

Your Next Best Yes

Creating a sustainable plan for growth and healing





A few reminders:

- 1 Submit your questions through the Q&A
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



Meet your guides



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First a word of encouragement:

You are right where
you need to be.



What's getting in the way
of your next best yes?





"I don't know what I need."

"I don't know who I am if I'm not doing 'the work.'"

"I'm overwhelmed with all the options."

"I don't have the resources. My time and money is limited."

"I want someone to just tell me what to do. I'm too tired to figure it out."

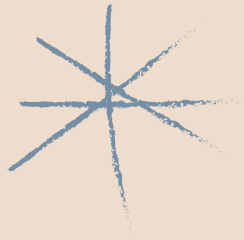




Identify a peak
and a valley.





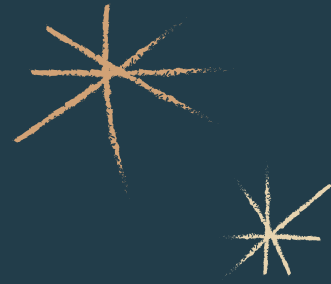


Sustainable

adj.

Ability to be maintained, upheld or defended





Integrated

adj.

Combination of parts so that they become a unified whole



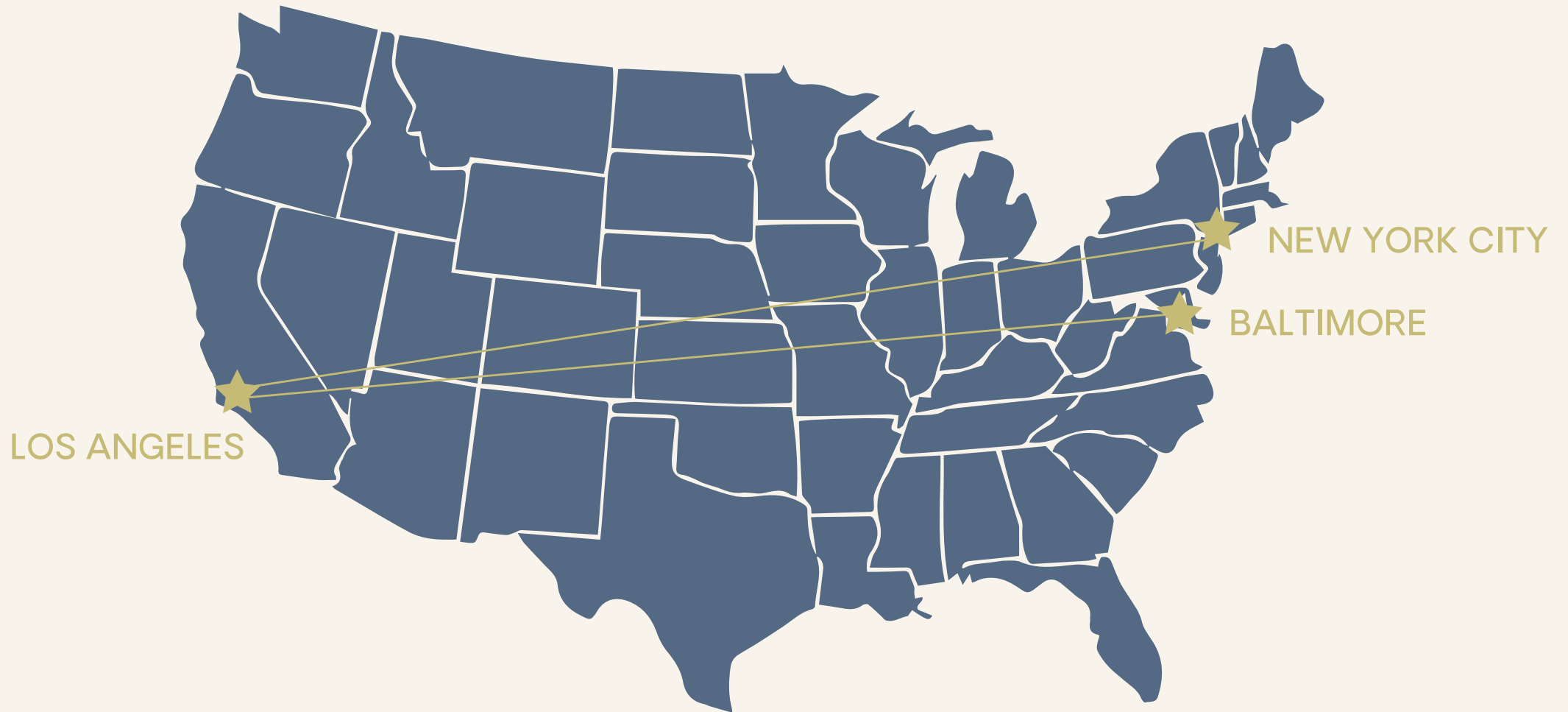
Two-Degree Shift

n.

The phenomenon of small adjustments making monumental impact over time.



Two-Degree Shift





Let's redefine success.



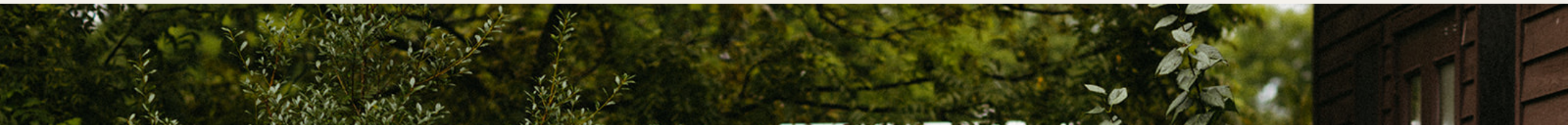


“Mental health is about *having feelings* that fit the situation and then *managing* those feelings well.”

- Lisa Damour, PhD. Clinical Psychologist



Four Cs of Sustainable Wellness





- * Curiosity
- * Community
- * Consistency
- * Care



1 Get curious.



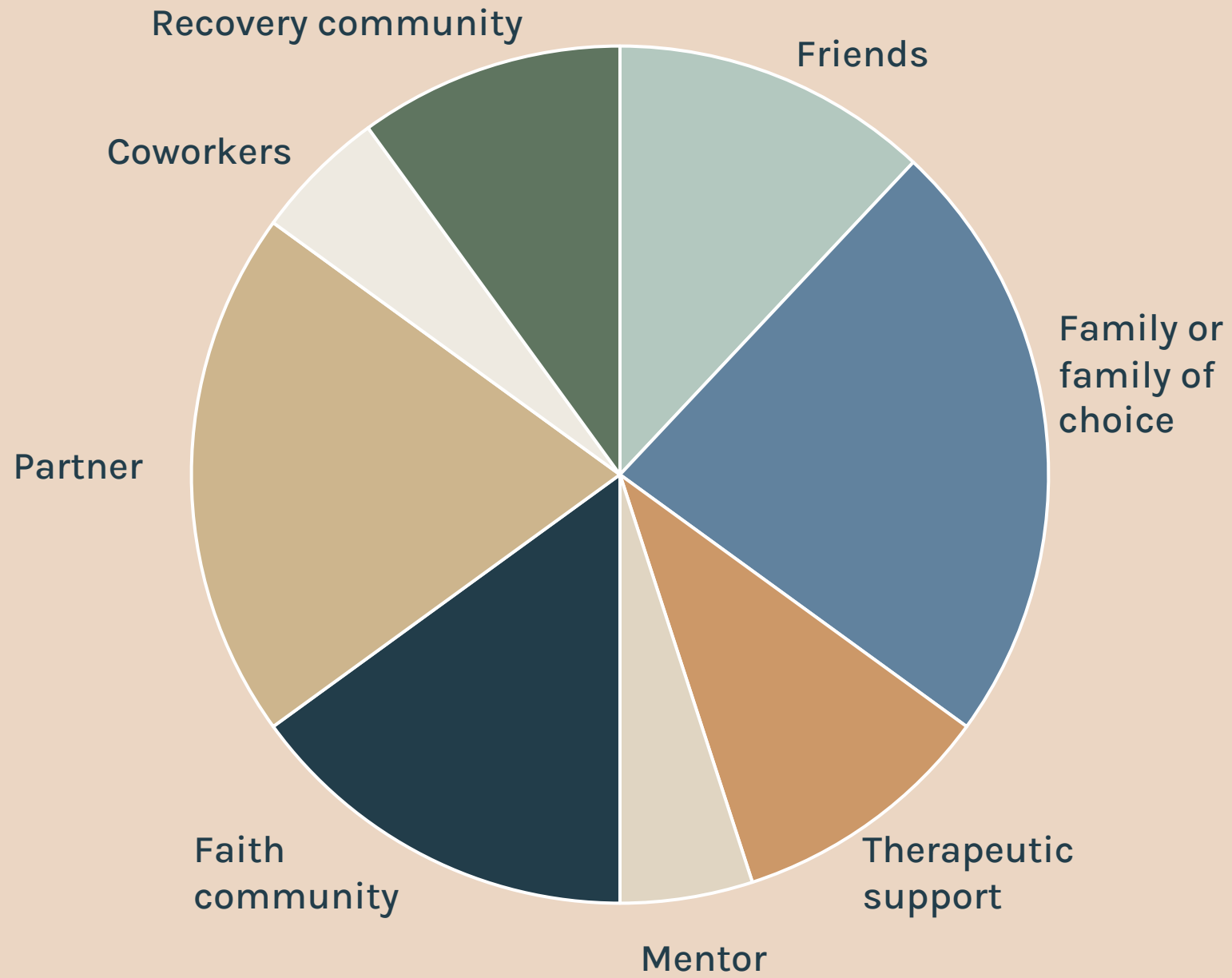
Get curious
about where
you are



- * If you could wave a magic wand and get what you want, what would look different?
- * What is one habit that, if you started today, would shift your trajectory most significantly?
- * What is your biggest fear? If you woke up tomorrow unafraid, how would that change things for you?
- * What's working? And not working?



2 Define your community.





3 Create a care team
and plan.



Who's on your team?

* Therapist

* Coach

* Medical practitioner

* Spiritual leader

* Support group

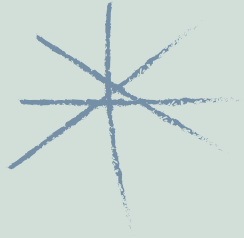




It's not all or *nothing*, it's all or *something*.



4 Practice with consistency.



Intensity vs. Consistency

INTENSITY: Running a marathon

CONSISTENCY: Running 1 mile a few times a week

INTENSITY: 3-day silent retreat

CONSISTENCY: Meditating 2 minutes a day





What is the next
right best step?

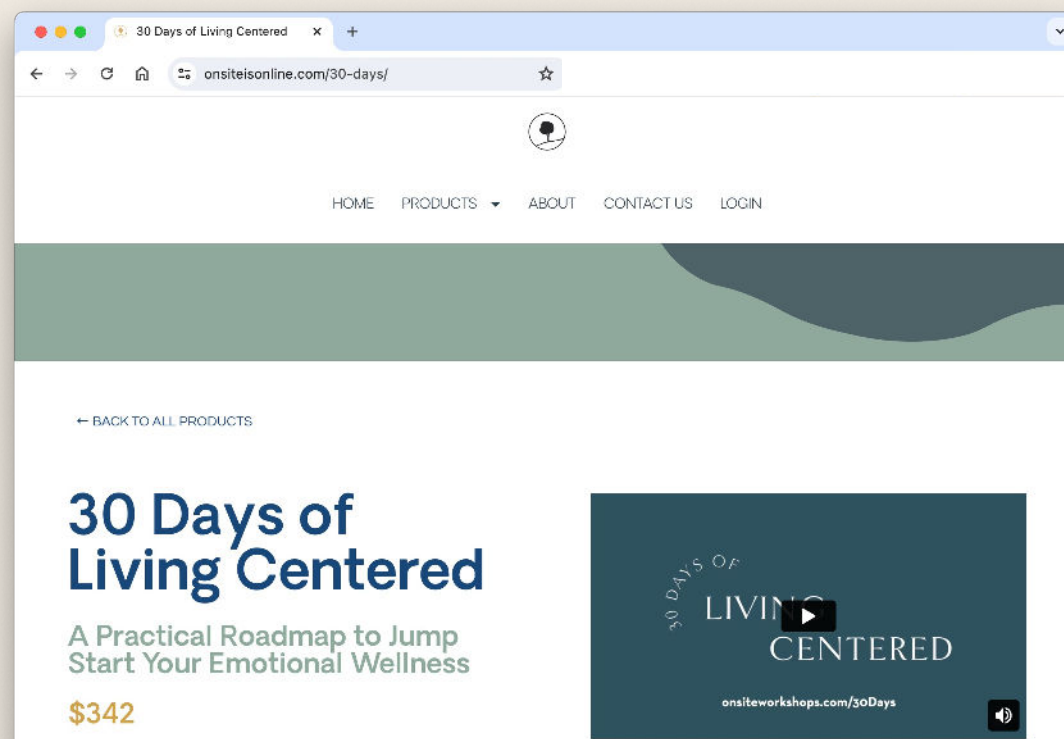
- * Take a break.
- * Put _____ into practice.
- * Dig deeper.
- * Try another tool.



Next Steps

Digital

- * **30 Days of Living Centered** will help you establish the daily practices and rhythms you need to go from surviving to thriving.



Programs

- * **Onsite Wellness House's Intensive Outpatient Program** is a bespoke healing experience to help you find sustained wholeness through safe, accessible, and engaging weekly group programming coupled with best-in-class individual trauma counseling.
- * **The Experience** is curated specifically for those who have previously done an Onsite group workshop. Together we'll build upon the concepts you have learned, explore new topics, and dive deeper into a truer sense of self.





* Questions for the experts

Submit your questions through the chat pod.

