

# baobaB

connection

*“Resilience is about how you recharge, not how you endure”*  
- Achor & Gielan



## Recharge your sense of wellbeing

The NURSE (**N**ourishment, **U**nderstanding, **R**echarge, **S**pirituality, **E**xercise) approach was specifically developed to support women suffering from post natal depression. Research found that in focusing on each of these areas, women were able to increase their overall sense of wellbeing and create a stronger platform to face challenges.

We have found that the NURSE approach isn't limited to new mothers. It is beneficial to anyone who is facing burn-out or fatigue, be they an entrepreneur, a C-suite professional or a surfer.

Sometimes we just need to find some “comfort within the discomfort” we're in. It can be used by anyone at any point in life but is particularly useful when one is facing a difficult time when it's hard to remember to support and nurture yourself.

NURSE works best when used as a reminder to stay connected and supportive of one's self. It is not intended to add more pressure, rather a gentle reminder to take steps towards wellbeing.



[www.baobaBconnection.com](http://www.baobaBconnection.com) | [info@baobaBconnection.com](mailto:info@baobaBconnection.com)

## Nourish

- Eat nourishing food that is tasty, good for you and supports you.
- Drink plenty of fluids to keep you hydrated. Start and end the day with a glass or two of water.
- Surround yourself with things that nourish you and your senses. Consider the photo's you have on your screensavers, the music you listen to in the car, candles on your dinner table or a clutter-free desk.

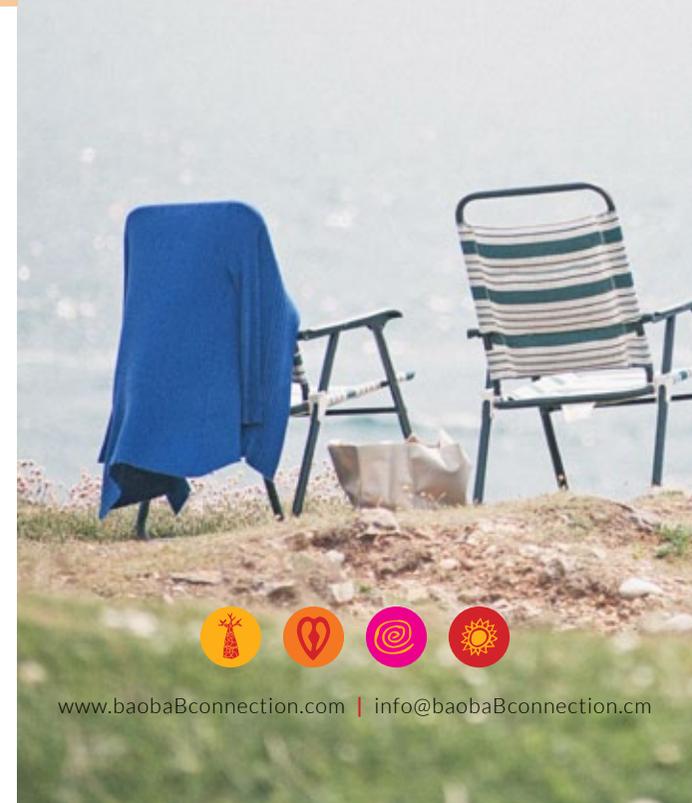


## Recharge

- Get plenty of sleep and take the time to rest – in small chunks, big chunks, whenever you can.
- Rest comes in all kinds of forms – walking away from your desk to take 5-minute breather or stopping for 5 minutes on the way home to catch your breath before walking in the door.
- Hit the pause button. Put down your phone, switch off the laptop and let yourself be. We are most creative when we are in a day dreaming state such as walking on the beach or taking a shower.

## Understand

- Feeling understood can make a big difference to how you feel.
- Seek out the person/people who are there for you and who give you a great listening ear.
- Write your feelings down in a journal. Research shows that 10 minutes of recording a day can change brain chemistry, lessen stress and help shift perspective.
- Speak to a coach or counsellor if you need more support.



## Spirituality

- Draw on what makes you feel uplifted, connected and brings real meaning to your life. This could be listening to music, reading a religious piece of text, going for a hike. Whatever helps you find a sense of wellbeing, wholeness and connection.
- Remember the things that make you feel happy and fully alive. How can you incorporate these – even if it is just a taste – into your life?



## Exercise

- Physical exercise improves brain function and a sense of wellbeing. What exercise do you enjoy doing?
- Increase the amount of movement in your day. Take the stairs, park further away, walk the dog.
- Be gentle on yourself about what you can achieve. If all you can do in a day is 10 minutes, do that. Something is far better than nothing.
- Take deeper breaths more often: sitting at the traffic lights, standing in line.
- Get out into the fresh air and get a change of scenery to blow away the cobwebs



### TOP TIPS

- Check in each day. What part of NURSE most needs your attention? What is the one thing you can do to make that difference?
- Create your own NURSE guide, listing the things that you would like to try in each area. Put it somewhere you can see it every day. Find the small routines and rituals that can help to anchor the changes you want to bring into your daily life.

