PODCAST WORKSHEET

BALANCE

THANK YOU FOR JOINING US!

We're thrilled to have you as part of our community and excited to support you on your path of transformation. This worksheet is designed to complement the theme of **BALANCE** from our podcast.

Each worksheet is crafted to help you take a sacred pause and reflect, replenish, and recharge. By engaging with these exercises, you'll be able to integrate the wisdom from our podcast into your daily life, creating simple, sustainable, seasonal habits that enhance your health, vitality, and overall wellbeing.

How to Use This Worksheet:

Listen: If you haven't already, start by listening to the corresponding podcast episodes.
Reflect: Use the prompts and exercises to reflect on the theme.
Practice: Implement the practical tools and techniques shared in the podcast.
Connect: Share your experiences and insights with our community on Instagram.

Thank you for being part of the Overhaulin' experience. We're here to guide you every step of the way as you create space for meaningful self-care and align with nature's rhythms.

Warm regards,
Jill & Susannah
Your Overhaulin' Guides & Founders

A MOMENT FOR REFLECTION

Here is a reminder of the questions we invited you to reflect on at the end of Part I

How are you cultivating Sattva, the quality of balance, clarity and calm in your life? Are there areas where you feel ungrounded or overly stimulated and what practices can you incorporate to restore inner equilibrium?

In what areas of your life can you shift from striving for perfect balance to finding a more fluid sense of harmony? How can you adapt to the natural ebbs and flows rather than forcing things to stay in perfect alignment?

As you move through the autumn season, what are you ready to let go of, just like the trees shed their leaves? Remember sometimes achieving balance means releasing what no longer serves you to create space for growth and renewal.

WHAT I NEED RIGHT NOW IS.....

Circle the first 3 words you find in the wordsearch and reflect on what they might be telling you about what you need right now.

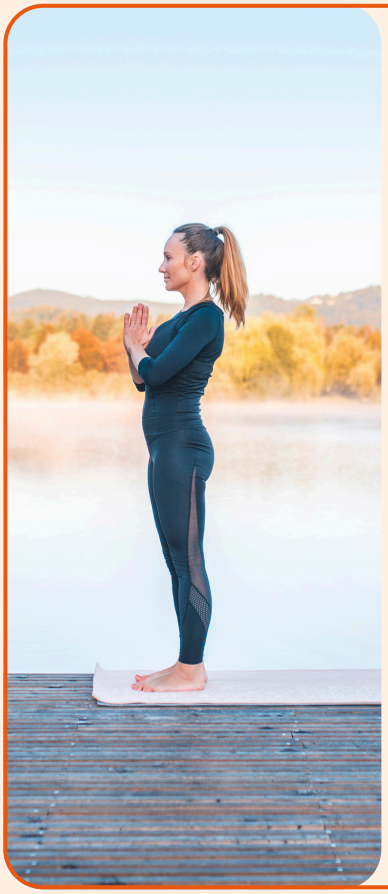
A P S E L F C A R E O N W M
I O U E A O E V S L H N E A
P J P S O L I T U D E A T C
I O P K L R G V X L Q T E T
A Y O E N Q U I E T E R B I
I O R K T Y D J S J A Y O O
P W T S D W M Z I C R E S N
I D X K L B G L O V E U A I
A P S T I L L N E S S F O E
G R O U N D I N G N S H S I
S O F T N E S S I O N A G T
I F A K B A I V X L V A V Y
W D X C O N F I D E N C E K
D I S C I P L I N E Q A M C

YOUR GUIDE TO CULTIVATING BALANCE

GROUNDING MORNING ROUTINES

Ayurvedic Practice:
Start your day with **Abhyanga**, a warm oil self-massage that balances the cool, dry qualities of autumn (Vata season). Use warm sesame oil and massage for 5-10 minutes before your shower to nourish the skin, calm the nervous system, and create a sense of steadiness for the day ahead.

Modern Habit Stacking:
To reduce decision fatigue and set the tone for balance, start with **habit stacking**—add a new habit to something you already do. For example, after brushing your teeth, take 2 minutes to focus on your breath. Inhale deeply, exhale slowly, and repeat five times to calm your mind and regulate your nervous system.



MIND-BODY HARMONY THROUGH MOVEMENT

Yoga Practice:
Ground yourself with **Tadasana (Mountain Pose)**:

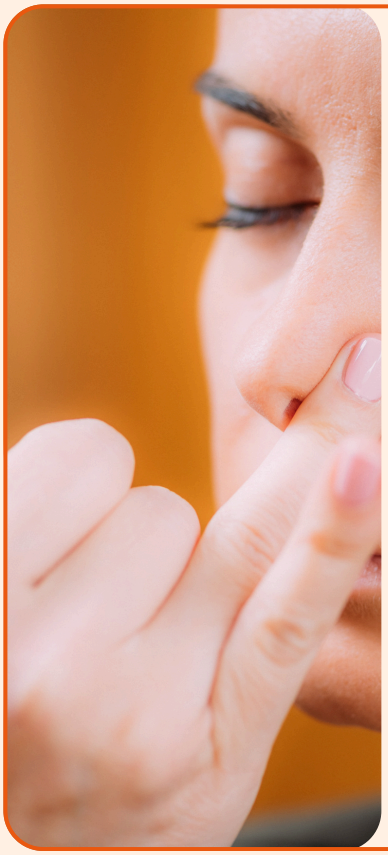
- Stand with your feet hip-width apart and firmly connected to the ground.
- Lengthen through your spine and engage your core.
- Take deep breaths, feeling stable and centred.

Barefoot Walking:
Earthing—walk barefoot on grass, sand, or soil to reconnect with the earth's energy. This practice reduces inflammation, stress, and improves sleep, realigning your body's natural state with the earth.

Somatic Exercise:
Engage in mindful movement, such as yoga, tai chi, or **progressive muscle relaxation**, which focuses on slow, intentional movements and tuning into your body's limits:

- Tense and relax different muscle groups from head to toe to release tension and promote relaxation.

YOUR GUIDE TO CULTIVATING BALANCE



BALANCING MENTAL AND EMOTIONAL ENERGY

Nadi Shodhana (Alternate Nostril Breathing)
This practice balances the left and right hemispheres of the brain, creating clarity and calm:

- Close your right nostril, inhale through the left.
- Switch nostrils and exhale through the right.
- Continue alternating for a few minutes to balance your energy and soothe the mind.

Cognitive Flexibility: ABC Model
From cognitive behavioural therapy, use the ABC Model to challenge your thoughts and regulate emotions:

- A (Adversity): Identify the stressful situation.
- B (Belief): Recognize the automatic belief that arises.
- C (Consequence): Notice how that belief impacts your feelings and behaviour.

Challenge the belief and reframe it for emotional balance.

ALIGNING WITH THE NATURE'S RHYTHMS

Evening Routines for Autumn:
Sync your evening routine with the season's slower pace by dimming the lights and avoiding screens before bed. Create a calm environment by drinking warm herbal teas, journaling, or practicing mindfulness before sleep.

Circadian Rhythm:
Small shifts like dimming lights and avoiding screens help regulate your body's natural sleep cycle (circadian rhythm), ensuring restful sleep and aligning your body with the rhythms of autumn.

THANK YOU FOR JOINING US &
MAKING TIME TO REFLECT,
REPLENISH & RECHARGE.

Overhaulin'

Overhaulin.co.uk