



# SUPPLEMENTAL GUIDE

## Episode 19: The Time Traveler's Life

### 5 Ways to Use Time Perception to Battle Burnout

1. **Zoom Out:** look at the smallest thing you can see and then imagine zooming out what you see with each breath. Make your vision larger and larger, growing with each breath in. Expand your view until you see the earth.
2. **Stairs:** Take a deep breath in and then picture yourself going down stairs or a mountain, counting to 5 as you go down and then bouncing up as you take a breath. Imagine the sound of each step, how you move and descend deeper into relaxation.
3. **Photo Shoot:** Imagine you are a photographer capturing pictures of what you see. What would you zoom in on? How would you frame different scenes?
4. **Photo album:** Building off the photo shoot, imagine you are flipping through a photo album of a favorite experience in the past. What images do you see?
5. **Time Slip:** Imagine yourself after a stressful event. Picture yourself feeling proud of how you handled the situation. Imagine how that would feel, envision the calm you will feel.

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