



5 ACTIONS TO TAKE
TO GO FROM
OVERWHELMED TO
OVERJOYED

Video Series

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WELCOME!

Hello, I'm Petra Brunnbauer

I am the Creator of the Jōrni and a passionate advocate for holistic wellbeing and mental health. Over the years, I've worked with many clients, helping them achieve a more joyful and healthy life. Through my experience, I have learned that living more mindfully can bring immense benefits to our mental and emotional wellbeing, and I'm excited to share my knowledge and expertise with others who are seeking a more fulfilling lifestyle.

I live on the west coast of France and have a cheeky cat who keeps us on our toes! In my free time, I enjoy reading, and sipping on a cup of my favorite tea, Earl Grey.



I truly believe that holistic wellbeing can be life-changing, and I look forward to helping you go from overwhelmed to overjoyed in your life.

- *Petra Brunnbauer*

TAKING ACTION

How to get the most out of this guide

We are thrilled to have you join us on this journey to go from overwhelmed to overjoyed. To maximize the impact of this guide, we highly recommend that you head over to thejorni.com/5-actions or scan the QR code to access the accompanying 5-video series. These videos will provide a visual demonstration of the actions outlined in the guide, helping you fully understand and implement the strategies outlined here.

It is important to remember that change takes time and effort, and that small actions can have a big impact. That is why we encourage you to start taking action as soon as possible, even if it is something small. The cumulative effect of these actions will help you build momentum and create lasting change in your life.

So, without further ado, let's get started! Read through the guide and watch the accompanying videos, and start taking the first steps towards a more fulfilling and joyful life. We can't wait to see how you will transform your life.



VIDEO 1

Mindful breathing

What is mindfulness?

Mindfulness is the practice of being fully present in the moment, paying attention to your thoughts, feelings, and sensations without judgment.

Mindfulness can be practiced through various techniques such as mindful breathing, meditation, and yoga, and has been shown to have numerous benefits for mental and physical wellbeing, including reduced stress and anxiety, improved focus and concentration, and enhanced overall happiness and wellbeing. By becoming more mindful in your daily life, you can cultivate a greater sense of awareness and connection with the world around you.

Mindfulness is an important aspect of wellbeing because it helps us stay in the present moment, rather than dwelling in the past or worrying about the future. When we are mindful, we are able to focus on our breath, our thoughts, and our surroundings in a non-judgmental way, which allows us to experience greater peace and tranquility in our lives.

Mindful Breathing

Breathing is an essential part of life, yet it is often overlooked and taken for granted. However, by practicing mindful breathing, we can reap numerous benefits for both our physical and mental well-being. Mindful breathing has been shown to reduce stress and anxiety, improve focus and concentration, and enhance overall well-being.

Getting started with mindful breathing is easy. Simply find a quiet place to sit or stand and focus your attention on your breath. Take a deep breath in through your nose, and breathe into your belly. Hold for a few seconds, and then slowly exhale through your mouth. Repeat this process for 5–10 breaths, focusing your attention on the sensation of your breath as it moves in and out of your body.

With practice, you will find that mindful breathing becomes easier and more natural, and that it has a positive impact on your overall wellbeing. Be sure to watch the accompanying video in the 5-video series, which provides a visual demo of this action.

VIDEO 2

Journaling

The benefits of journaling

Journaling is a powerful tool for improving mental and emotional wellbeing. By reflecting on your thoughts, feelings, and experiences in a non-judgmental way, you can gain insight into your life, identify areas that need improvement, and promote a sense of calm and peace.

How to get started

Getting started with journaling is easy. All you need is a notebook and a pen. However, if you prefer a more modern and tech-savvy approach, there are also several apps and online platforms available that allow you to journal digitally. Some popular options include Day One, Google Keep, and Penzu.

Set aside some time each day, even just 10–15 minutes, to write down your thoughts and feelings. You can write about anything that comes to mind, from your goals and aspirations to your daily experiences and challenges. Over time, you will find that journaling becomes easier and more natural, and that it has a positive impact on your overall wellbeing.

By incorporating journaling into your daily routine, you will be taking the second step towards a more fulfilling and joyful life. So, grab a notebook or download an app, and start reaping the benefits of journaling today. And be sure to watch the accompanying video in the 5-video series for a visual demonstration of this action.



VIDEO 3

Practicing gratitude

Gratitude is a powerful tool for improving mental and emotional well-being. By focusing on the things in our lives that we are thankful for, we can shift our perspective from what we lack to what we have, and cultivate a greater sense of happiness and wellbeing. In fact, practicing gratitude not only shifts our perspective, but it also opens up space in our lives for more good things to happen. When we focus on what we are grateful for, we naturally start to expect more good things in our lives, and this positive outlook attracts even more positivity into our lives.

To practice daily gratitude, you can start by making a list each day of things that you are grateful for. This could be anything from simple pleasures like a good cup of coffee, to bigger things like good health or supportive friends and family. Another way to practice gratitude is to write a gratitude journal, in which you reflect on the events and experiences from your day that you are grateful for. This can be done in the evening before bed, or first thing in the morning to start your day on a positive note.

The important thing is to make gratitude a regular part of your routine. With time and practice, you will find that it becomes easier and more natural, and that it has a positive impact on your overall wellbeing.

By incorporating daily gratitude into your life, you will be taking the third step towards a more fulfilling and joyful life. So, grab a notebook or start a digital journal, and start reaping the benefits of gratitude today. And be sure to watch the accompanying video in the 5-video series for a visual demonstration of this action.



VIDEO 4

Movement & Exercise

Regular movement and exercise is essential for physical health, but it also has a profound impact on our mental and emotional well-being. Exercise releases endorphins, the body's natural feel-good chemicals, which can help to reduce stress and anxiety, improve mood, and increase energy levels.

You don't have to start with hours in the gym. Even small movements, stretching, chair exercises, or a simple walk can be a great start. You can also try yoga, tai chi, or other forms of exercise that focus on mindfulness and breathing. The important thing is to find a form of movement that you enjoy and that you can easily incorporate into your daily routine.

Another great way to move your body is to find a workout buddy. This can help to keep you accountable, and also make exercise more fun and social. You can also try taking up a sport or joining a team, which can help to add an extra layer of motivation and enjoyment to your exercise routine.

The important thing is to make movement and exercise a regular part of your routine. Start with just 10-15 minutes a day, and gradually increase as you build up your stamina. With time and practice, you will find that exercise becomes an enjoyable and energizing part of your day.

By incorporating regular movement and exercise into your life, you will be taking the fourth step towards a more fulfilling and joyful life. So, find a form of movement that you enjoy, and start reaping the benefits of exercise today. And be sure to watch the accompanying video in the 5-video series for a visual demonstration of this action.



VIDEO 5

Connecting with Others

Connecting with others is a crucial component of our overall wellbeing. Research has shown that strong social connections can improve our physical health, reduce stress, and lower the risk of depression and anxiety.

There are many different ways to connect with others, from spending time with friends and family, to joining clubs or groups that share your interests, to volunteering in your community. You can also reach out to old friends, make new ones, or simply start a conversation with someone new. And if you're super busy, you can also find connection online, through social media or online communities.

Another way to connect with others is to attend events, workshops, or retreats that focus on well-being, mindfulness, or personal growth. These can be a great way to meet new people who share your interests, and to learn new skills and techniques for improving your wellbeing.

The important thing is to make connecting with others a regular part of your routine. Aim to spend time with others at least once a week, and gradually increase as you build up your social connections. With time and practice, you will find that connecting with others becomes an enjoyable and fulfilling part of your life.

By incorporating regular social connection into your life, you will be taking the fifth and final step towards a more fulfilling and joyful life. So, reach out to someone new today, attend an event or workshop, or join a club or group that shares your interests. And be sure to watch the accompanying video in the 5-video series for more tips and ideas on how to connect with others.



RESOURCES

More Resources

At the Jōrni, we have many free resources available to support your wellbeing journey. Have a look and see if anything speaks to you. You might find some new ideas on how to support your holistic wellbeing.



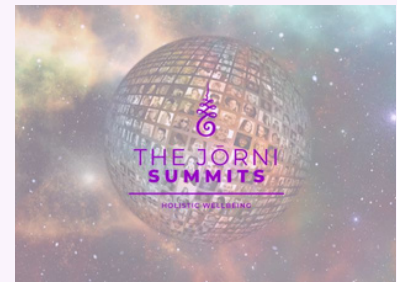
PODCAST

Our podcast is about mental health and holistic healing to inspire you to explore more options for supporting your wellbeing.



BLOG

Our blog goes along with our podcast and dives deeper into the topics about holistic healing and mental health we discuss every week.



SUMMITS

Check out our offerings of summits, where you can connect with amazing speakers and learn more about wellbeing.

Where to go from here?

Congratulations! You've taken the first step towards a joyful life by learning about the 5 actions you can take to go from overwhelmed to overjoyed. While these five actions are a great starting point, there is so much more to improving your wellbeing and increasing happiness and fulfillment in your life.

If you're ready for a closer look, be sure to check out our eBook, "**The Ultimate Interactive Blueprint for Achieving Holistic Wellbeing**". This comprehensive eBook will provide you with tips and tools for integrating mental, physical, and emotional wellbeing into your daily life.

And for high-achieving women who are looking for a supportive community and an even deeper level of support, we are launching **The Jörni Mastermind** soon. This 6-month masterminding experience will provide you with the tools and strategies you need to go from over-stretched, over-committed, and overwhelmed to overjoyed.

We wish you all the best on your journey from overwhelmed to overjoyed, and we hope to see you on the Jörni platform in the future!

