

Panel of Experts

Tiny Habits for Reducing Stress

Presented by Tiny Habits® Academy

Tiny Habits for Reducing Stress Experts



Host and Moderator
Andrea Spyros



Geoff Girvitz



Marta Rozgoni



Shawn Russell



You will:

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Geoff Girvitz

Tiny Habits Certified Coach

Geoff's 3 Tiny Habit Recipes

1

After I notice that I'm feeling impatient, **I will** think, "I am practicing patience."

2

After I notice that my focus is starting to waver, **I will** take at least two slow, mindful breaths.

3

After I notice that I'm feeling overwhelmed, **I will** perform at least one (very slow) transition from downward dog to plank.



Marta Rozgoni

Tiny Habits Certified Coach

Marta's 3 Tiny Habit Recipes

1

After I get into bed in the evening, **I will** write down one gain.

2

After I walk into the kitchen in the morning, **I will** pull out my protein powder.

3

After I hear my Pomodoro timer, **I will** set the timer for a 5-10 minute break.



Shawn Russell

Tiny Habits Certified Coach

Shawn's 3 Tiny Habit Recipes

1

After I notice I feel stress, **I will** ask, “What am I struggling with right now?”

2

After I notice I feel stress, **I will** tap and “follow” what I’m feeling.

3

After I notice I feel stress, **I will** make a specific goal and take action on it.



Go to TinyHabitsAcademy.com:

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach