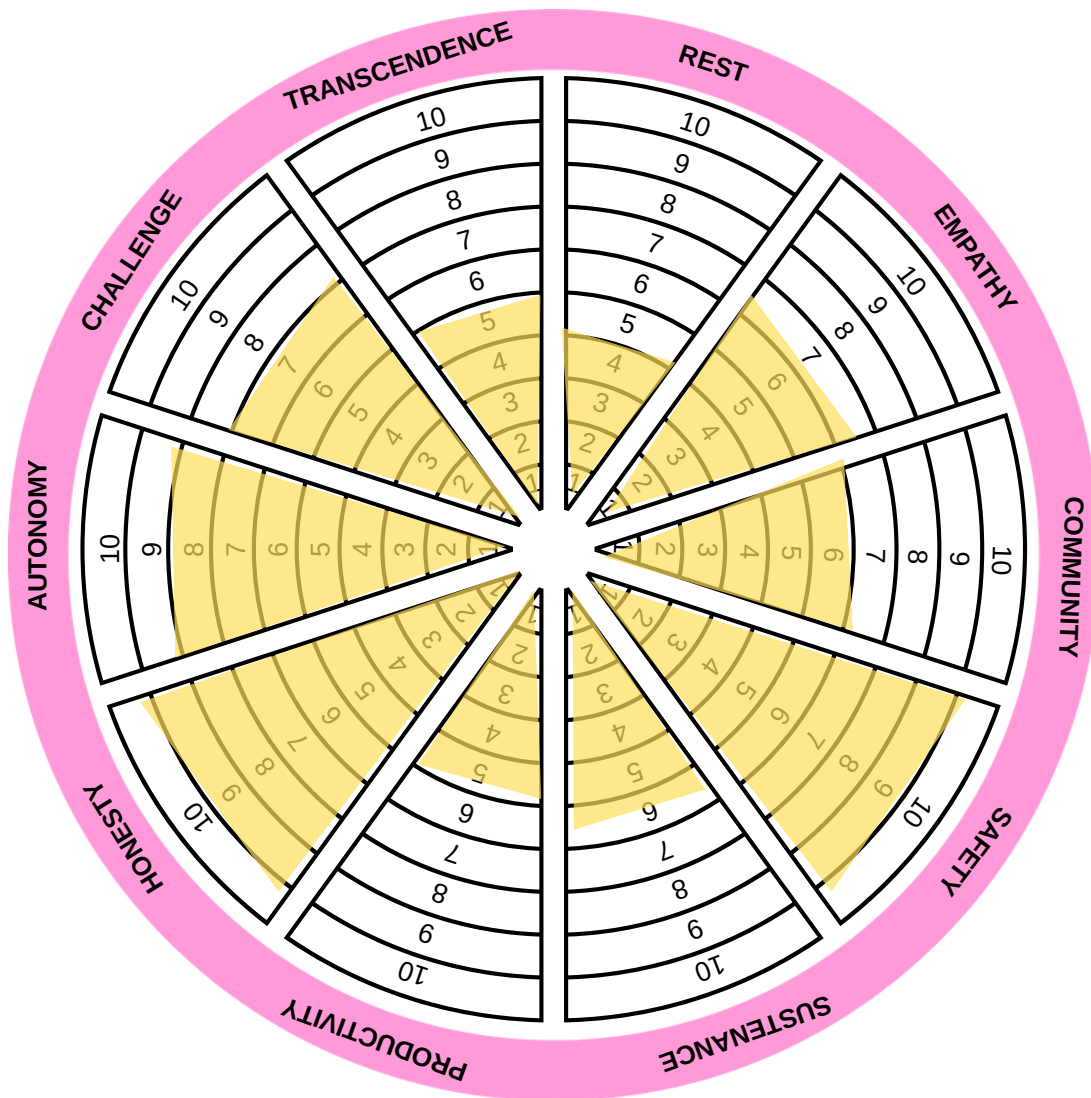
EMPATHY- Understanding, acceptance,
being heard, feeling seen

CHALLENGE- Growth, learning, adventure,
trying new things

TRANSCENDENCE- Meaning, purpose, beauty, connection to something
bigger

COMMUNITY- Belonging, support,
connection, mattering to others

NEEDS ASSESSMENT



STEP 3



TAKE THE NEXT BEST
ACTION STEP...



WE NEED TO KNOW THESE 3 THINGS





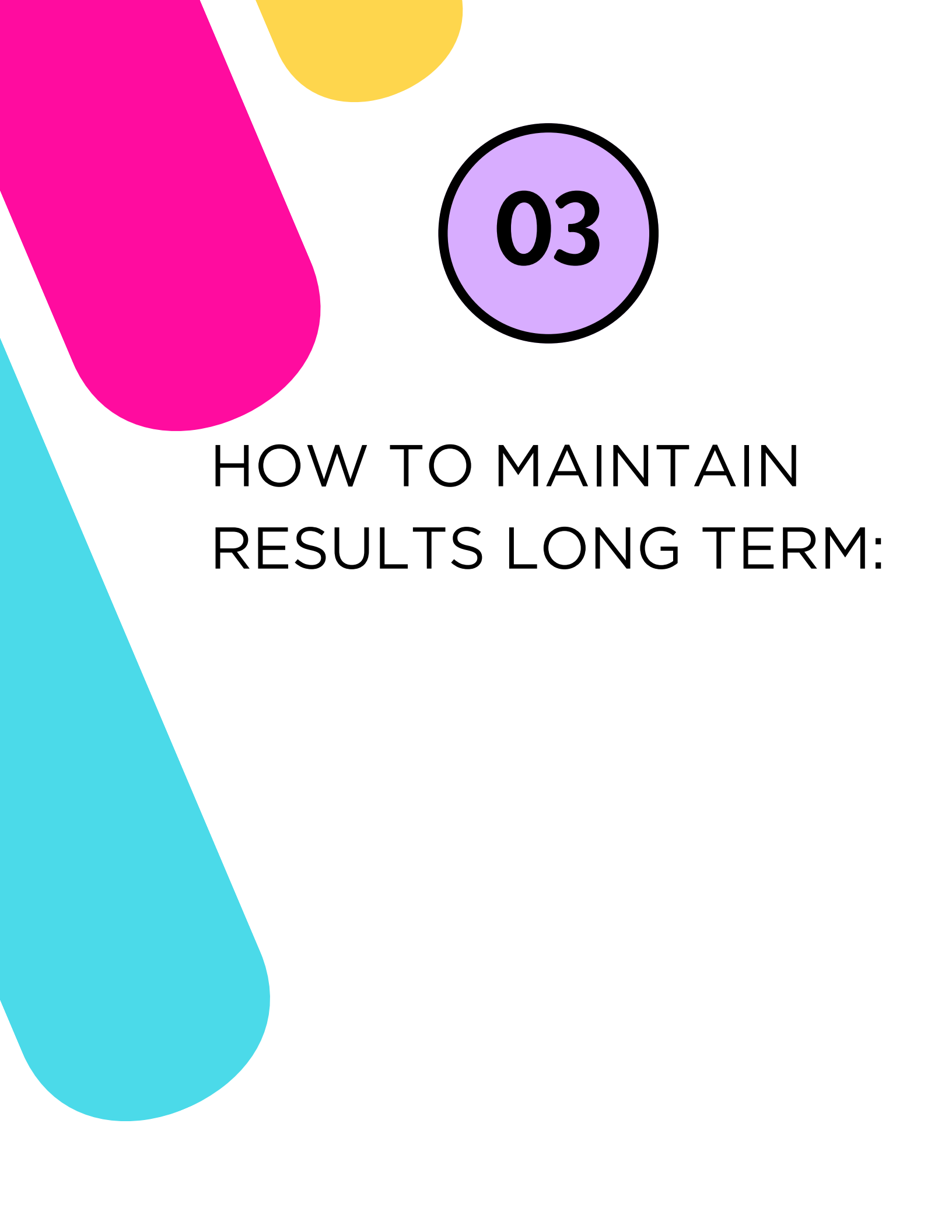
01

WHAT'S NEXT VS.
WHAT'S NOW:



02

HOW TO MAXIMIZE
YOUR PLAN W/OUT
LOOSING OUT ON THE
THINGS YOU VALUE
MOST IN YOUR LIFE:



03

HOW TO MAINTAIN
RESULTS LONG TERM:

The background features a light gray surface with interlocking puzzle pieces. A large, vibrant pink diagonal shape is on the left, and a yellow rounded rectangle is at the top. The text '6A FRAMEWORK' is centered in a bold, black, sans-serif font.

6A FRAMEWORK

6A FRAMEWORK

Awareness

- Pay attention to/notice red flag, pattern recognition

Acknowledge

- Call out the challenges, the struggles, the specific things that are bothering you

Active Plan

- Create it & set things into motion

QUESTIONS TO ASK YOURSELF:

01

What's going on with you right now?

02

What has stopped you in the past?

03

What is the final result you want?

04

What are the main steps needed to reach the goal?

05

What is the very first small step you can take today?

06

What problems or roadblocks might pop up?

07

What will you do if/when these problems happen?

08

Do you have a plan in place?

6A FRAMEWORK

Assets

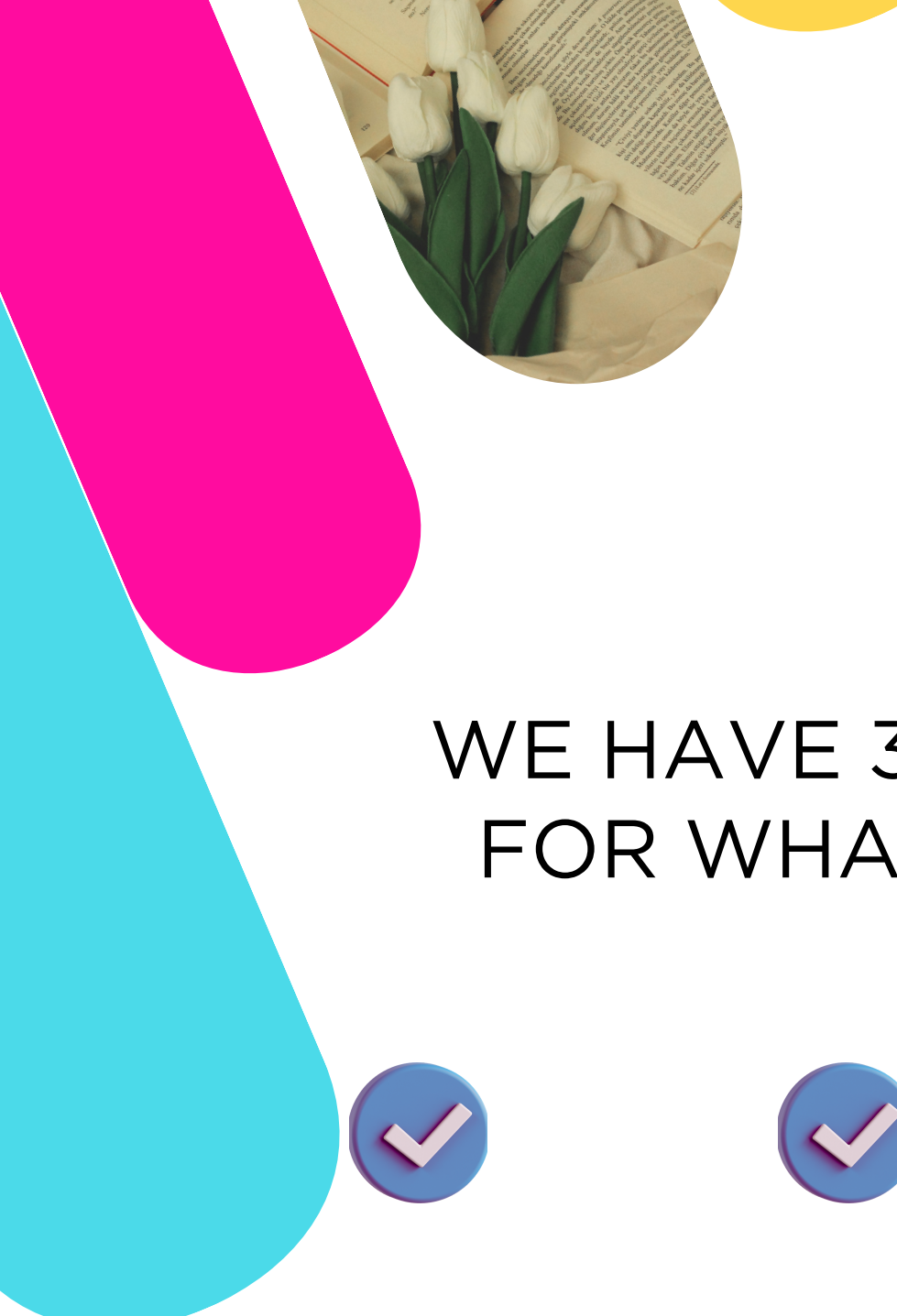
- What's available to me???

Alignment (to assets)

- Discern people, places, and things.

Accountability

- Commit, Action, Assess



WE HAVE 3 OPTIONS
FOR WHAT'S NEXT



Option 1

Simple Solutions

- Opt in to more sleep (if possible)
- Schedule a massage

Any other suggestions??

Option 2

Answer The Questions

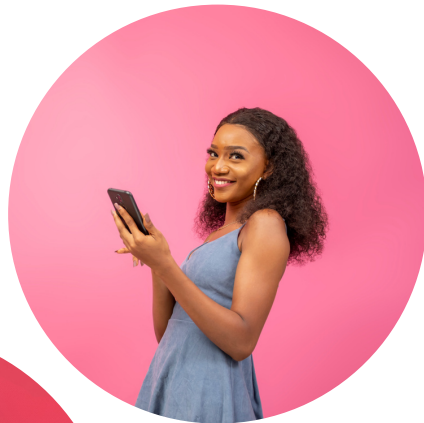
- This will help formulate a plan on your own.

Option 3

Partner w/ Me For A Wellness Workthru

- Where we work together to create a customized wellness plan for YOU!

WELLNESS WORKTHRU



[MYBETTERSELF CARE.COM/WELLNESS](https://mybetterselfcare.com/wellness)

mybeterselfcare.com/wellness



Let's Work Together

The Wellness Workthru

Your Wellness Facilitator -
Natarsha Reid

Questions/Comments

mybeterselfcare.com/comments