



# SARAH TITE COACHING

breaking the barrier to being you

## Time for you - a guide to getting back in flow

If you feel that you are struggling with the unshakeable pressure coming at you from all angles, you would like to create a healthier headspace, with a better life balance, so that you can do more of what makes you happy, without burning out. This guide to getting back in flow is your first step to getting back time for you.

### Balancing Activity One

#### "Your body is your compass - it will always point to the truth"

Have you ever felt an overwhelming emotional response to a minor situation? A conversation with a colleague or friend, being asked 'could you just...' or that moment when someone backs into the space you had your eye on! When we are out of flow, feelings like anger, sadness, fear, hurt or guilt can be felt physically in our body, and be quite overwhelming. Emotions are our friends. They are vital. They act as little alarm bells to get our attention that something is going on, they point to our truth at that moment. However, if we ignore the emotion, don't recognise it as an alarm bell and suppress them, over time they can contribute to a wide range of physical and mental health conditions. When your emotions get the better of you, when you feel like you might explode, you could start to release the emotion using one of these:

- ***Dance out the emotion to your favourite music***
- ***Scream into pillow, cushion or towel***
- ***Vigorous exercise***
- ***Conscious breathing***
- ***Meditation***
- ***Yoga***

### Balancing Activity Two

#### "Everything starts with replenishing your energy"

I hope you are now feeling calmer with some time to think, but what is on our plate still to be done may remain overwhelming. That is ok, these five simple steps can help you achieve some quick and simple wins.

1. **STOP** – everything starts with looking after yourself – have a break, make a cup of tea, take a walk or run around the block and breathe – you are exhausted and from this place no good decisions will be made.
2. **LIST** – find a piece of paper and write a list of everything that is on your mind, big or small just get it down with no judgement.
3. **HIGHLIGHT** – take a highlighter or three, work through your list and ask yourself what must absolutely be done today, what would be nice to do today but can wait and finally, what could be done by someone else and write who to contact for help next to it.
4. **REPLENISH** – time for a break, sit back and celebrate the simple win of gaining some clarity on what is next.
5. **START** – one step at a time work through your list and mark A B C next to each item. Now start with what absolutely must happen today. Good luck!



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### Balancing Activity Three

### Your thoughts create your destiny"

#### One of Many™

Now that you have brought a little order to what is on your plate, this final exercise in your 'Guide to getting back in flow' is a two-minute exercise to inject some optimism into your day to help bring more of what you would like into your life. Start your day by finishing the following three sentences, either on paper, out loud, or even in your head:

***Today, I will focus on...***

***Today, I am grateful for...***

***Today, I will let go of...***

I hope you have found these three balancing activities helpful. Find out more about how I could help you achieve more of what you want in life and help you break the barrier to being you email [talk@sarahtitecoaching.com](mailto:talk@sarahtitecoaching.com) or visit [sarahtitecoaching.com](http://sarahtitecoaching.com)



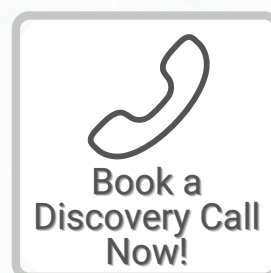
Let me guide you to the change you want to see



Accessible daily practices to getting back in flow



Bring your people together for a deep dive learning experience



Book a Discovery Call today to get curious about what is possible!



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