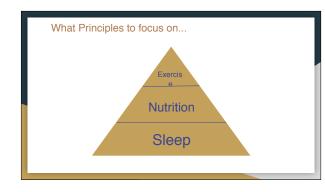


Agenda

- Discover WHY wellness goals are Tx goals
- Learn WHAT principles to focus on
- Practice HOW and WHEN with actual cases

"People need to be reminded more often than they need to be instructed" –Samuel Johnson, English author, critic (1709-1784)





1. Sleep	
	Decrease
	Screen light
	Screen access
	Sugars/Carbs/ETOH/Nicotine
	Sleep meds
	Caffeine
	Binge sleeping
	Pre-bed working

1. Sleep

Increase Wake up same time daily Comfort of bedroom Coolness of bedroom Protein in evening Meditation Pre-bed rituals Exercise during day Bedroom for sleep & sex only

2. Nutrition

Brain craves what it's given Good food = good mood Less nutrition but more food Dining out, paying twice Carb addiction Protein Hydration The program works if the program's worked

3. Exercise

Everybody knows Reduce activation energy Make good habits easier, bad habits harder Seek progress, not perfection Some better than none The best vitamins to take... Being outside is a force multiplier Individual and Team rewards

Agenda (revisited)

- Discover WHY wellness goals are Tx goals
- Learn WHAT principles to focus on
- Practice HOW and WHEN with actual cases

"The best is the enemy of the good" –Voltaire, French philosopher (1694-1778)