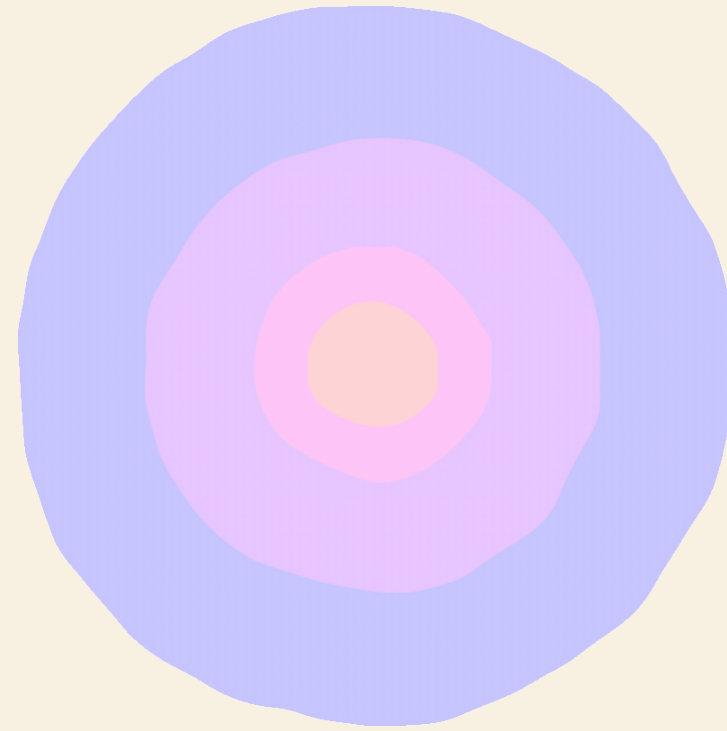


THE OXYGENATION MINDMAP



A tool in your resilience toolkit
to return to each & every time you feel
yourself tipping over the scales into
overwhelm
burnout
unending anxiety

I'm sure you've heard the term, '**you must give oxygen to yourself before anyone else,**' in some form.

This makes sense.



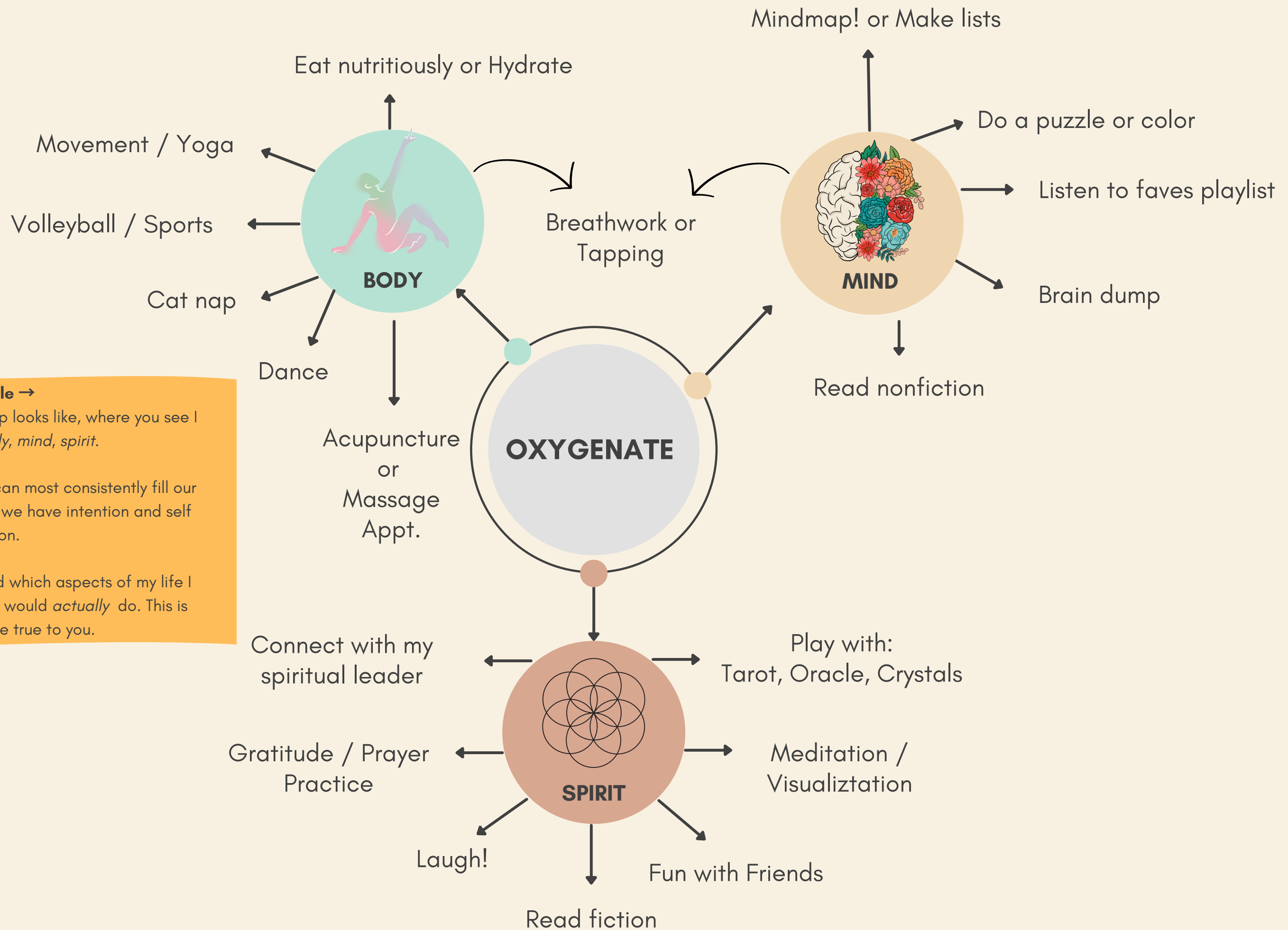
How can you function when your cup is empty?

Which begs the real question, **what fills your cup?**

The following mindmap is simply a neuro friendly [*hi, I have adhd :)*] way to think about those things which oxygenate you. **Those things that fill your cup, yet you may not even recognize them.**

These things, are **part of your resilience toolkit**. Something I collaborate with clients on to discern their own unique kits, with a trauma informed & neurodivergent friendly approach.

Let's see what you discover about yourself!

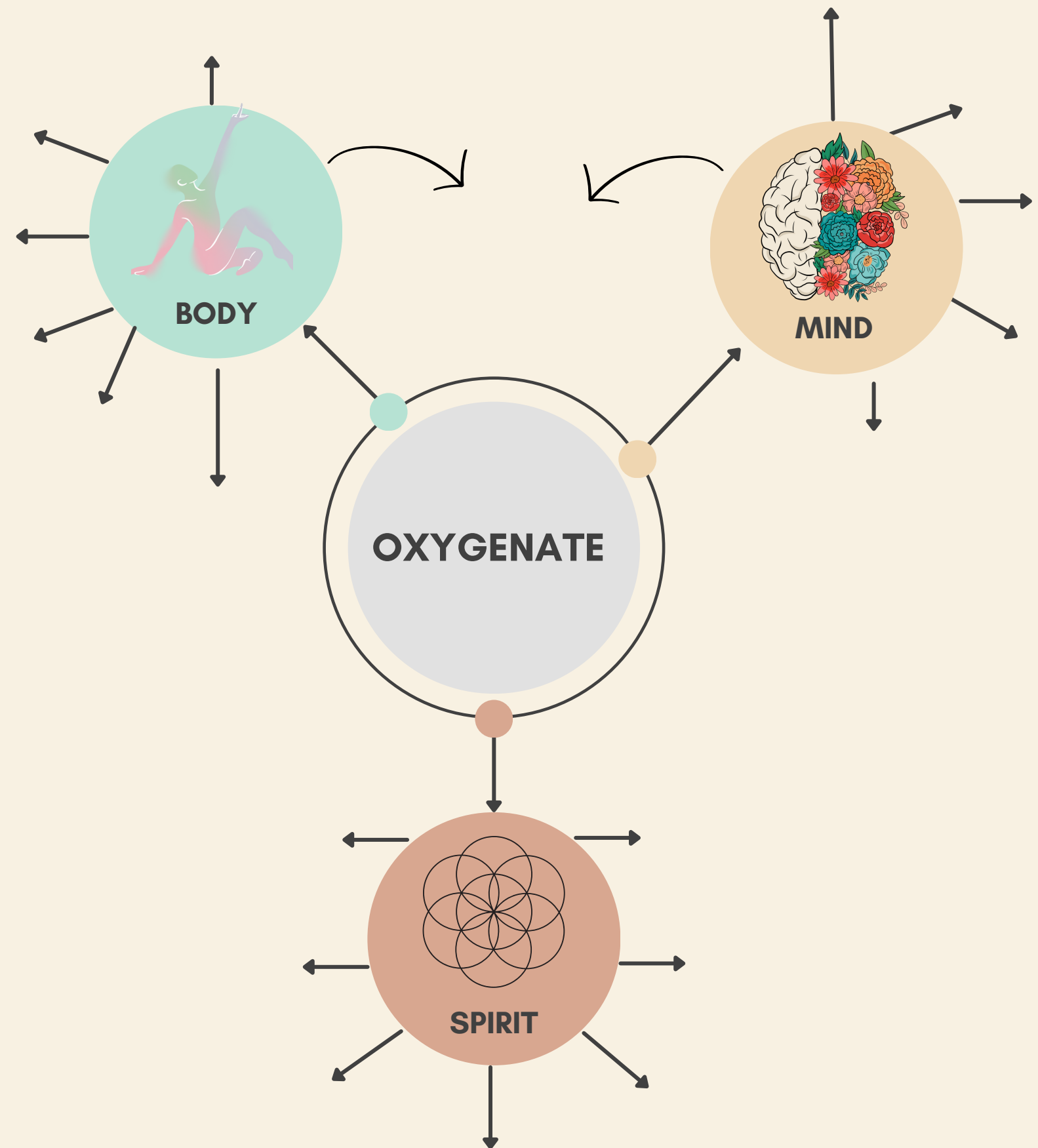


My example →

Here's what my personal mindmap looks like, where you see I categorized by: *body, mind, spirit*.

To me, these are the areas that can most consistently fill our cups back up from empty, when we have intention and self recognition.

With each category, I considered which aspects of my life I find the most fulfillment from + I would *actually* do. This is not for idealizing! Be true to you.



Your Turn!

Take a moment to consider what fills up your cup through the lenses of: body, mind and spirit

And when the time comes where you're feeling particularly depleted in some area, come back to this handy mindmap to bring yourself back to a state of regulation.

Feel free to print this out & edit as you like or write this with pen & paper!

Hoping you found this to be **enlightening, impactful, or otherwise a new interesting way to look at yourself.**

With this resource, you've been added to my newsletter, where you can stay updated on other ways to drum up some aspects of your innate resilience toolkit.

Looking forward to seeing you out there; whole, capable, and supported!



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