

*Ashlee Jenkins Fit*

# Let's Talk Wellness

A FOUNDATIONAL WELLNESS SERIES





# Welcome!

Hi! I'm Ashlee. I'm a wellness advocate, burnout survivor, Registered Nurse, Nursing Home Administrator, wife, mom & yogi!

In Jan 2020 I was at an all time low while working in my all time high career. I had everything I wanted but was exhausted. Overworking and not taking a second to think about what that was doing to my body, mind, and let's face it personal life.

Through learning how to take care of myself I recovered from that burnout, without quitting the career I love, and now help others find their wellness physically, mentally, and not give up the work they do dearly love.

I truly believe all people have a right to feel well. This belief has challenged my own personal journey from burnout & obesity and nearly missing the stage of life of managing chronic diseases.

# Where are you at? Let's do a pulse check

Are you experiencing.....

Fatigue, Headaches, Mood Swings

Find yourself doing the same mindless things to zone out

Feeling emotionally out of control or disconnected at home

Maybe you are sick all the time or your body feels out of whack

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# the good news is

**Stress isn't your problem**

it is how you are managing it

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Me at the TOP of my career February 2020  
My 2 best gal pals with a forced smile and  
burned out to the max!



NEW YORK TIMES BESTSELLER

# Burnout

"This book is a gift! I've been practicing their strategies, and it's a total game changer." —BRENÉ BROWN, PhD, author of the #1 New York Times bestseller *Dare to Lead*

# Burnout

THE SECRET

# Burnout

to UNLOCKING

# Burnout

the STRESS CYCLE

# Burnout

Emily Nagoski, PhD

New York Times bestselling author of *COME AS YOU ARE*

Amelia Nagoski, DMA

# Burnout

**"Wellness is not a state of being, but a state of action."**

**Burnout: The Secret to Unlocking the Stress Cycle**

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This book changed my perspective on burnout, stress, and why our body needs you to take action, move, to know it is still alive even if we cannot remove the stressors from our life, we can manage the stress response

# **Ensuring that your heart is healthy is a daily responsibility you owe yourself.**

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Your heart, your mind, and your body deserve wellness.

When you feel well you do well.

When we know better we do better, RIGHT?!

**What can you do  
today that can  
change the rest of  
your life?**

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**Sleep**

**Physical Activity**

**Nutrition**

**Mental Wellness**

*be good to*  
**YOURSELF**



## Start with Self Reflection

How are your relationships?  
with family, food, movement, work



Evaluate how you spend your day

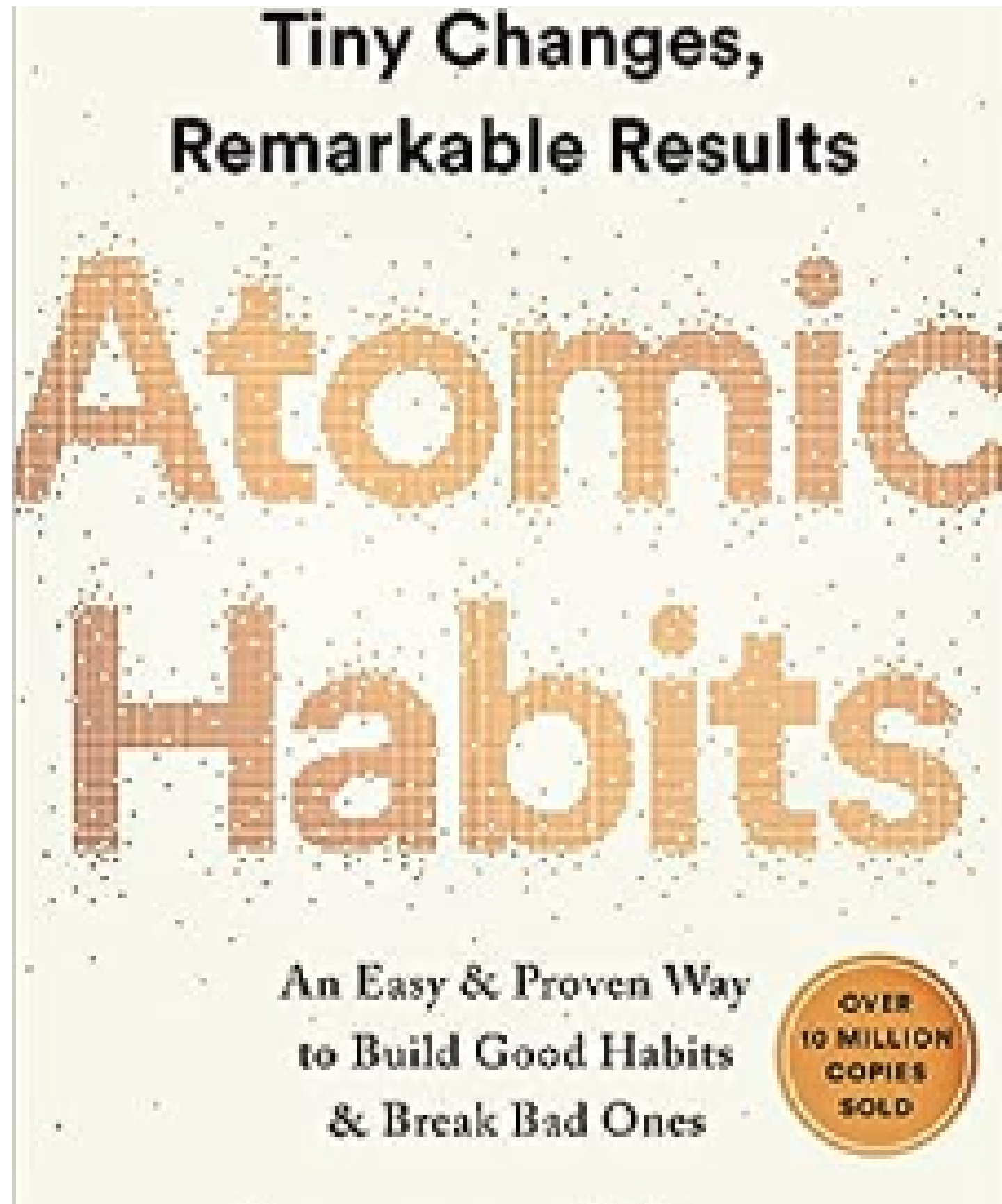
You are your habits

The Habit Scorecard

<https://jamesclear.com/habits-scorecard>

Prioritize your day around your habits that are going to support and align with your overall wellness habits





## No one will respect your boundaries if you don't first

Implementing boundaries is hard but complaining about it doesn't change anything

Using easy proven ways to build good habits and break bad ones will help you establish boundaries, align your actions with your goals, and overall create a culture in your life and circle of influence that gives you peace

# The 2 minute Rule



"When you start a new habit, it should take less than two minutes to do."

This is why, if I have to recommend one place to start when building a new habit, I would recommend choosing a habit that is as easy as possible to perform.

Everyone's heard things like: start small, take baby steps. But even when you know you should start small, it's still easy to start too big.

The idea is to make your habits as easy as possible to start.

The Two-Minute Rule helps counterbalance our tendency to bite off more than we can chew.

It also gives you a small way to reinforce your desired identity each day.

For Example

Walking 10k steps a day becomes Put on my tennis shoes

That is the gateway habit

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## HABIT TRACKER TEMPLATE

MONTH	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	ALL																					
HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL		

"People do not decide their futures, they decide their habits and their habits decide their futures." --F.A. Alexander

If you don't track it  
You can't measure it  
and if you can't measure it  
you can't improve it

<https://jamesclear.com/atomic-habits/resources>

## GAME CHANGERS!

if you want the most effective and  
efficient way to manage your time  
these two strategies is where its at

Habit tracking and Habit Stacking

## Habit Stacking

After \_\_\_\_\_ ,  
CURRENT HABIT

I will \_\_\_\_\_ .  
NEW HABIT

# It is time to put in the work

leave here today with a plan

## Top 5 Habits to do daily that make you feel your best



evaluate your daily habits



prioritize them based on your goals



Take Action!



# Closing Remarks

Stop wasting time

Life is not a test, you do not get another chance  
when its over

Find out who you want to become, fall in love with  
the process of change, not the outcome...

Evolve, Grow, & Learn

Ask yourself...

1. Is what you are doing right now your priority,  
aligned with the person you want to become?
2. How are you free if you are not in control of  
yourself and your life?

# Thank you!

**LET'S STAY CONNECTED!**

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