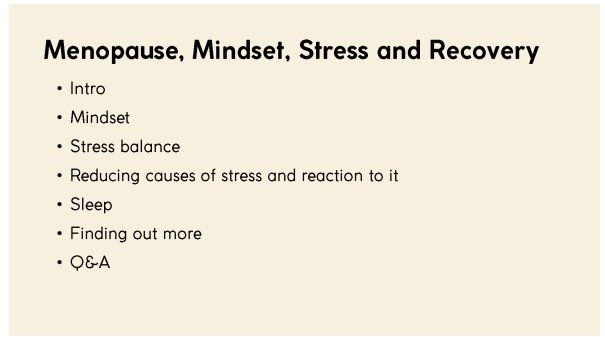
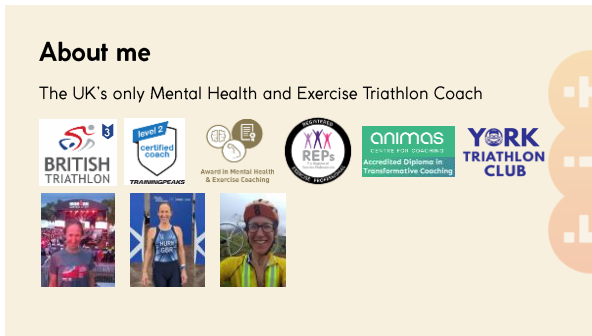


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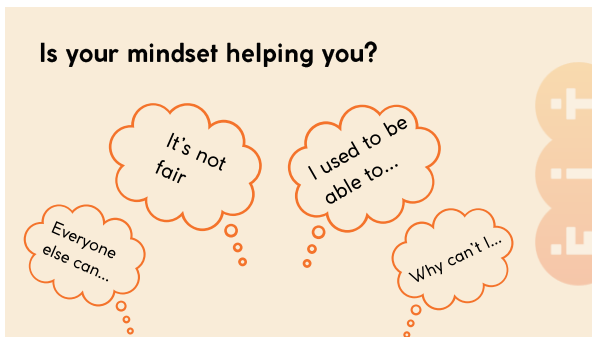
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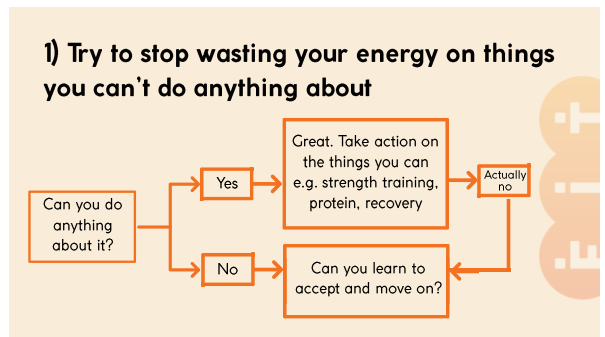
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5



6

2) Can you reframe?

It's not fair that I can't do that

7

2) Can you reframe?

It's not fair that I can't do that

↓

It's just a fact of life that I can't do that

↓

I can't do that but I can do this instead

↓

There's some benefits of having an early warning that I need to take better care of myself

8

FEEL WITH LUCY

Stress and recovery

9

10

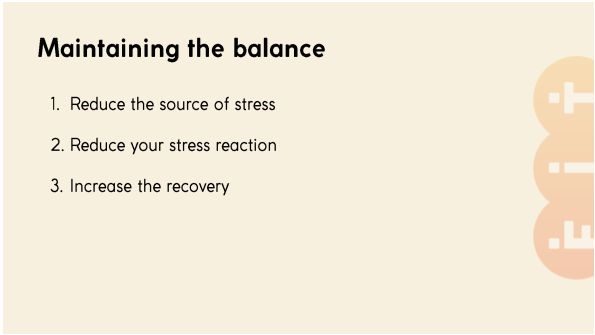
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Maintaining the balance

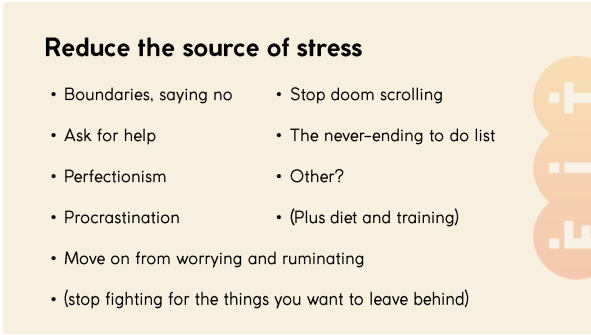
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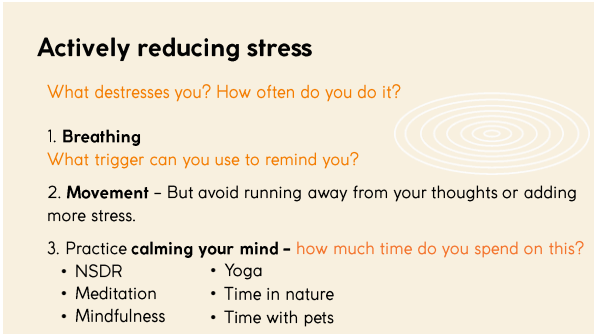
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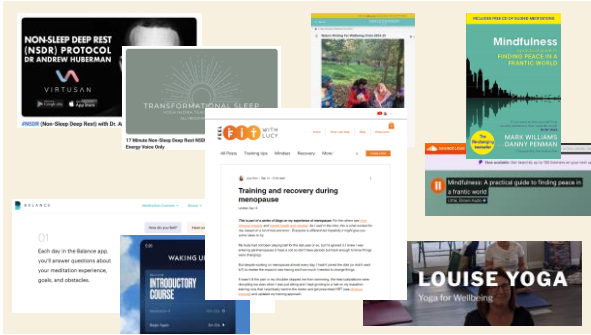
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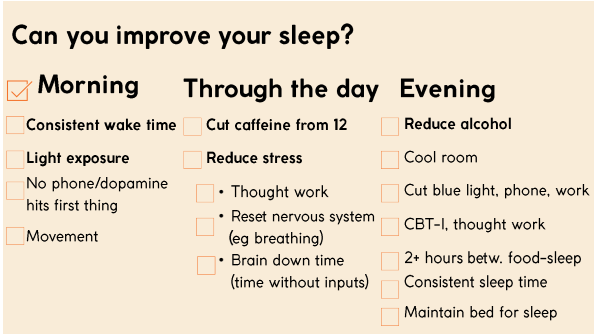
15



16



17



18

Summary

- Awareness of whether our mindset is serving us, and taking action to change it
- What can you do to reduce the causes of stress
- What can you do to build a regular habit to destress once it occurs?
- How can you improve your sleep?

19

Competition time!

Today's word: **Smile**



To enter: Email me the code word from at least 3 of the 4 sessions

20

F E E L
F i t
WITH LUCY

Questions?

Get typing or hands up

21

F E E L
F i t
WITH LUCY

Finding out more

22

Menopause Week:



Launch Q&A



Introduction to menopause and training through it



Nutrition and menopause



Mindset, rest and recovery through menopause

>> Look out for email with link to all sessions

23

Special offer: Light Touch off season plan

- **Get 50% off**
 - For up to 4 months, valid between Nov 24 – Feb 25
 - Monthly coaching call
 - Online training plan
 - Discount on Club Feel Fit
 - Base plan only, does not include race specific training builds
 - **10 places only:** priority access for Menopause Week list
- >>> Book an intro call to find out more – See email for details!

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My clients




“ I wanted to say a massive thank you. Obviously the training plan, but the **nutrition support** and mostly the **mindset/working on my anxiety made so much difference!** ”
Issy, 30, York

“ I've been following Lucy's training plans for 3 years and I've **never felt fitter, stronger or happier!** I felt confident in my training and exceeded my expectations on race day. Lucy gave me the structure, **support and confidence to be ready for race day** ”
Rachel, Guilford, 52

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Social media and emails

Follow me on Facebook and Instagram @feelwithlucy



See my weekly(ish) emails for support and inspiration

26




Questions? Feedback?

Get typing or hands up

27

Building habits

Strength? **Willpower** Or glide?



28

Building habits

- Just choose 1-2 things
- Make them small enough that you can visualise doing them
- Add a trigger
- Commit with intention
- Reflect and learn

29