

*"If you stumble, make it  
part of the dance.."  
Anonymous*

# Healthy and Happy You

## Building your capacity to thrive

### KEY TAKEAWAYS

#### Summary Week 2: **Beat of Life**

Thank you for joining the session on Beat of Life and taking the time to contribute towards your self-care.

One of the ways we are going to get our beat of life back is through singing. Let's think about singing as a prescription for stress!

#### **Song Lyrics to Contemplate:**

"It's all good, everything, you got this  
When you learning to love the mess we're in"  
"Stop what you're doing, look at your life.  
The only time you stop is to worry.  
Are you going where you want to go?  
No, you're always in a hurry.  
You're so busy, but tell me, busy doing what?"



#### **How to Move from Burnout to Breakthrough:**

1. Examine the discontent: Acknowledge where you are at.
2. Break things down: Get inside the burnout.
3. WTF: 'Why The Fail'- Examine where it all went 'wrong'.
4. Get creative and start building things up: Take notes and create something new from what you've learnt.
5. Breakthrough to Productivity: Create content and something valuable.

#### **Key Takeaways:**

- Let the pain be the inspiration. Take your negative thoughts and make them valuable.
- Can you learn to love the mess you're in? These things are happening for you, not to you.
- Let the worry be the source of innovations - "If you're out of whack your right back on track".
- Discontent and the content are part of the same creative process of building new things. The only way we can create things is to first break things down.
- Disclosure is personal and allows us to go to pieces without falling apart.
- You are exactly where you are meant to be right now.
- Sometimes you win, sometimes you learn". There are no failures.
- Did you know that Thomas Edison invented the light bulb because he was afraid of the dark? You too, can turn your anxious moments into world-changing innovations!

Its Time To Beat To Life!

