

San Antonio Lawyers Wellness Group

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Date: August 4, 2015

Part of Managing S.T.R.E.S.S. is Knowing How to Just R.E.L.A.X.

“Knowing how to relax is vital for ensuring your health and well-being, as well as restoring the passion and joy in your life.”

Recognize when you’re stressed

- ◆ Pay attention to signs of stress
- ◆ Don’t stop at recognizing stress—do something about it!
 - Rest



“Rest and peace should not be left until you’re deceased. They are two vital life ingredients everybody needs and seeks.”

- Read a book
- Reflect on your blessings



Everyone needs to relax—including you!

- ◆ You’re NOT a superhero  if you don’t take time out to relax
- ◆ Do you know how to relax? Here are some ideas!
 - Enjoy a sunny day
 - Eat a healthy snack
 - Exercise

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“Everybody needs some time to rejuvenate, refresh, recharge and begin again.”
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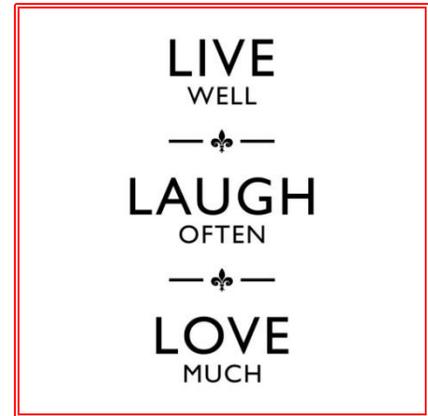
Let go of guilt about relaxing!

- ◆ Don’t let anyone (self, clients, peers, family, etc.) pressure you into working so much that you don’t take time to relax

- ◆ View relaxation as a necessity, not an option

*“If you relax your mind,
it can begin working for you.”*

- Live every moment
- Laugh out loud each day
- Love beyond words



Always have an “Attitude of Gratitude”

- ◆ Be grateful in every circumstance
 - Appreciate the benefits of every situation—especially the growth opportunities
- ◆ See the best in yourself—and in others

“The greatest discovery of all time is that a person can change his future by merely changing his attitude.”

- Acknowledge your strengths
- Address your weaknesses

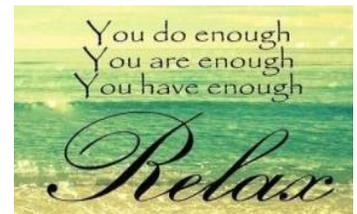


Xerox positive thoughts and revisit them often

- ◆ When you feel overwhelmed or uncertain, employ positive thinking

“We become what we think about.”

- ◆ Escape to Xanadu!
 - *Xanadu* is a “place of great beauty, luxury, and contentment”
 - Imagine yourself in a state of peace



“It’s a good idea always to do something relaxing prior to making an important decision in your life.”

* T.K. Floyd is a licensed attorney and a Licensed Professional Counselor Intern. She has a passion for helping others reach their full potential in all areas of life. She enjoys assisting others with transforming their lives for the better, one step at a time. You can learn more about Ms. Floyd by visiting her websites at www.tkfloyd.com and www.tkfloyd.com.