

# Wrangling Monkeys

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# SELF CARE

SELF CARE IS A **DISCIPLINE**

SIMPLE SELF CARE IS **SIMPLE:**

1. *Drink more water – Hydrate the brain and body often.*
2. *Eat healthy –Three balanced meals a day, or 5 smaller meals. Avoid eating between meals (except fruit and nuts).*
3. *Limit caffeine and alcohol*
4. *Exercise often – Up to 30 minutes daily, 6 times a week.*
5. *Rest and Relaxation – Learn to stop, change the scene and smell the roses.*
6. *Yoga, Meditation and Mindfulness – help to calm and restore the body and still the mind.*

REMEMBER: IF IT IS TO BE,  
**IT'S UP TO ME**

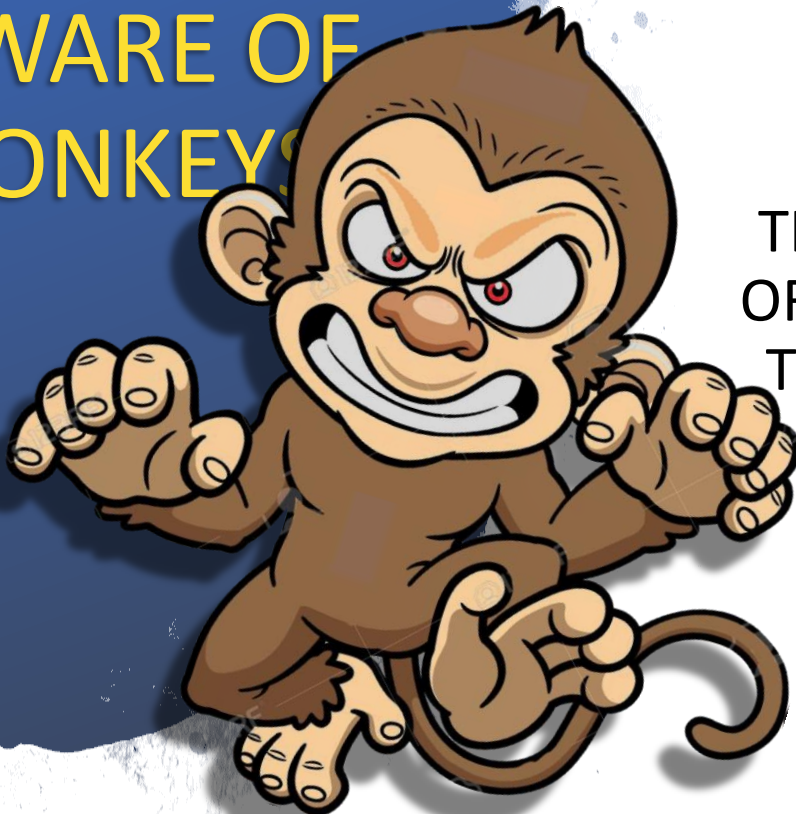
**BEWARE** OF MONKEYS RIDING  
ON YOUR BACK

LEARNING TO **SAY NO**, OR  
**NEGOTIATING** FOR OPTIONS  
IS A MUST IN OUR WORK LIFE  
AND PERSONAL LIFE

WRANGLE AND **TAKE**  
**CONTROL** OF MONKEY  
THOUGHTS – BE IN CHARGE  
OF YOUR THOUGHTS RATHER  
THAN THEM IN CHARGE OF  
YOU

LEARN TO **DETACH** FROM  
WORK

**BEWARE OF  
MONKEYS**





# SNEAKY MONKEYS

IT IS **NOT POSSIBLE** TO PLEASE  
ALL OF THE PEOPLE ALL OF  
THE TIME

IF WE STRIVE FOR  
PERFECTION, WE WILL BE  
**DISAPPOINTED**

LEARN TO EMBRACE THE  
PRINCIPLE OF BEING “GOOD  
ENOUGH” **NOT “BEING  
PERFECT”**

TRY TO THINK IN TERMS OF  
**MAKING PROGRESS** RATHER  
THAN AIMING FOR  
PERFECTION

# BURN OUT



BURN OUT LEAVES US  
**DISENGAGED** AND **CYNICAL**

WE NEED TO **RELEASE OUR**  
**PRESSURE VALVE** MORE  
OFTEN BEFORE IT EXPLODES

BURN OUT IS NOT  
DEPRESSION, BUT IF NOT  
CHECKED IT CAN BECOME  
**DEPRESSION**

REMEMBER: **S.O.S.** SOONER  
RATHER THAN LATER

MONKEYS BE



**PRIORTISE**  
YOUR SELF CARE

SELF CARE IS A  
**DISCIPLINE**

IF IT IS TO BE,  
**IT'S UP TO ME**

SELF CARE IS NOT A LUXURY -  
IT IS A  
**NECESSITY!**



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