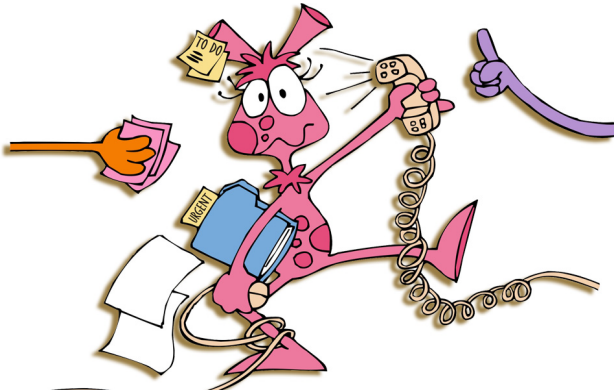


Damn-It!

Channelling Negative Pressure Into Positive Energy

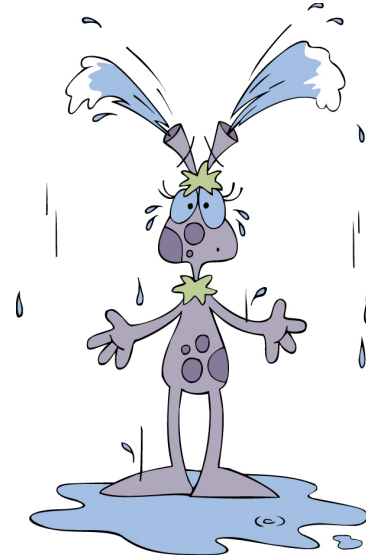
High demands, productivity, packed schedules, and a daily pace that is go-go-go... "Damn-It! How did I get here?"

"The key to using stress masterfully is to keep yourself at a level of stimulation that is healthy and enjoyable – the challenge is doing it daily." ~ Janice Otremba



"Often we think we are living a life based on our core values and goals but often that is not the case". ~ Janice Otremba

Four Stages of Burnout:



Please don't tell me to relax!
It's only my tension that's holding me together.



"Recognizing the signs of stress is an opportunity to change your current reality and future outcomes to something desired."
~ Janice Otremba

Damn-It!

Cut the B.S. (burnout and stress)



"It's up to us to use our stress as a powerful catalyst for improved health, consistent growth and positive change"
~ Janice Otremba

Are you enjoying the adventure or feeling overwhelmed?

As creatures of habit, we run on empty, fight fatigue, feel guilty because "we should have", and avoid slowing down or stopping, for fear we may never get going again!

Stress Busters!



"The key to using stress masterfully is to keep yourself at a level of stimulation that is healthy and enjoyable – the challenge is doing it daily."

~ Janice Otremba



"Take your thoughts captive! Apply what you have learned and you will experience change – personally and professionally."

~ Janice Otremba