



Tips and tricks for dealing with life's daily stresses

From the #WomenInvested Speaker Series

With

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Business Consultant and Best-Selling Author

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Please see important information at the end of this program. Recorded 3/20/2019

Marci McGregor: So in the world we live in today, we have stressors coming at us from every angle, whether it's the news and the headlines, or what is happening in all of our careers and daily lives. What little tips, hacks, insider tricks can you talk to us about that get you through each day with your spirit intact?

Ruth Zuckerman: Sometimes it's as simple as taking a bath and taking, you know, a certain portion of the day to do something just for you. It kind of gives us a reset, and then we can tackle whatever else is going on. But we forget about that and we leave ourselves out, and we're so busy taking care of everyone else. And I think it's vital and in combination, put your phone away, even if it's for 45 minutes, just—

Bonnie St. John: You don't want it to fall in the bath.

Ruth Zuckerman: No. {Laughter}

Bonnie St. John: Here is another hack that will help you with your spirit intact. It's wake up your spirit in the morning. And so there is a task mind and a spirit mind. So your task mind is like got to do this to-do list, and you know that mind. Right? We all know that one. If you just wake up in the morning and you just start looking at your email while you're still in bed and you do all of that, you go with task mind all day long. And so if you take a little time in the morning to wake up your spirit, you go through the day with more perspective on what's meaningful or what's not, you know. And there are some times when you blow up and you didn't need to because you weren't focused on what's really meaningful because sometimes there's times when you should get angry and you didn't, again, because you're not really

rooted in meaning and who you are. So taking a little slow time, if it's watering your plants or playing with your dog, and so it's just that little distinction of taking a little playful slow time can really change the quality of your day.

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