


Navigating Stress
& Conflict in 2024

Christine McLeod
Feb 28th





WE'RE
ALL IN THIS
TOGETHER



Expert



Intermediate



Beginner



hours to master your craft



Better get started!

 Disclaimer

EXTREME FATIGUE



INSOMNIA



STRESS



BRAIN FOG



ADRENAL FATIGUE



CRAVING SALTY
& SWEET



DIGESTIVE ISSUES



WEIGHT GAIN



MUSCLE & JOINT PAIN

10000

hours to master your craft

1 (8 hours a day) (5 days a week) (44 weeks a year) for 5 1/2 years

Better get started!

A close-up photograph of a person's hands adjusting a row of four wooden blocks on a yellow surface. The blocks are arranged to spell out the word 'WELLNESSES'. The first block is partially obscured by the hands and shows 'WELLN' on top and 'STR' on the bottom. The second block shows 'E', the third shows 'S', and the fourth shows 'S'. The background is a plain, light-colored wall.

WELLN

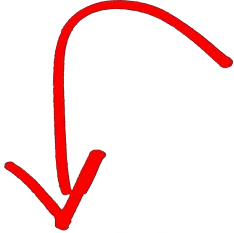
STR

E

S

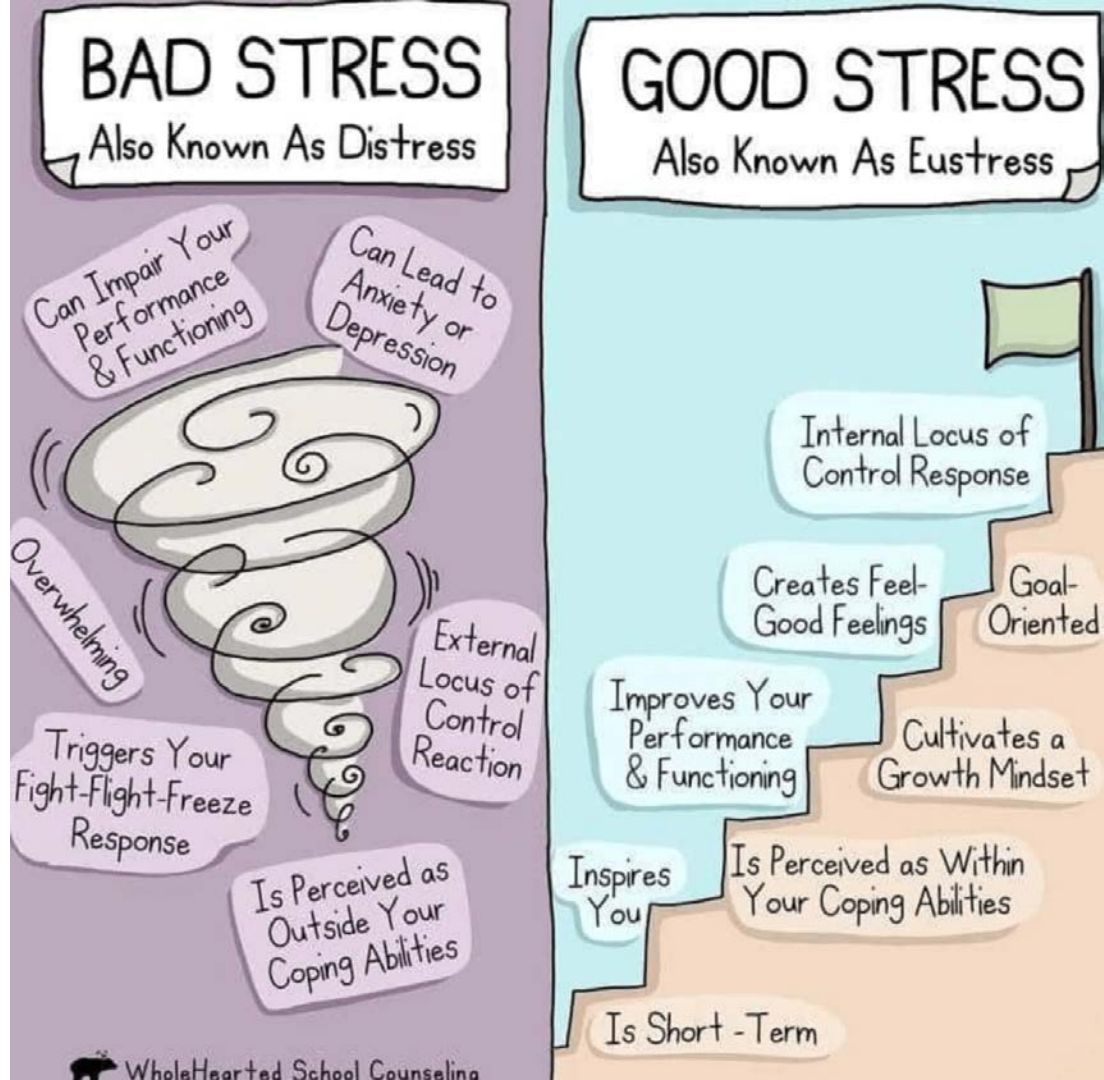
S

What is stress?



Response to a situation that a person perceives to be overwhelming in that the person does not think he or she can meet the demands of the situation.

Stress is not what happens to us. It is our response to what happens. And response is something we can choose.



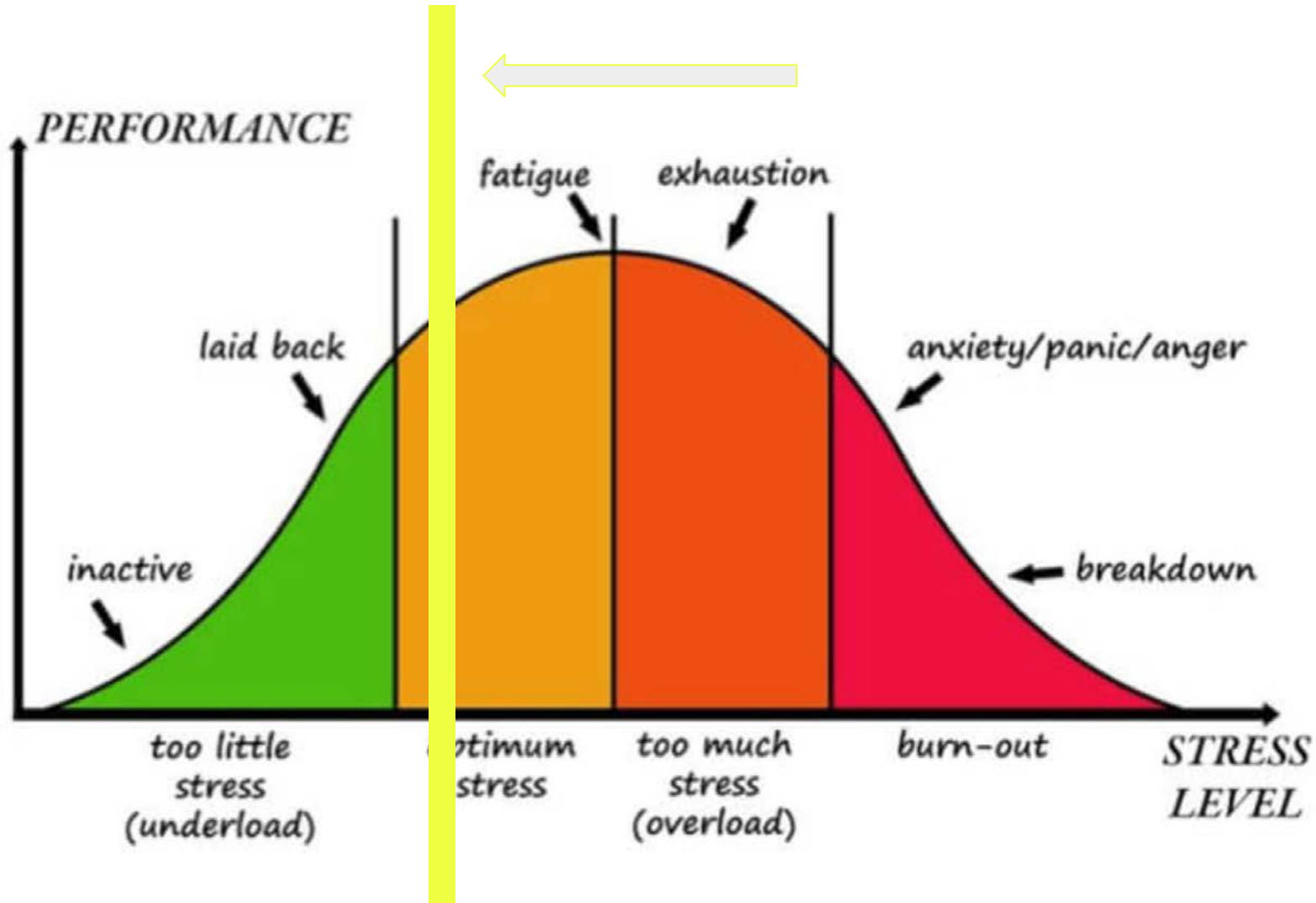


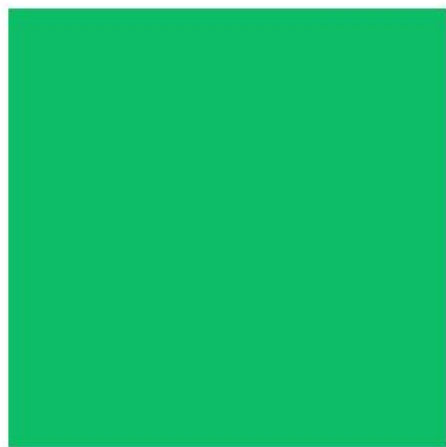
Max Goldberg - Flickr



J. Todd Poling - Flickr



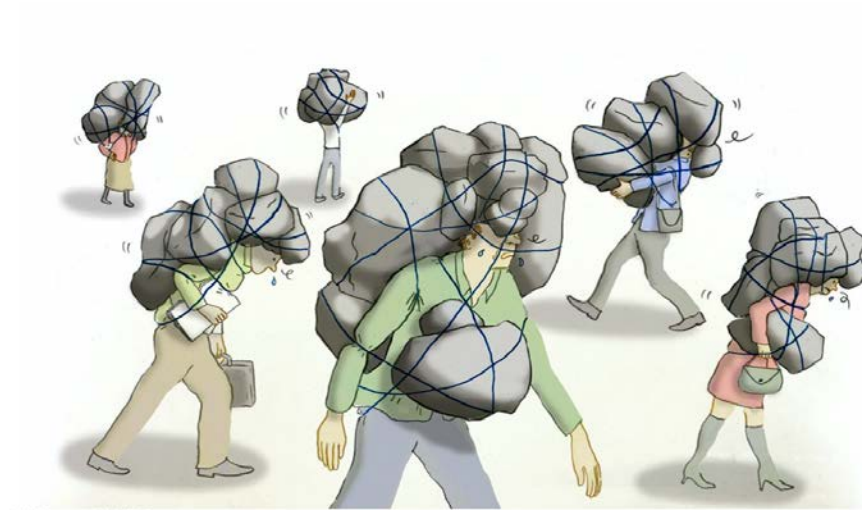




Where am I at?

It's no wonder we are stressed

- Financial uncertainty or hardship
- Workplace demands
- Toxic or unhealthy relationships
- Personal safety
- Life phases
- World events & Politics
- General malaise/uncertainty
- Parenting or Elder care
- Taking on others' mental loads
- Social injustice
- Chronic or sudden illness



The cost of stress to ourselves & others

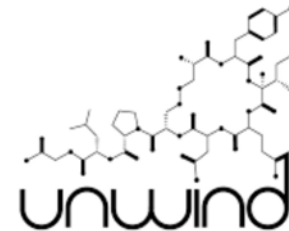
- Headaches
- Difficulty sleeping
- Racing heart
- Weight gain or loss
- Constant worry
- Forgetfulness
- Mood swings
- Loss of sense of humor
- Adrenal exhaustion
- Reduced libido
- Difficulty making decisions
- Anger
- Anxiety
- Negative thinking
- Critical attitude
- Impulsive actions
- Withdrawal
- Substance abuse
- Lethargy
- Short fuse
- Emotional fragility
- Brain fog or numbness



The power of stepping away.

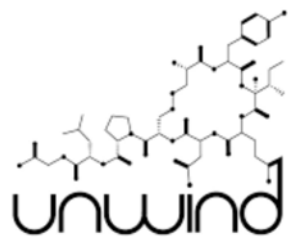


Dr. Amber Kirk has been working in the Health and Wellness industry for over 23 yrs and 8x Squamish Chief Readers Choice BEST CHIROPRACTOR. She is an avid educator on how the body works so consumers can make the easiest, simple health choices to repair and regain their human body ecosystem back into balance, homeostasis. It's not just about the food and exercises we choose, it's the ongoing state of our thoughts, emotions and traumas that drive the subconscious that determines the biology to be



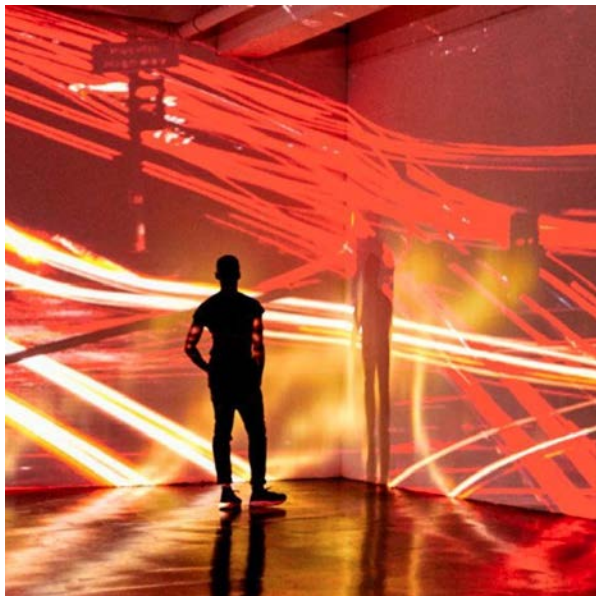


Neuro House





The
Living
Room



The
Panic
Room



The
Library



The Living Room



Living room/Kitchen

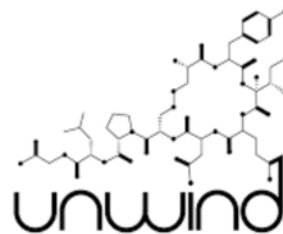
Alpha brainwaves

parasympathetic nervous system

ventral vagus nerve

create/feed/breed/recover

digest/immune boost



The Panic Room

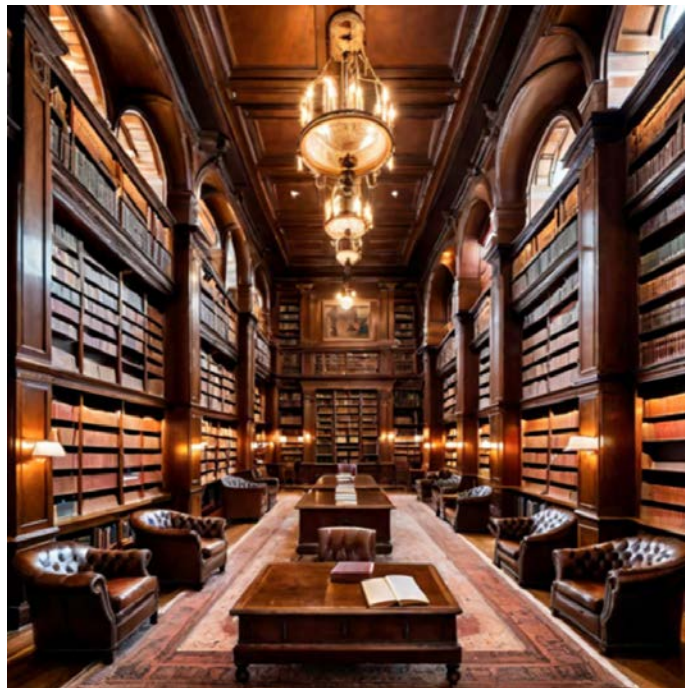


Office/Panic room

Beta brainwaves
good for short term focus
prolonged to high Beta TURNS to
Sympathetic nervous system
Fight/flight/freeze/fawn
dorsal vagus nerve



The Library

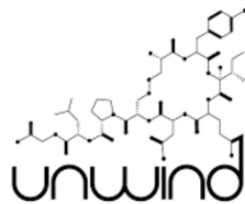


Library

Theta/Gamma brainwaves
parasympathetic nervous system
ventral vaḡus
subconscious

unprocessed emotions/trauma
driving thoughts and behaviour
embedded in scar tissue

Superior/Inferior Eḡo Bouncers ḡuard library

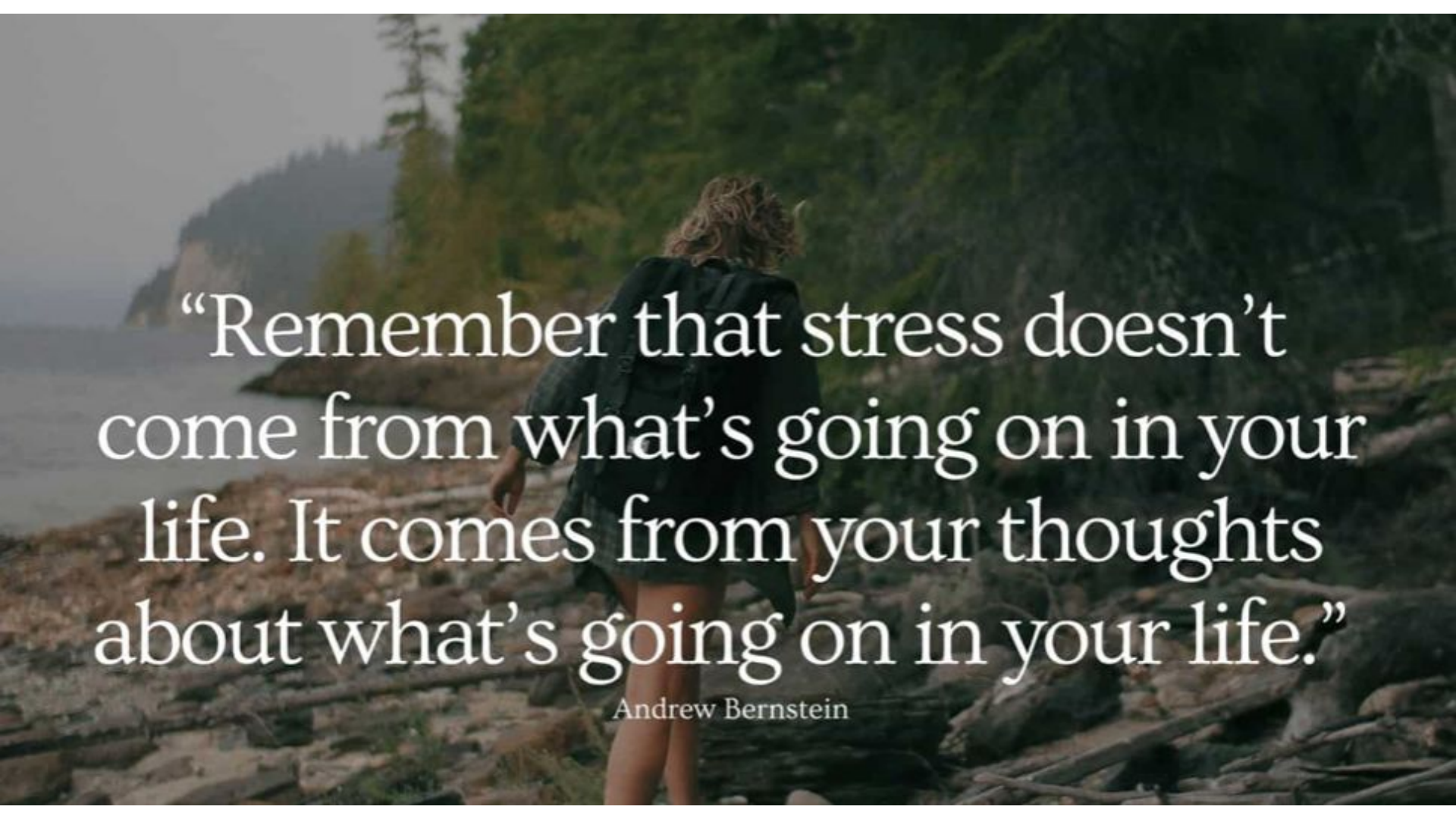


Covering skills, knowledge, techniques and practices from the following:

- Anatomy Functional
- Brainwave navigation, control and entrainment
- Breathwork/Diaphragm mechanics, repair and techniques
- Biohacking
- Biomechanics assessment and repair
- Chakra/Deity alignment
- Energy blockages, removal
- Fascia release
- Heart Coherence & Brain Coherence
- Homeostasis
- Intuition
- Light language/codes
- Meditation
- Neuroplasticity
- Neuroregulation
- Nervous system function
- Polyvagal Theory
- Quantum field navigation
- Sacred Geometry
- Sound therapy: sound bath/pool
- Stretch sessions
- Tapping
- Trauma awareness/observation/processing/releasing
- Visualizations/Tokens
- Yoga classes daily



Things to do less of	Things to do more of
Doomsday scroll down rabbit holes	Routine bedtime
Social Media and screens in general	Keep work and home separate
Late nights	Move your body every day
Alcohol, drugs, unhealthy food	Get into nature, forests and water
Cocoon in your house alone	Drink more water
Impulsive, reactive communication	Journal or put pen to paper
Toxic friends & relationships	Practice of gratitude and laughter, hum, sing
Inertia (less staying stuck)	Meditation, Hypnosis, Cold plunges
Shallow breathing and half breaths	Work with your hands (garden, paint, write, puzzles)

A person with long, curly hair, wearing a dark jacket and shorts, is seen from behind, walking on a rocky beach. They are carrying a large backpack. The background features a dense forest of tall evergreen trees and a body of water in the distance. The overall scene is serene and natural.

“Remember that stress doesn’t
come from what’s going on in your
life. It comes from your thoughts
about what’s going on in your life.”

Andrew Bernstein



Conflict

1. Difference of opinion or perspective
2. Plus strong emotion
3. And it gets in the way

Why our skill level matters

- Explaining why someone is not getting a promotion
- Confronting repeated unacceptable behavior
- Providing honest feedback on poor performance
- Respectfully challenging a colleague or customer
- Holding someone accountable for their output
- Sharing tough decisions outcomes
- Delegating responsibility
- Discussing a taboo subject like hygiene or dress code
- Thoughtfully saying no
- Addressing opportunities for improvement
- Explaining options in the face of adversity



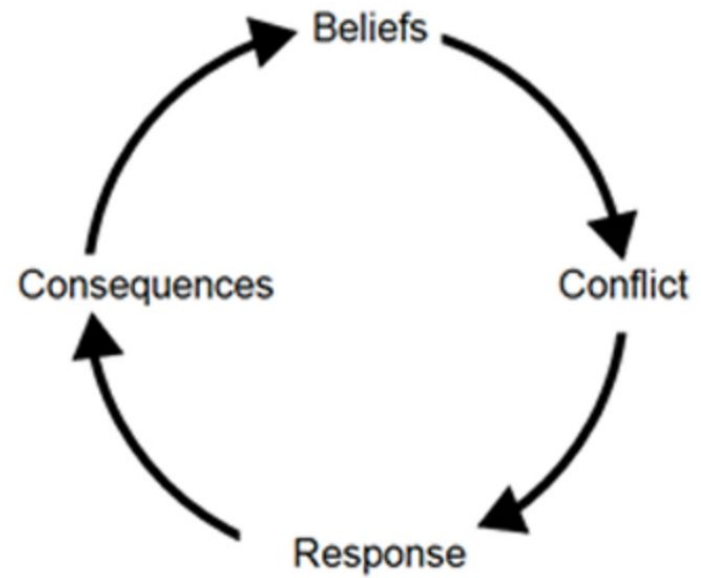
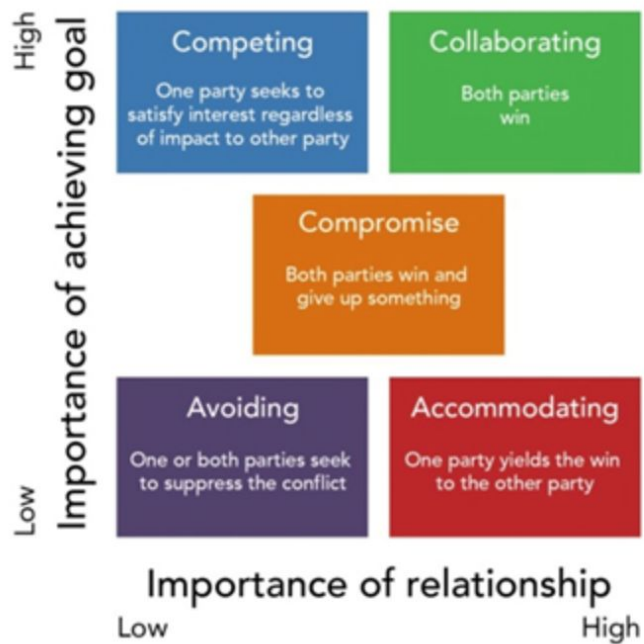
Anger looks like

- Arguing
- Belittling
- Stonewalling
- Defensiveness
- Dismissing others' opinions
- Drama
- Finger pointing
- Malicious gossiping
- Passive aggressive
- Revenge
- Sabotage
- Biting sarcasm
- Withdrawing
- Overpowering

RSA

SHORT

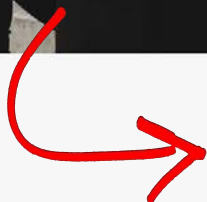






YOUR GIFTS

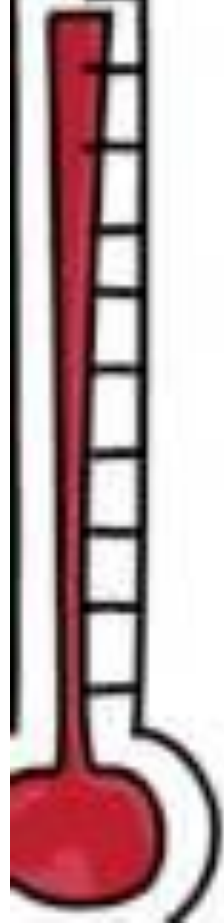
Leadership is a beautiful journey not a destination. Along the way you collect wisdom, experiences and relationships that impact you in various ways. Here are a few resources to contemplate in this, your current chapter.



FREE DOWNLOADS

Download and share!





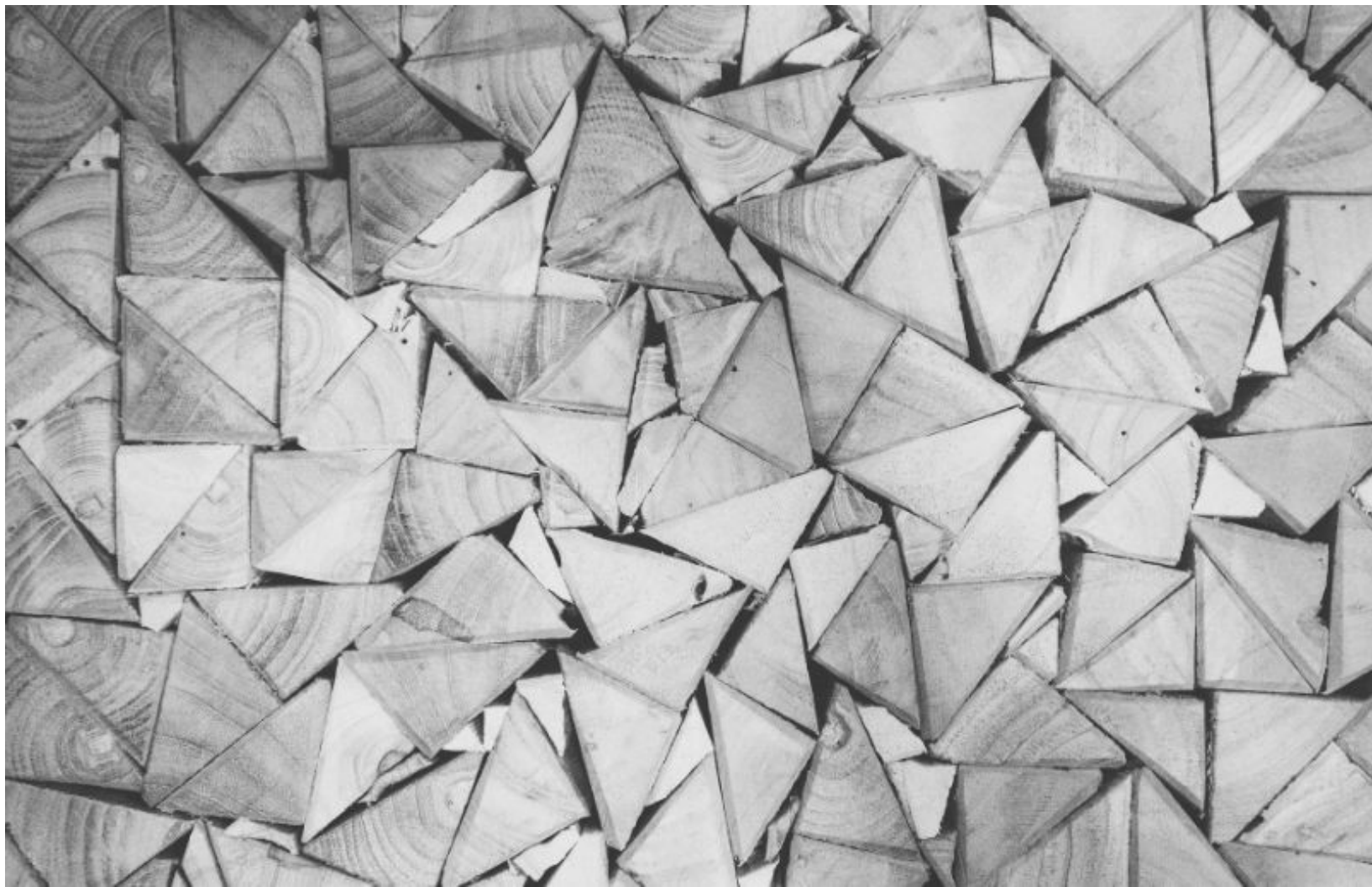
ASSERTIVI

TRYING TO SATISFY YOUR

12
AVOIDING



TRYING TO SATISFY THE OTHER'S NEED



THE RESCUER

Poor you! Let me help.

Enabler, pain reliever,
keeps victim dependent



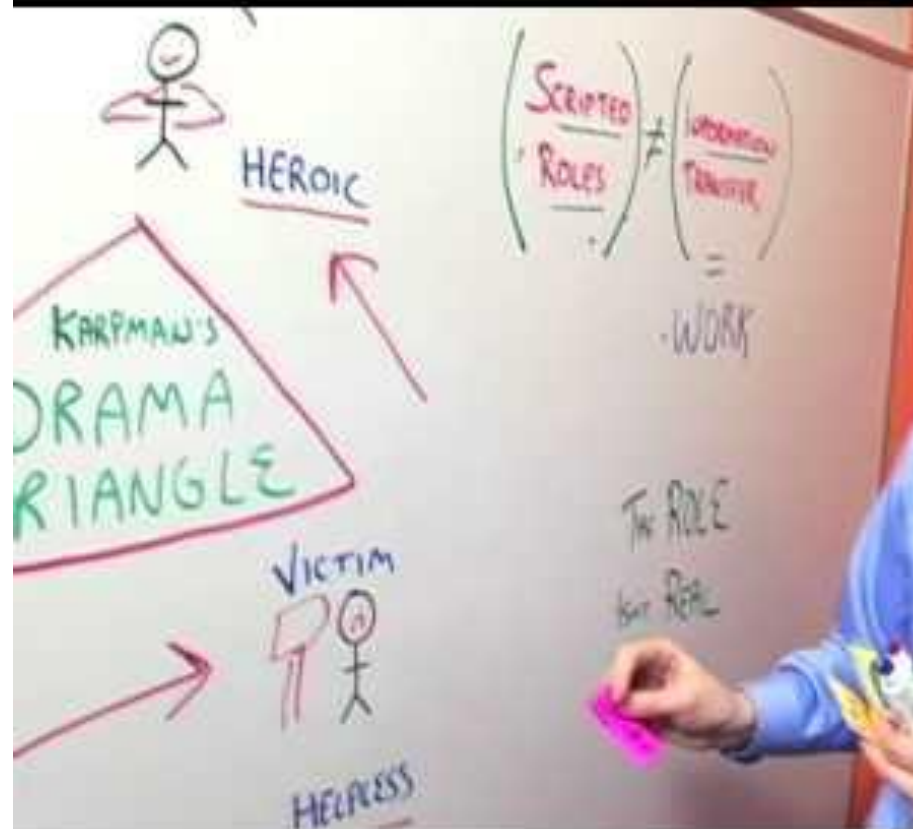
THE PERSECUTOR

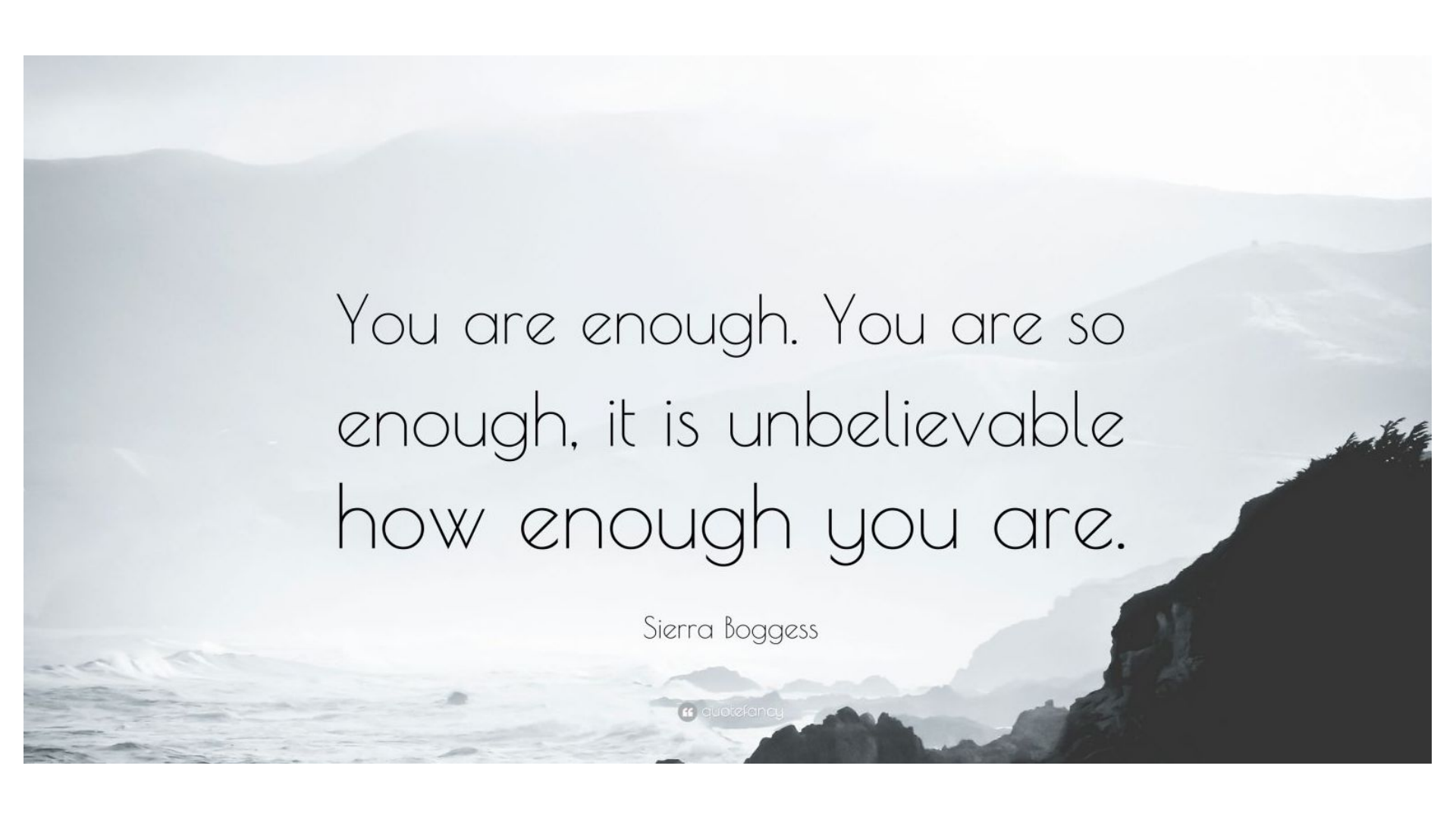
It's all your fault!

Critical, blaming,
controlling, superior

THE VICTIM

Poor me! Powerless, hopeless, stuck



A grayscale landscape photograph of a coastline. In the foreground, the ocean waves are visible. In the middle ground, there are dark, rocky cliffs on the right side. In the background, there are rolling mountains under a hazy sky. The overall tone is serene and atmospheric.

You are enough. You are so
enough, it is unbelievable
how enough you are.

Sierra Boggess

LEVEL UP YOUR LEADERSHIP SKILLS

With Everyday Leaders and
Christine McLeod



THANK YOU