



Pausing Is Power

T O D A Y ' S P R O G R A M

R E F L E C T + M O V E + R E S T

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Find More Peace & Calm (Right Now)

Tip # 1 – Cozy Clothes



5 Second Peace Hacks That Really Work

SCENT

lavendar, rosemary, citrus,
peppermint chocolate chip
cookies, cinnamon & vanilla

BREATHE

balloon breath & 4, 7, 8

TOUCH

hands on heart; rub hands
together

MOVE

put on your fave song &
dance it out! (3 minutes!)

BLUE SKY & BARE FEET

Release Anxiety & Ground

GRATITUDE

journal, thank you, well
wishes (even for someone
you are in conflict with)

Tip # 2 - Guard Your Sleep

Fill Your Cup to Combat Stress

OR DEplete IT - YOU GET TO CHOOSE!



EXHAUSTED

- extra cup of coffee at 3pm
- poor food choice
- late night under the blue lights
- unresolved conflict



MAKE YOUR LIST

Tip # 3- Double Down On What's Working



VIBRANT

- create special workspace
- morning daily walk
- baking for neighbor
- weekly family call