

A woman with a braid, wearing a grey t-shirt, is sitting on large, light-colored boulders in a desert landscape. The background features a valley with scattered rocks and sparse vegetation, leading up to a range of mountains. The sun is low on the horizon, creating a warm, golden glow and a lens flare effect across the scene. The overall atmosphere is peaceful and scenic.

Wake Up Shake Up

with jess fish

@fishica



me

today

BUILDING A MINDFULNESS/SELF CARE FRAMEWORK

- Intro
 - Core Concepts
- Concepts in Action
 - Tools

Fact: we're drowning.

- Every two days humankind creates as much information as we did from the dawn of civilization until 2003. That's around five exabytes of data. — Eric Schmidt, Chairman & former CEO of Google

FAST & FURIOUS. EVERY 60 SECONDS:

Email users send over 2,000,400 million messages.

Google gets over 4,000,000 search queries.

Facebook users share nearly 2,460,000 million pieces of content.

Twitter users tweet nearly 300,000 times.

Instagram users post nearly 220,000 new photos.

YouTube users upload 72 hours of new video content.

Apple users download nearly 50,000 apps.

Tindr users swipe 416,667 times.

IMPACTS:

1. Focusing on more than one thing decreases your productivity by 40%.
2. The average knowledge worker is interrupted every 10.5 minutes and loses 2.1 hours a day to interruptions. (I think this is higher for social professionals).
3. Forty-three percent of Americans never unplug from personal technology.
4. Multitasking and toggling has the equivalent effect on our brains as losing a night's sleep and twice the impact of marijuana.
5. Our ability to be present has been compromised—even when we're having fun! 67% of us check email on a date. 33% check it at church and 42% of us are on our phones while watching TV.

Information overload corrodes the body + mind.

“The flood of adrenaline and other stress hormones unleashed by trying to do too much at once can actually cause permanent damage to brain cells.”

-David Meyer, PhD. Professor of Psychology at the University of Michigan

(Not to mention everything from cardiac disease to mental health issues).

What SUSTAINS you?

Or...

what's
your
kelp?

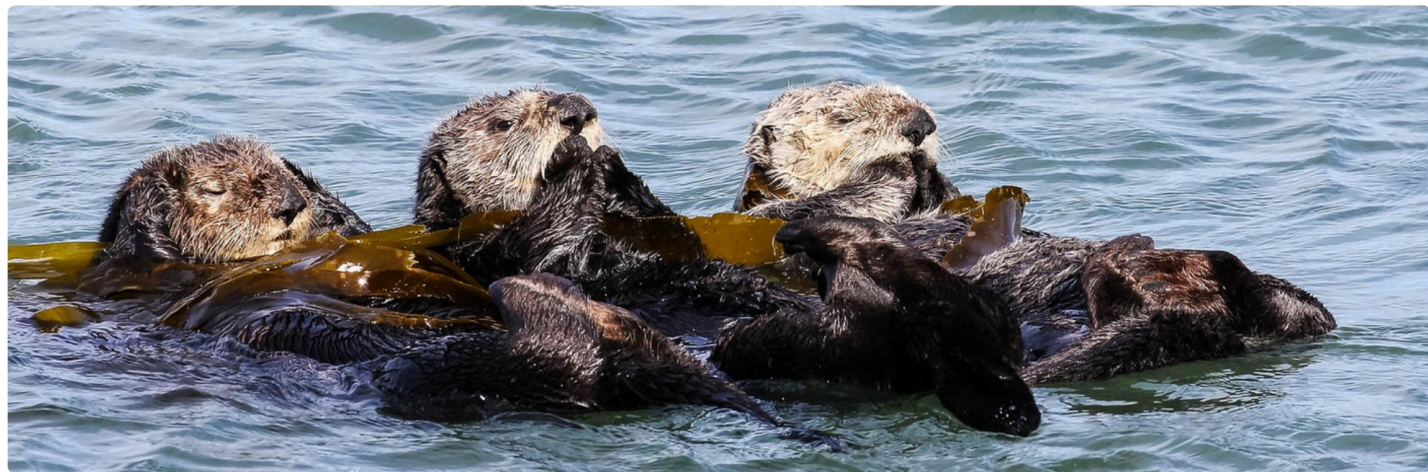
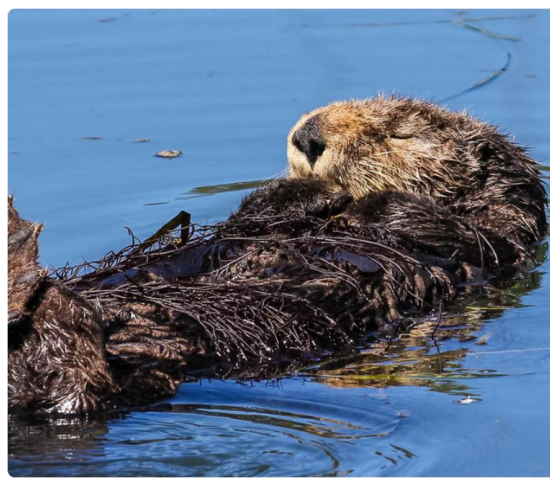


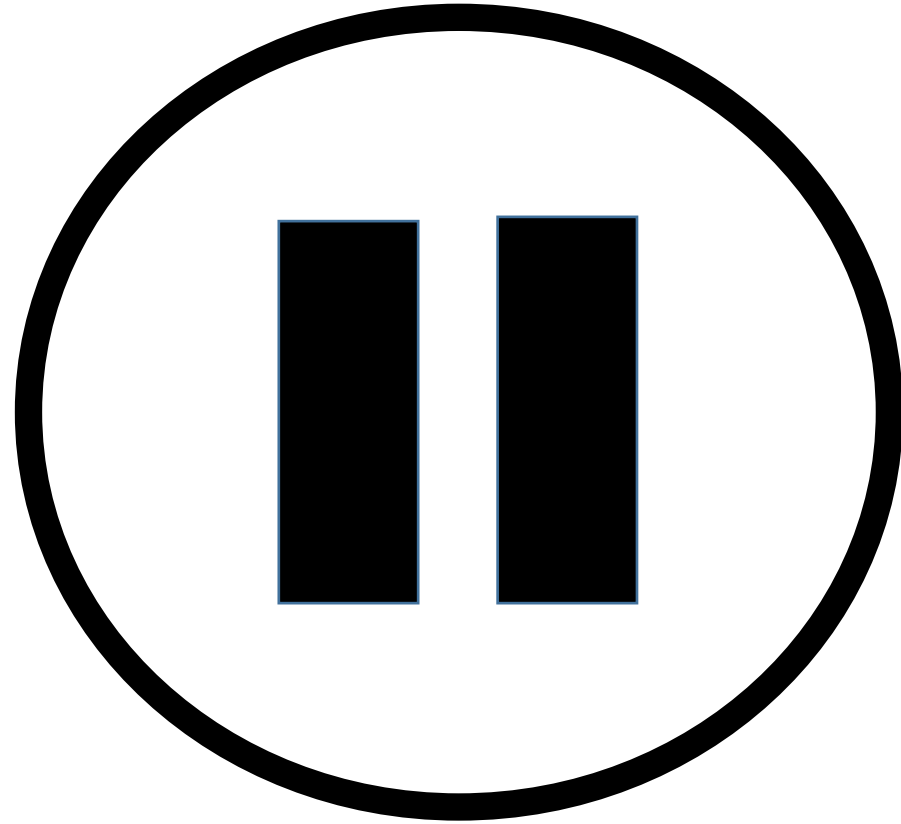


Photo credit to Justin Kerr

SEEING THE WHEEL FOR
WHAT IT IS.

THE ULTIMATE TOOL FOR
TRANSFORMATION.

the five seeds



PRESS PAUSE

YOU ARE NOT YOUR THOUGHTS

Expectation is the tangled root ball at the center of all misery/anxiety/sadness.



GET COMFORTABLE
BEING UNCOMFORTABLE

THE WORLD NEEDS YOUR MAGIC

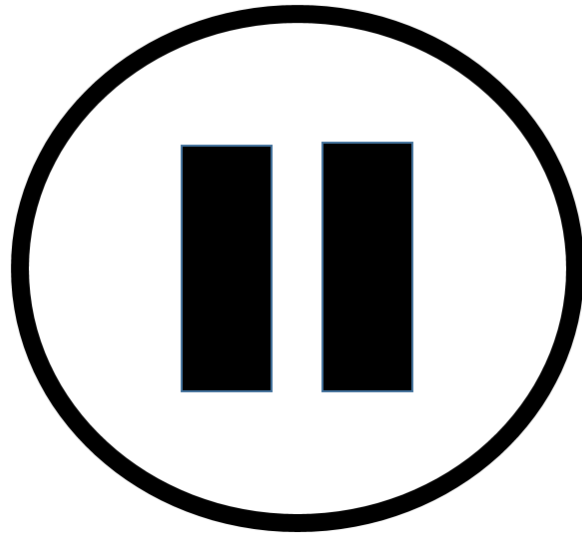


PROTECT
YOUR
MAGIC

#shakeupshow
@fishica

Gratitude and photo credit to the
lovely and brilliant Laura McTighe.
Artist credit Fadia Kader.

Quick review:



#shakeupshow
@fishica



**CONCEPTS IN
ACTION**

1. Breathing is EVERYTHING.

YOUR INBOX IS **NOT** A CHARGING LION



Atif Saeed Fine Art Photography

Gratitude and photo credit to Atif Saeed <https://www.flickr.com/photos/atifsaeed/>

2. Think in terms of
emotional and mental
CALORIES.

3. Reject ALL

“I’ll be _____ when _____.”
statements.

4. Search out, create, prioritize the situations that are most likely to induce
FLOW.

The Importance of Intuition in Social

- Enhanced creativity
- Enhanced productivity
- Enhanced capacity to make GOOD split second decisions
 - Enhanced partner/client/co-worker relationships

BUT...

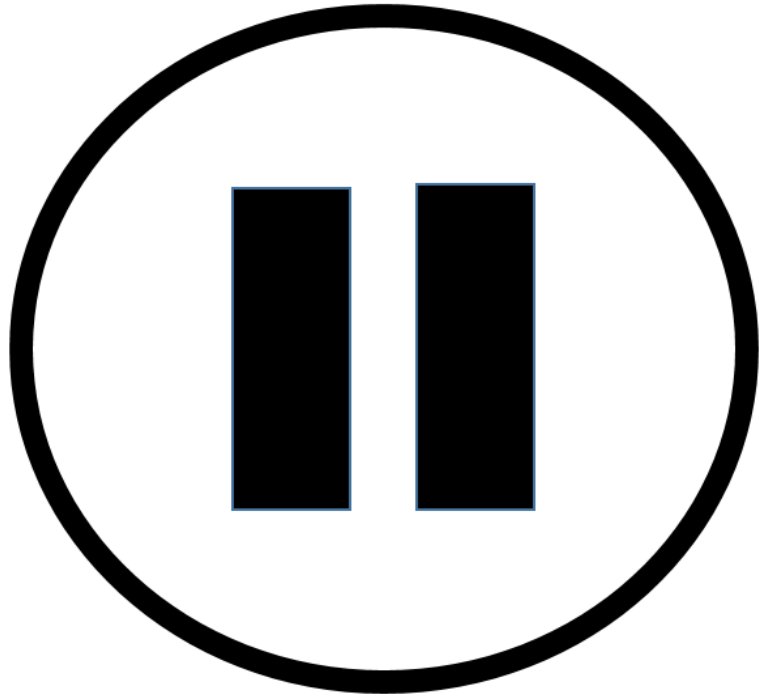
You can't access your internal
supercomputer (intuition) if you
can't hear yourself.

Coin Toss Technique



5. Be gentle with yourself.

REMIX:



Breathe.

You are not your thoughts.

Release expectation.

Embrace flow.

Be gentle with yourself.



T O O L S
B A B Y !
T O O L S

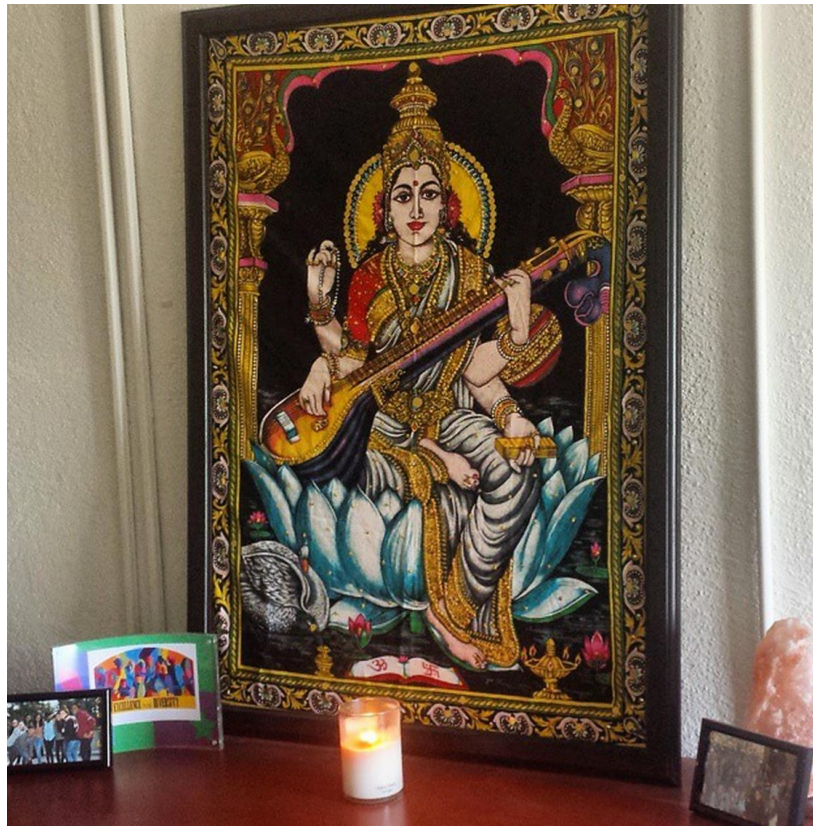
TIME TOOLS



KELP IN THE OFFICE

Optimize your work space for eliciting positive emotions.

(This is an EPIC productivity hack, trust me.)

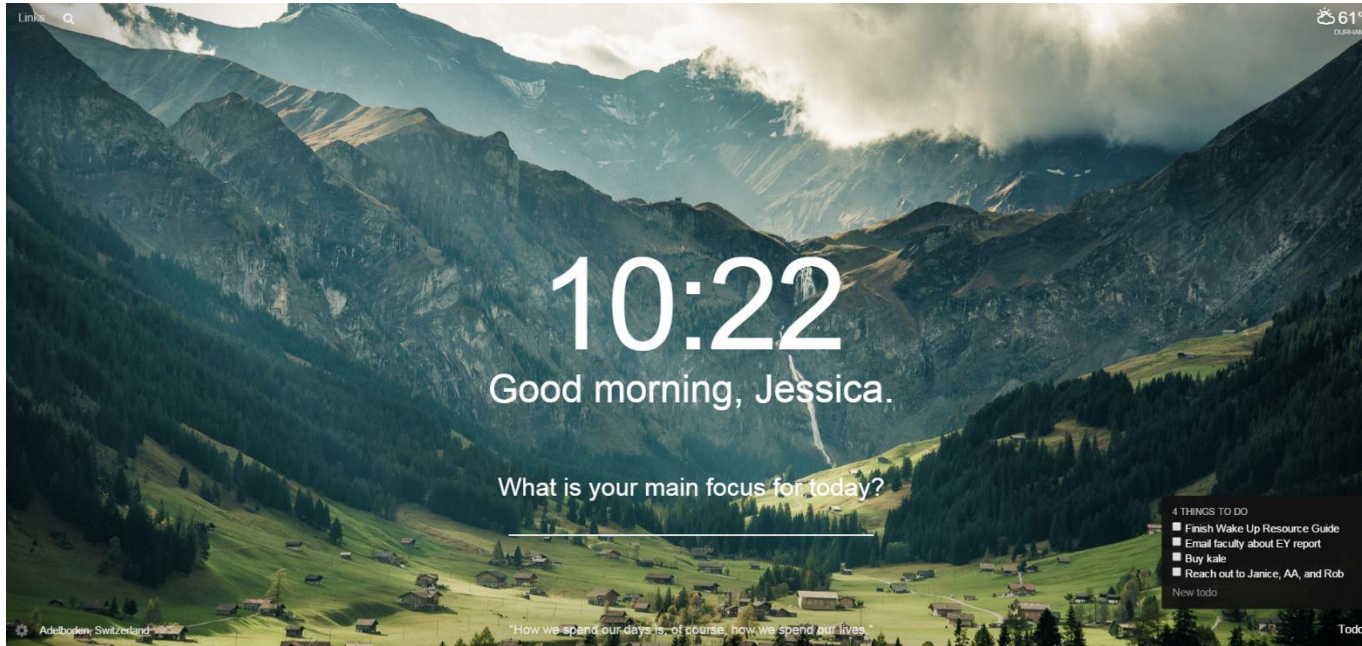


Ring-a-ling: your phone needs a juice cleanse.

- Notifications.
- Fun with icons.
- Drawer time.



TECH TOOLS



FREEDOM Like 20k

About Purchase Give Press Support

Block Digital Distractions

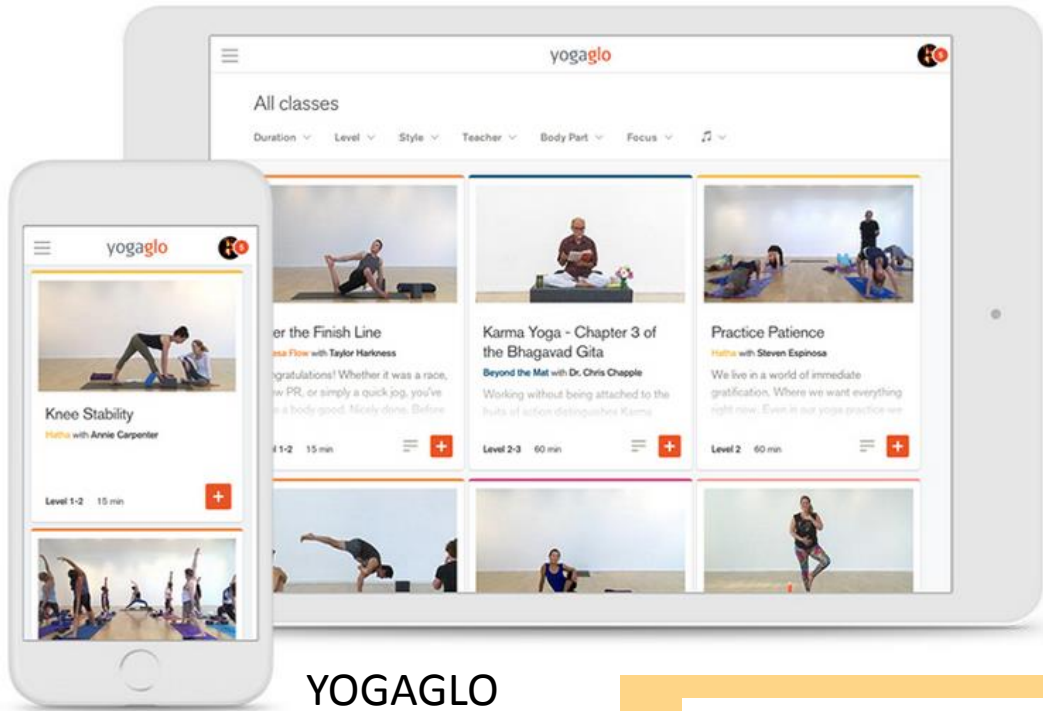
Freedom is the wonderful app that locks you away from the Internet so you can be more productive.

If online distractions kill your productivity, Freedom could be the best 10 dollars you'll ever spend.

Try Freedom

- Windows, Mac, and Android compatible
- Works with OS X Yosemite
- Over 500,000 users
- Be more productive

TECH TOOLS



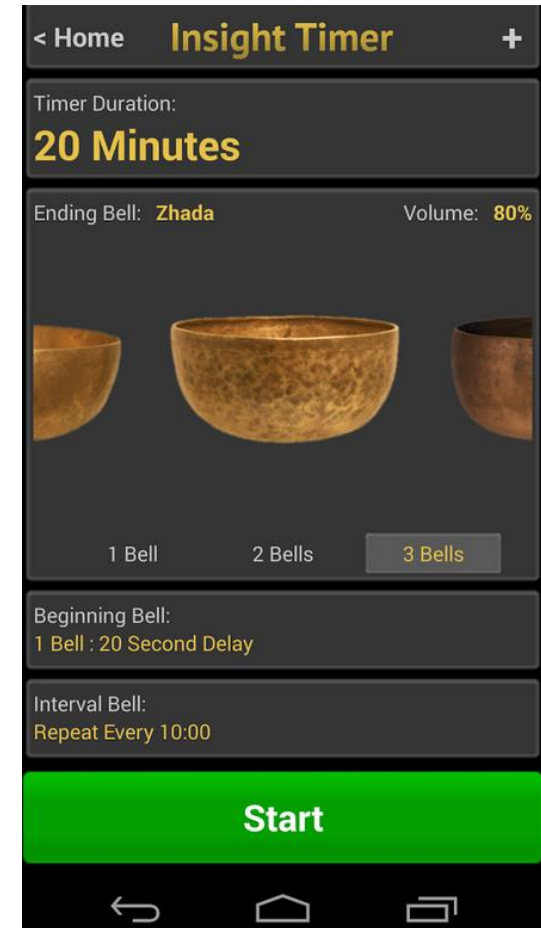
YOGAGLO



LIGHT PHONE

The graphic features the Headspace logo on the left, which consists of an orange circle and the text 'HEADSPACE' and 'TREAT YOUR HEAD RIGHT'. To the right is a cartoon character with a round orange face, wearing blue headphones and a blue long-sleeved shirt, holding a black smartphone. The background is a light yellow gradient with a small cloud icon.

- 10 days free Headspace
- Progress Stats
- Buddy feature – link up with your friends
- Mobile App



Tools that smell and taste nice.

Placebo? Maybe. But, if it works I don't care.



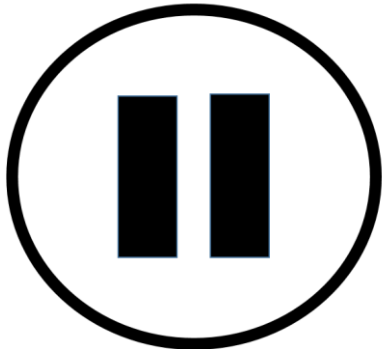
ALL THE WHEELS you smarties already know.



- Water is your friend, drink it. Fizzy is sublime!
 - Move your precious body.
 - Get outside (without your phone).
- Eat green things, then eat more green things.
 - ZZZZZZZZZZ.
 - Get your breathing on.
- Take your vacation. ALL of it. Try somewhere without wifi.
 - Practice gratitude.

What's your kelp gonna be?

#shakeupshow
@fishica



The otters want to know:

- What's one thing you can change/implement tomorrow?
- What will it look like, can you envision it?
- How will you know it's done? How will you know it's impactful?
- Want my help?

PROGRESS NOT PERFECTION

A night landscape featuring a paved road with a double yellow line that curves into the distance. The road is flanked by rugged, brownish-yellow hills. The sky is a deep, dark blue, filled with a dense field of stars and the prominent, colorful band of the Milky Way galaxy stretching across the upper half of the frame. The overall mood is serene and expansive.

We're in this TOGETHER.

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