Jennifer HENDRICKS-FOGG
Speaker & Coach

Wellness Reclaimed

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Here’s the flow...

1. Welcome & Real Talk
2. Survive — when life is ‘a lot’
3. Recover — refuel your energy
4. Thrive — rebuild joy & intention
5. Open Dialogue
6. Wrap-Up & Resources

Let’s Breathe

QUICK RESET:

2 DEEP BREATHS

SIMPLE BODY SCAN
(HEAD, SHOULDERS, HANDS, FEET)

“THIS MOMENT IS FOR YOU.”

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You can be grateful and exhausted.

You don’t have to earn rest.

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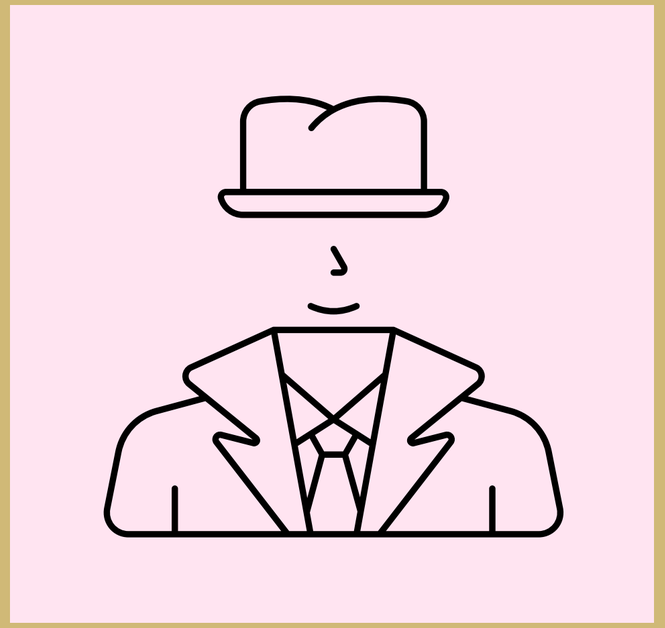
The Framework That Saved Me

Survive: The Invisible Load

- DECISION FATIQUE
- SHORT FUSE
- BODY TENSION
- MULTITASKING CHAOS



The Multitasking Myth

Task switching costs focus

Quality drops, stress rises

Try ‘single-task sprints’

60 Second Reset

Feet on the floor

Physiological sigh

3-2-1

senses

Survive Toolbox

Brain Dump

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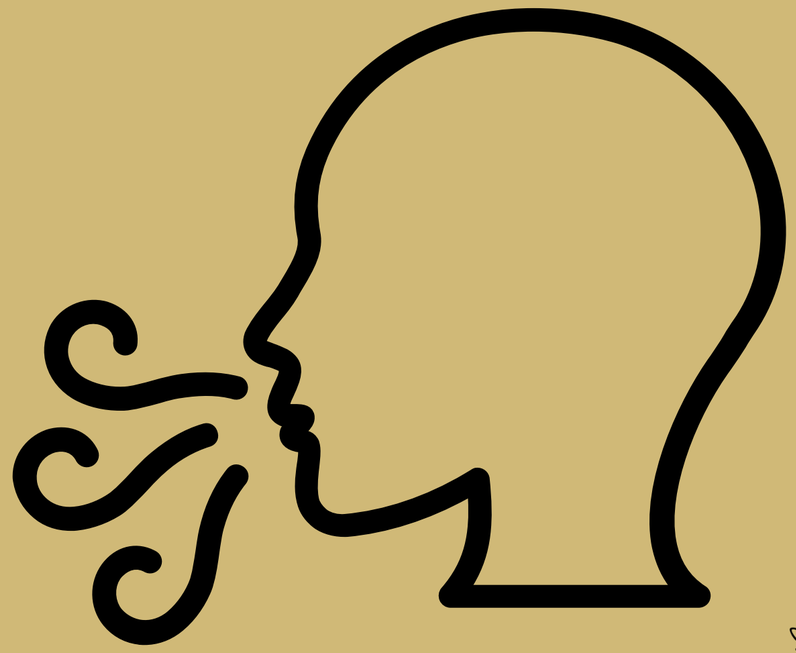
2-minute rule

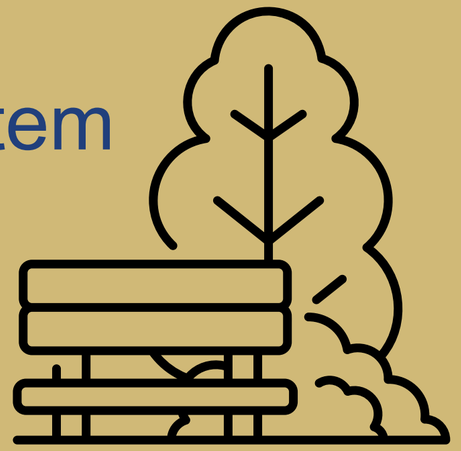
Coping Tools: Regulate

Reset Your Nervous System



Box Breathing

Music



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Lavendar Oil

Movement

Build Your Emergency Coping Kit

5 GROUNDING TOOLS

3 TRUSTED CONTACTS

2 AFFIRMATIONS

1 MOMENT TO ASK FOR HELP

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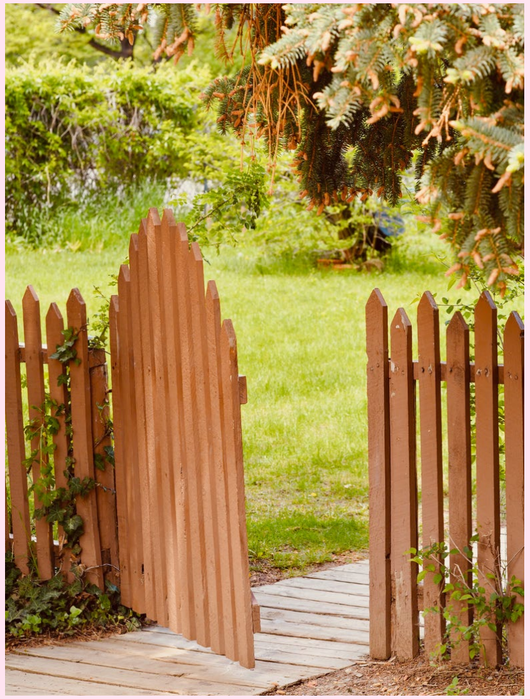
Recover: Micro-Recovery Moments

- MICRO BREATHS
- STRETCH
- SUNLIGHT BREAK
- CAR QUIET MOMENT
- MICRO-JOY

Boundary Phases



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I CAN DO X, I CAN'T DO Y

I DON'T HAVE CAPACITY FOR THAT TODAY

NO

Energy Audit: What Can I Control?

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Within my control	What can I reduce or stop?	What can I add or schedule?
Outside my control	What do I need to release?	What can I notice & be grateful for?

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Stop / Keep / Add

STOP

One drain you can pause

ADD

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KEEP

One thing that’s working

Thrive: From Reactive to Intent

Tiny Wins

“Small actions shift identity”

Anchor to Values

“Use your North Star”

RealLife Planning

“Plan for your actual life, not the fantasy version”

Anchoring Habits

After X, I will Y

After I brew tea → I jot 1 gratitude

After school dropoff → I take a 5-minute walk

After meds alarm → I take 2 slow breaths

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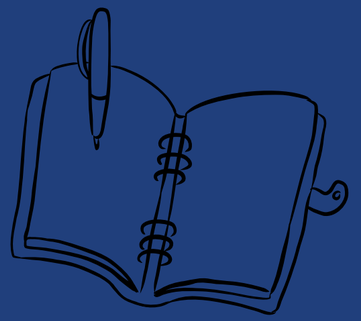

Even when [hard thing], I choose [small action] so I can [v
I will protect it by [boundary].

“Even when appointments pile up, I choose two slow breaths so I can respond, not react. I will protect it by letting calls go to voicemail while driving.”

“Even when I’m exhausted, I choose a 5-minute porch reset so I can re-enter with calm. I will protect it by asking for 5 minutes alone when I walk in.”

Commit to One Habit

- 72-Hour Plan ⏳
- Track 3 Days 🗓️
- Make it Laughably Small 🌱

👉 “My 72-Hour Habit:” _____

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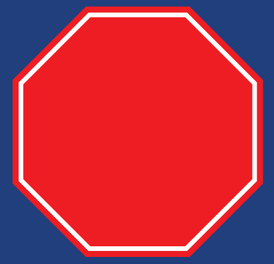
What landed?

Which bounday phrase will you try?



What’s your Thrive Statement?

Key Takeaways

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Refuel →

One boundary (protect energy)

Lead with Values →

One micro-habit (aligned with Thrive)

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"You're not weak for struggling. You're strong because you keep showing up."

Sign up for my newsletter here:

SCAN ME

Final Thoughts + Q&A

Let’s Keep This Conversation Going

Group Chat

Questions

Stories

Quiet Reflection

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