



The art of thought control:
finding balance and managing stress

Introductions

Who's here?



About me:

Senior Project Manager

<http://imagexmedia.com/>

Yoga and meditation teacher

<http://body-mind-spirit-coach.com>

My story...

Breathe, Listen, Inquire

Tune into your breath

Guided meditation:

- Close your eyes.



Listen to your body

Busyness culture:

- Are you being authentic?
- Know when to say 'no.'



Understand your mind

Mind your thoughts:

- What you focus on expands.
- You are not your thoughts.



Why meditate?

Benefits of meditation:

- Lower blood pressure.
- Improves immune system.
- Reduction in feelings of anxiety.
- Improved emotional stability, as you gain clarity and a more peaceful state of mind over time.



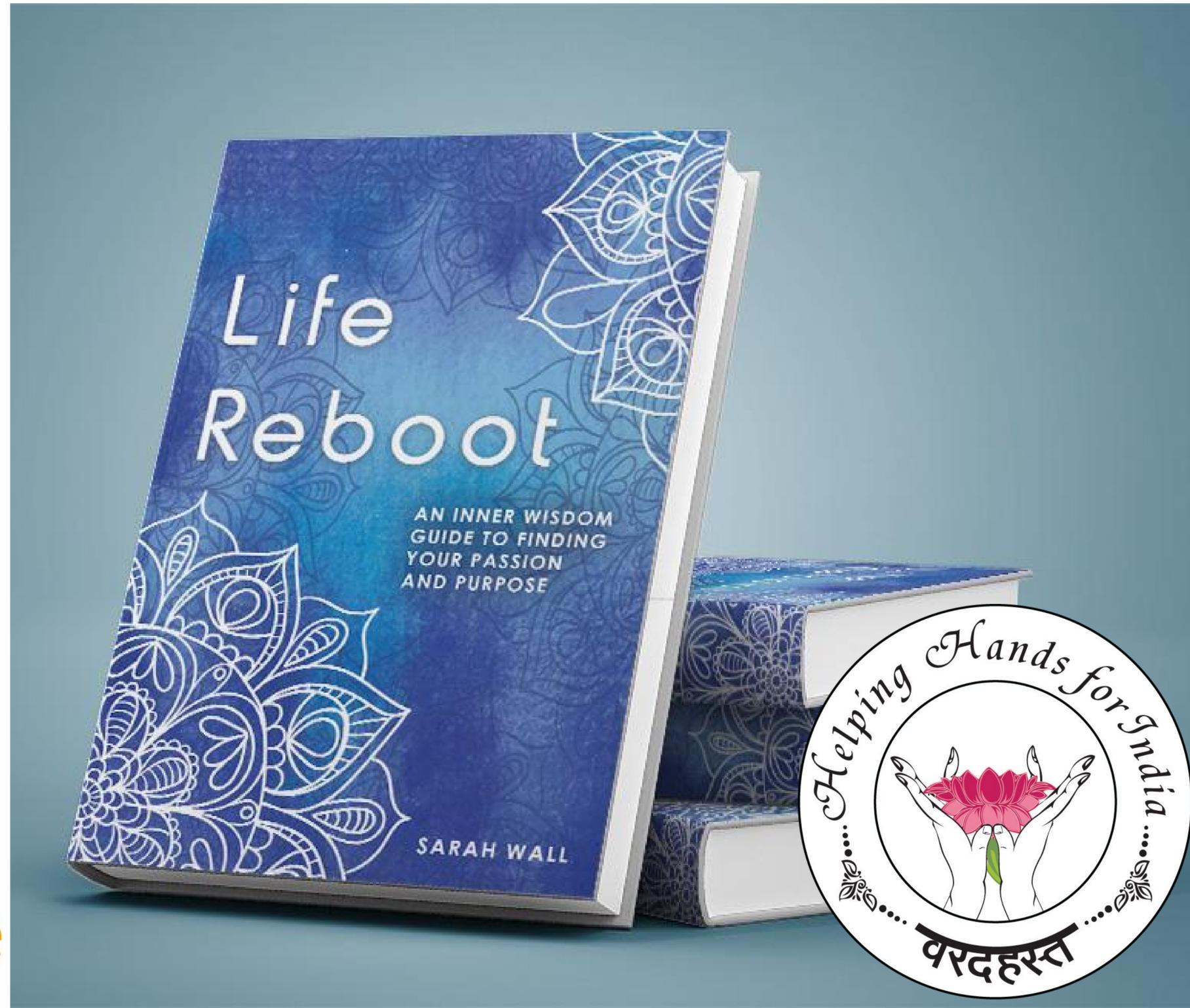
Learn more

Life Reboot book:

- <http://liferebootbook.com>

amazon

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 <https://www.facebook.com/imagexmedia>

 <https://www.facebook.com/bodymindspiritcoach>

 <https://www.linkedin.com/company-beta/271142/>

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 @imagex_media

Questions?

Join Us for Contribution Sprints

Friday, April 28, 2017

**First-Time Sprinter
Workshop**
9:00am-12:00pm
Room: 307-308

Mentored Core Sprint
9:00am-12:00pm
Room: 301-303

General Sprints
9:00am-6:00pm
Room: 309-310

#drupalsprints



**WHAT DID
YOU THINK?**

Locate this session at the DrupalCon Baltimore website:
<https://events.drupal.org/baltimore2017/sessions/art-thought-control-finding-balance-and-managing-stress>

Take the survey!

<https://www.surveymonkey.com/r/drupalconbaltimore>

THANK YOU!