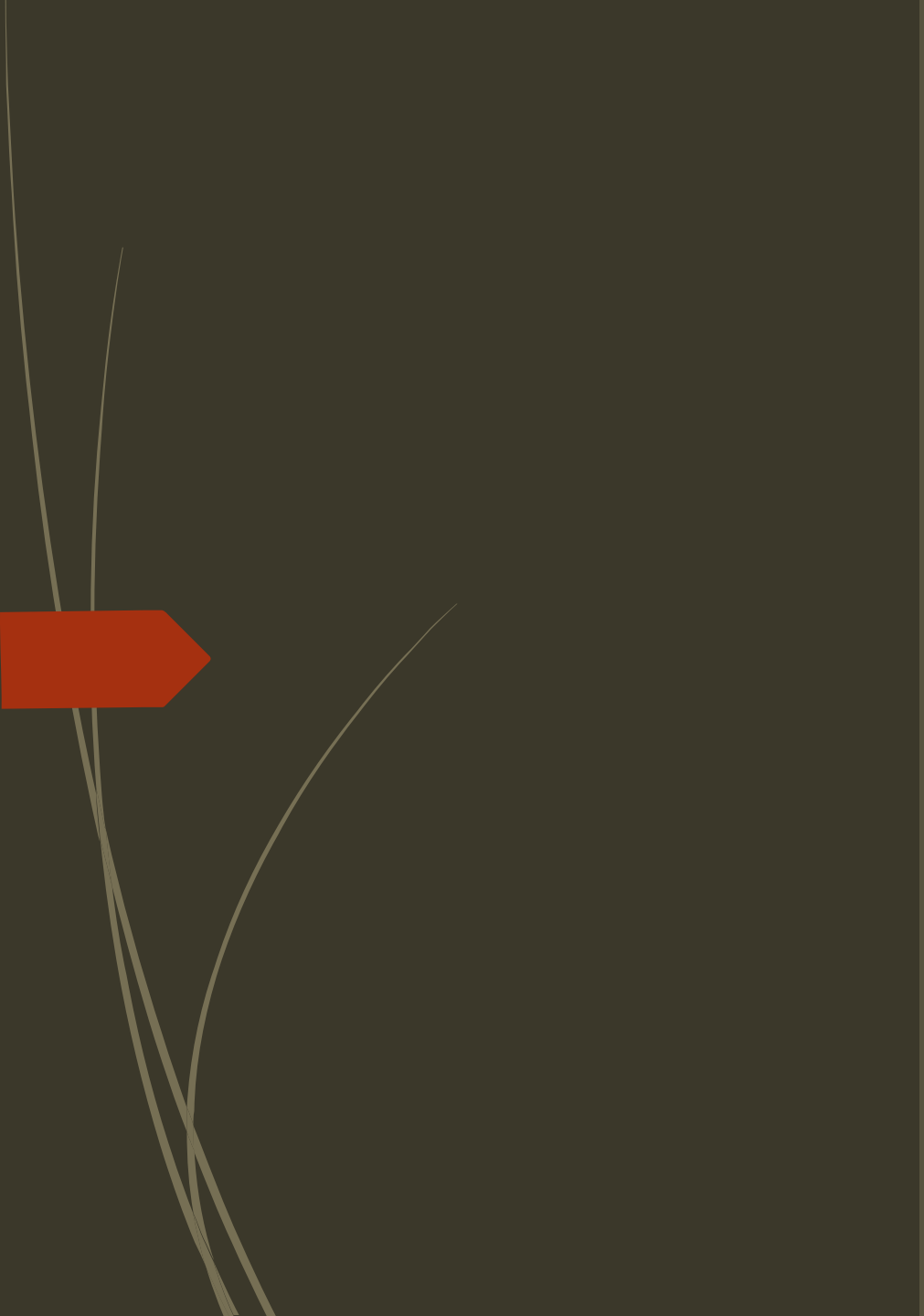




Taking what you learned home with you

Jeremy Brown

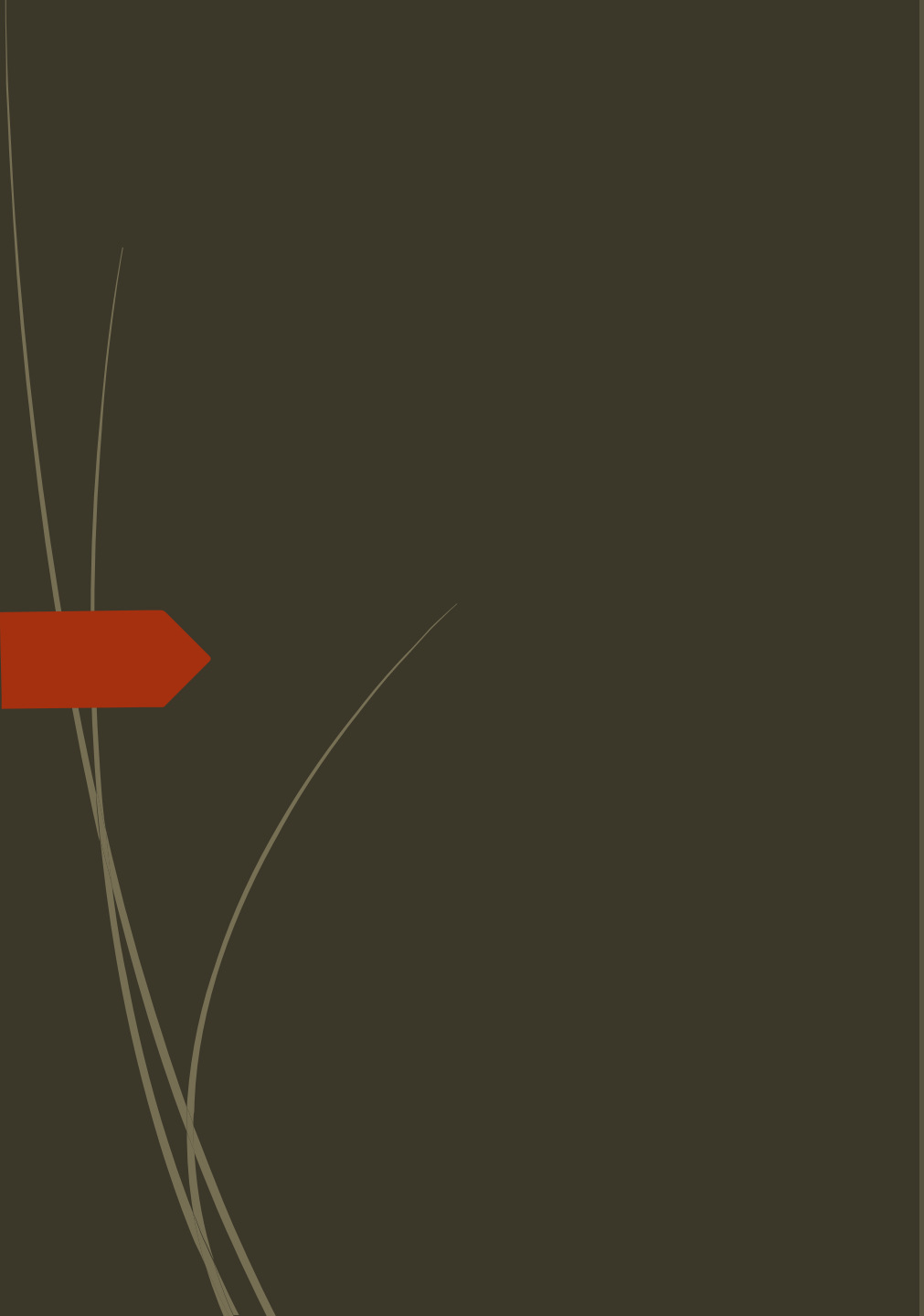


To you guests
who have visited
this week . . .



Thank you for joining us

WE WANT YOU
TO TAKE WHAT
YOU'VE
LEARNED AND
BRING IT INTO
YOUR LIFE



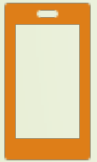
Hopefully you'll
never have to come
and see us again
(but we'd like you
to still come back)

Who you are and who you are

- Remember
 - You chose to be here
 - You want to make a change
 - You have participated in these activities



What you experienced



Time away from you
phone



Healthy foods and
drinks



Rest



Separating your mind
from the pressures of
your life



Massages, swims,
sports, yoga,
meditation

- It is okay to be away from your phone and the stresses of your life
- Techniques to recenter your mind and find rest
- Mindful and useful social connections

What we've
taught you

Away from your phone

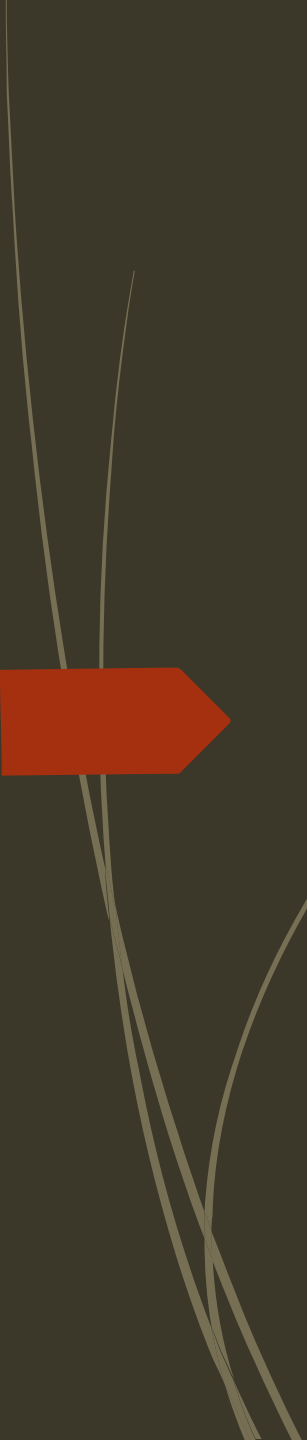
- The Bad:
- The average person gets 63.5 notifications a day. Turning off notifications from companies, applications, and services can make it easier to ignore your smartphone
- Boredom is one of the biggest triggers behind technology usage. 74% of phone users aged 18 to 34 get an urge to use their smartphone when bored
- The average smartphone user checks their phone once every 12 minutes
- Gaming addiction is now a recognised medical condition
- Studies have found that as smartphone use increases, so does anxiety
- 46% of Americans say they could not live without their smartphone





Away from your phone

- The Good:
 - Hobbies can fill up the time
 - Form better and deeper social connections
 - Rest more
 - Your mind is at peace



Recentering your mind and finding peace

- Spending time in nature
- Meditate
- Be grateful
- Let go of past mistakes
- Love yourself
- Practice acceptance and contentment



From the time you're born, your relationships help you learn to navigate the world. You learn how to interact with others, express yourself, conduct everyday health habits, and be a part of different communities from those around you. Positive social habits can help you build support systems and stay healthier mentally and physically.



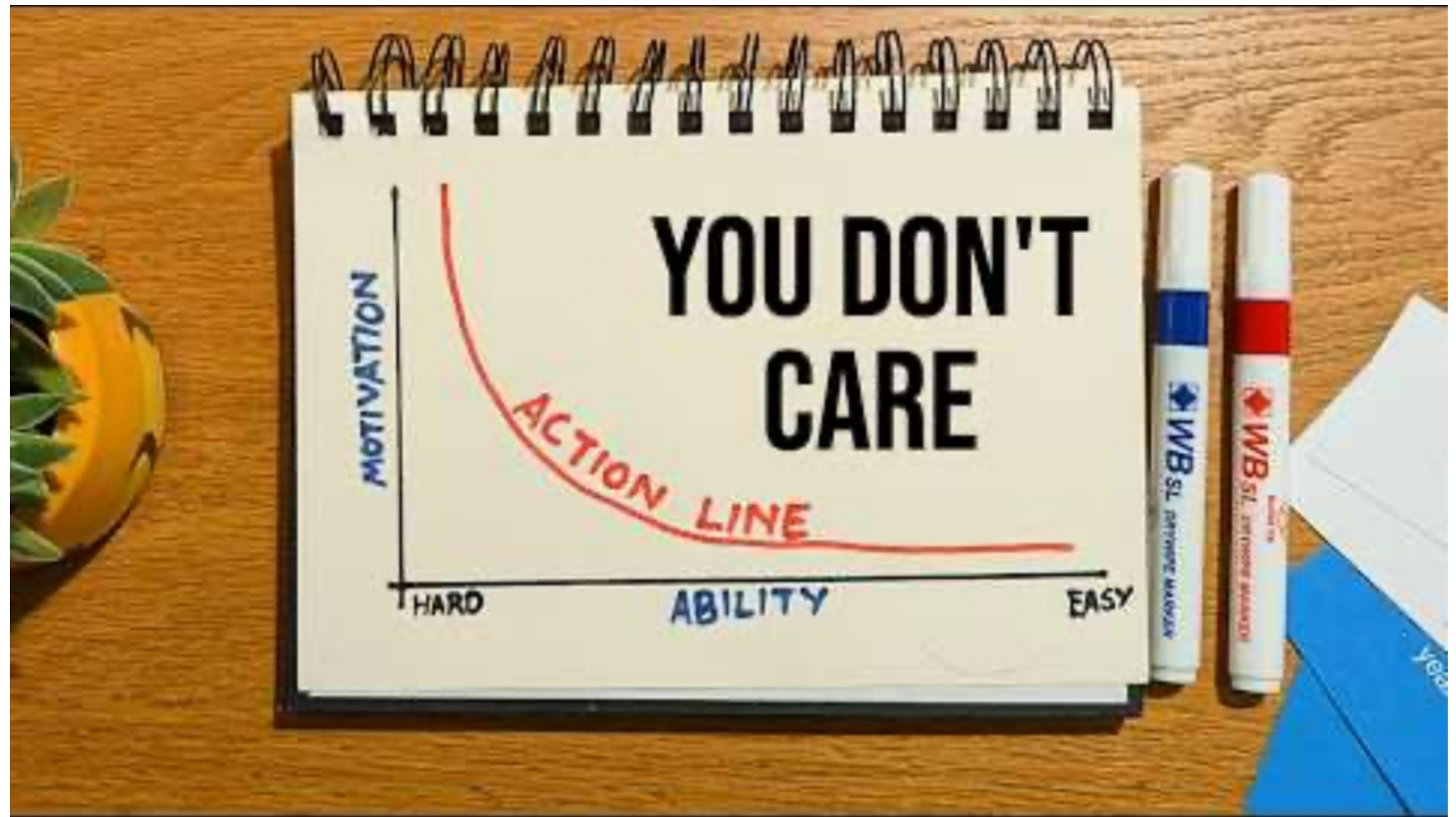
National Institute of Health

Building mindful
social
connections



The concepts of learning habits

- Need high motivation
- Make it easier to adopt the habits
- Your identity drives your motivation





At-home strategies

Make

Make it visible

Remove

Remove temptation from site

Track

Track your progress

Create

Create a plan

Do

Do it in the morning



What the
hell?

Sometimes you will fail
at keeping the habits
you've learned here.

Sometimes you will fall
back in your old ways

That's Okay

The background is a light green gradient. On the right side, there are several thin, curved green lines that sweep across the frame. A single, thin vertical green line is positioned to the right of the text.

The diagram consists of two rounded rectangular boxes on a light green background. The left box is olive green and contains the text 'You are human'. The right box is teal and contains the text 'You are fallible'. Two thin, curved lines connect the top and bottom of these two boxes. A thick red arrow points from the right side of the teal box towards the text 'What the hell' on a dark brown background.

You are
human

You are
fallible

“What the
hell”



Recover from “What the Hell?”

Set or update	Set or update goals to be realistic
Give	Give yourself a break
Take	Take time before you react
Set	Set goal reminders for next time
Silence	Silence the inner critic
Reframe	Reframe the failure as a growth opportunity

What you can do . . . today



Pick three things from here you experienced



Make realistic goals to keep those changes



Make note cards you can place around the house to remind you



Ping a social connection to ask them for help



Put on the “Action Bias” mindset

What you can do . . . tomorrow

1

Place note cards
around your house

2

Find a place for
your phone to get it
away from you

3

Create a simple
tracker to mark
times you
performed this
change



What you can do . . . next week

Check in on your
tracker

Reflect on any
"What the Hell"
moments and let
them go



What you can do . . . next month

Check in

Check in on your tracker

Ping

Ping your social connections
and let them know about your
progress

Forget

Forget any 'What the Hell'
moments



Go for it

Be the change you want to be
(and that you paid for)





THE END



Why I was interested in this topic

- Guests are human
- Humans make mistakes and often regress
- Humans need motivation
- Guests who come to the resort spend lots of money
- Guests want to get value from their stay at the resort.
- I am always interested in helping people learn something and apply what they've learned to their life



What I learned

A wellness guest has a lot of strategies at their command to take what they have learned from their time at the resort back to their home.



There are strategies but there are also roadblocks, and these are the items that guests need to really tackle.



I appreciate the general concepts of “reducing friction”, “the motivation, action curve” and the “habit identity link”. These are general enough that one can really find one’s own strategies.



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