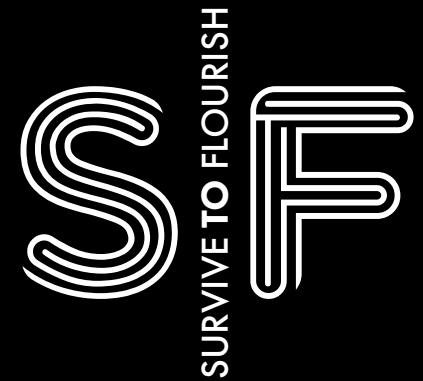




SURVIVE TO FLOURISH 2024

www.survivetoflourish.co.uk



S2F is a systematic approach to self-care and immediately gets you started. You can use this to identify areas for development and start to implement positive changes, this helps us to 'nail down' the basics that so many forget.

If you commit to positive change it will happen!

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SURVIVAL MODE *Responses to stress*



FIGHT *We fight a perceived threat, argue with people, argue with ourselves.*

FLIGHT *We run from a perceived threat; we avoid making hard decisions.*

FREEZE *We play dead hoping the threat will pass, we choke under pressure.*

FLOOD *We are overcome by emotions.*

FAWN *We give up or submit to the threat, we people please.*

FATIGUE *We feel overly tired or sleepy, we shut down physically.*

SURVIVAL MODE *Responses to stress*



How frequently are YOU experiencing any of the these?

Prolonged fatigue requires immediate attention.

**Is it time to take action?
Are you ready to Flourish?**

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LEARNING TO FLOURISH

Calls To Action



Be harder to be kill

A reminder to maintain and improve physical & mental health, to increase resilience and make clearer decisions.

Immediate Action *Learn to breathe properly.
Drink more water, eat well & sleep well. Consider a
physical training programme.*

LEARNING TO FLOURISH

Calls To Action



Be easier to love

In survival mode we are hard to love, we 'shut down' and shrink our opportunities whilst at the same time spreading our woes! Open your heart, be more human.

Immediate Action *Develop your Emotional Intelligence. Focus on 'Improving the moment'. Practice gratitude & joy. Consider how to give.*

LEARNING TO FLOURISH

Calls To Action



Always fill your glass first

When we are in 'survival mode' we are rarely at our best. Working under pressure can be good; just consider the long-term impact to your health before taking on too much. Learn how to say 'NO' and how to ask properly.

Immediate Action *Consider your intentions and assert yourself with empathy. Understand their position and state yours with clarity.*

If we can talk about it, we can fix it.



If you would like to me to get the conversation started,
you can book me in for a short session with your business.

info@survivetoflourish.co.uk