



# HELLO! I'M JEAN TRUJILLO

Pivoted from Mechanical Engineering ... to ...
Professional Life Coach, Mindfulness Teacher & Workshop Facilitator
My interests: education, mental wellness, what does it mean to live a good life?
For fun: improv, fine flavor chocolate, olive oil

# RATE YOUR ENERGY 1 - 7

1 terrible



2 eh



3 bleh



4 meh



5 so-so



good



/ amazing!



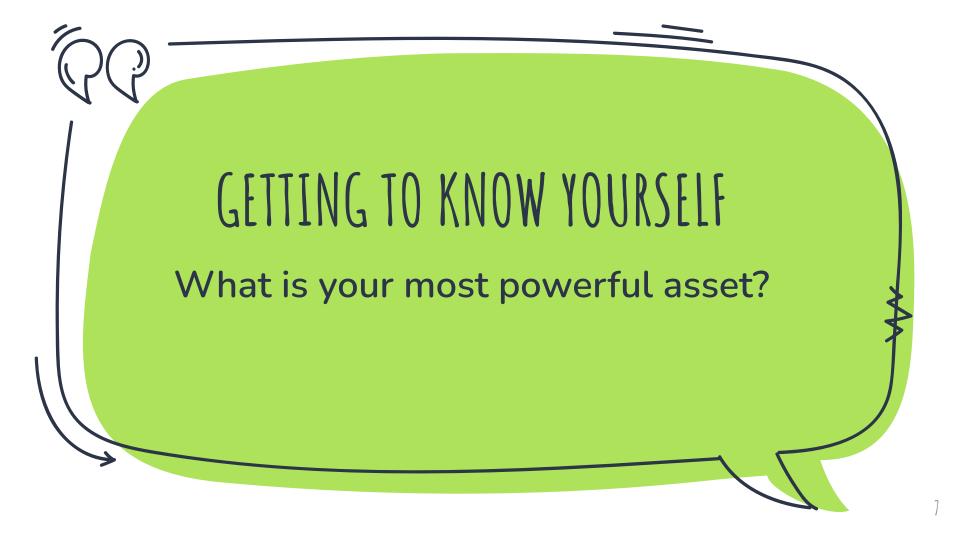


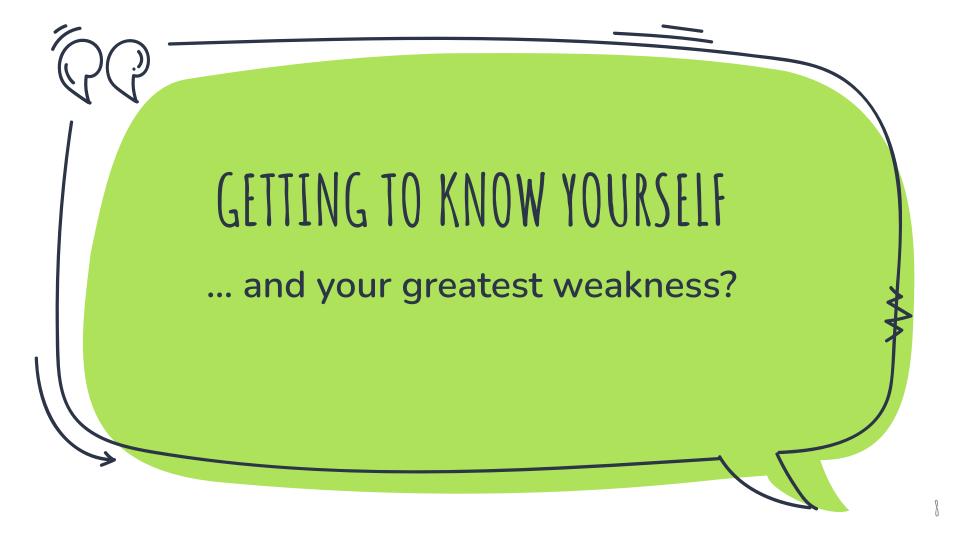
## TOPICS

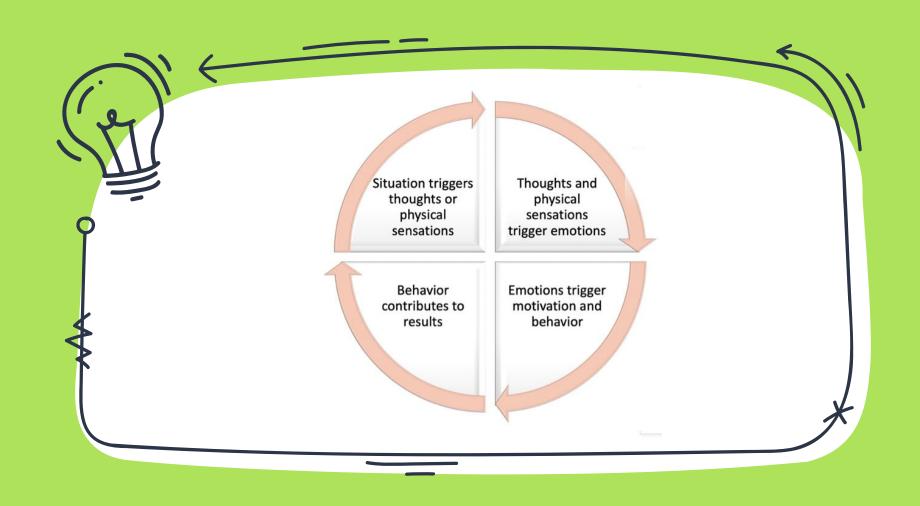
- ✓ Getting to Know Each Other
- Getting to Know Yourself
- ✓ Getting to Know Your Co-workers
- What is Stress?
- ✓ Self-care
- ✓ Introduction to Coaching



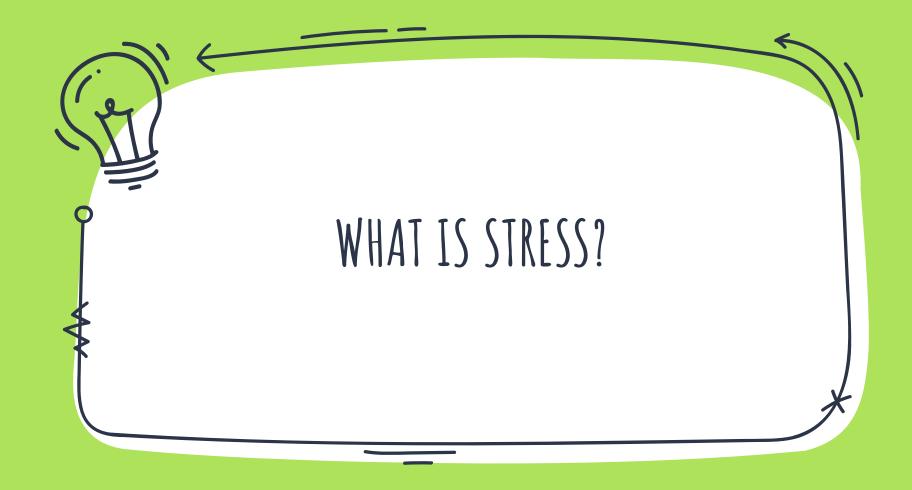


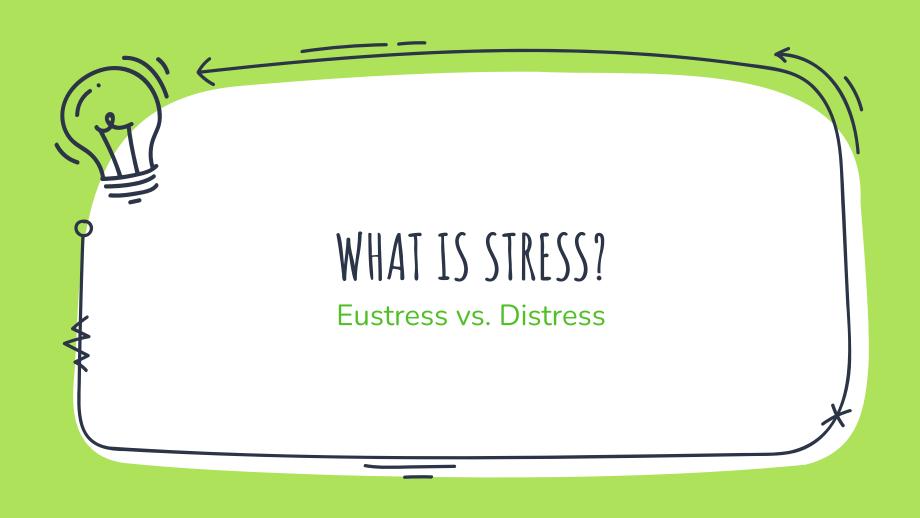




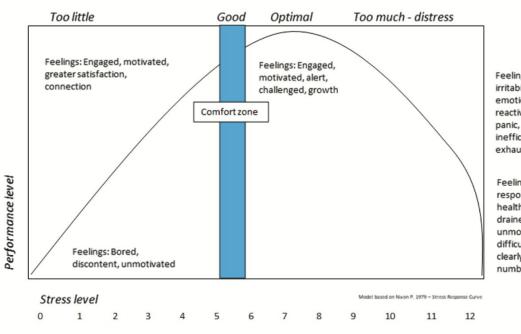








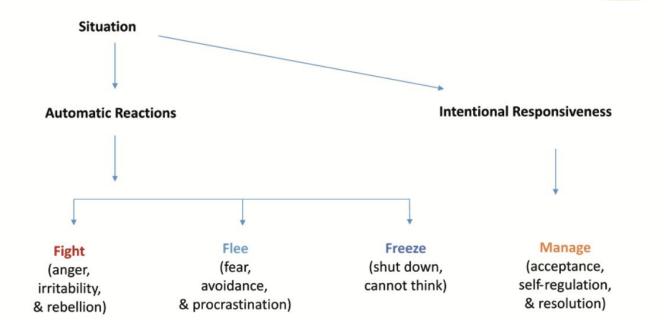
## STRESS AND RESILIENCE



Feelings: Fatigue, irritability, emotionally reactive, scattered, panic, anxiety, inefficacy, exhaustion

Feelings: Physical responses – ill health, burnout, drained, unmotivated, difficulty thinking clearly, alienation, numb

# REACT VS. RESPOND





#### SELF-CARE

- ✓ Sleep
- Physical activity
- Mindfulness <a href="https://tinyurl.com/JeanEvents">https://tinyurl.com/JeanEvents</a>
- Time in nature
- Having fun (friends, music, travel, etc.)
- Finding flow
- Eating healthful food
- ✓ What else?



# RESILIENCE BUILDING

Structural Support	Social Support	Skill-building	Self-care
Education Work Positive places Healthy environments	Family Friends Colleagues Mentors Community connections	Managing thoughts  Managing emotions  Self- management (self- regulation)  Social skills  Financial skills  Academic skills  Professional skills	Stress management (knowing when to add or reduce challenges)  Healthy boundaries (protecting personal capacity and limitations around responsibilities and relationships)  *Time management  *Prioritizing  Self-advocacy (asserting needs and finding ways to meet them)  Sleep  Relaxation methods (leisure time, meditation, prayer, massage, reading a book, etc.)  Fun  Physical exercise  Healthy eating  Positive environments  Time in nature (outdoor air and light)  Time in flow (mindfully engaged in an activity you find enjoyable)

# SELF-CARE









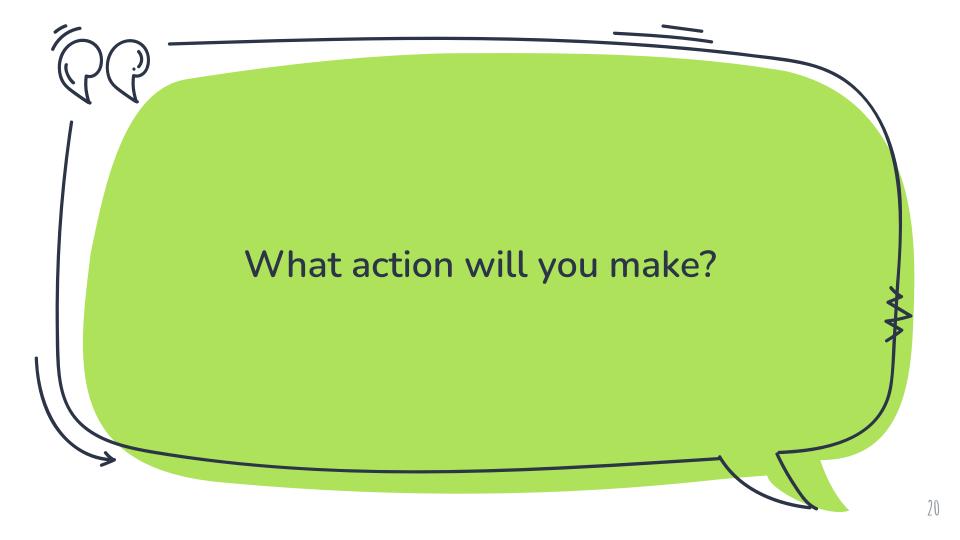
Insight Timer

Forest

one sec

Screen Time







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#### Jean Trujillo

I help individuals who feel overwhelmed and stuck to create a clear plan of action and get moving again....



# THANK YOU! JEAN@JEANTRUJILLO.COM S://WWW\_TFANTRUTTILLO\_COM

#### CREDITS

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by <u>SlidesCarnival</u>
- Photographs by <u>Unsplash</u>

