

SABRINA  CADINI

How to Achieve Life-Work Balance



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A 6-pillar framework to improve your well-being and success

Wellness has (finally) become synonymous with productivity and self-optimization.

Are you still chasing a work-life balance?

What about Life-Work Balance where YOU come first?

I experienced burnout in 2011 and I consider that turning point a blessing in disguise.

Since then, I've become an expert in the body-brain connection.

Our bodies are very sophisticated systems with different areas that depend on each other and influence each other, more than we think.

When we take good care of each area, we work so well that we can achieve what we thought was impossible!

My signature program, [Life-Work Balance](#), is a proven system that focuses on nutrition, movement, sleep, stress/anxiety/burnout management, self-care, and time optimization. My holistic approach, combined with epigenetics, neuroscience, chronobiology, and positive psychology starts with you as an amazing individual with potential, talents, and skills that are waiting to be enhanced by a healthy body and brain. It's all part of a system.

Life comes first, then work can get done.

This is why I never talk about work-life balance: for me, it is life-work balance.

I always wondered why people put work first ... Shouldn't we take care of ourselves, of our lives first?

My Life-Work Balance program will help you increase your energy, focus, clarity, positivity, creativity, happiness.

As a result, you will increase your performance, become more productive, successful, and profitable.

Are you ready to transform your life?



Pillar 1: Nourish

Poor diet is a huge problem in our modern society. It is proven that several diseases such as obesity, diabetes, cardiovascular disease, autoimmune disease, and cancer are linked to diet. However, people often settle for processed or junk food because they're cheap, easily available, and they provide a faster option to fit in their busy schedules.

Food is information for our cells, tissues, muscles, organs, and even our gene expression. Our bodies are designed to keep us healthy, but we must help them by nourishing them with the right fuel. And no, this is not about starting a diet - this is about adopting a new lifestyle for the rest of our lives.

Also, most of our immune system resides in our intestinal tract and, when we eat better, our immune system works better. Both our body and brain benefit from this. Eating better is key. And, it's not only what we eat, but how the bacteria in our gut (microbiome) process and digest it that counts.

I keep hearing the same excuses from friends and clients: there's no time to cook, no time to prepare healthier meals because of their busy schedule, and they can't make it happen. For that reason, they never start changing their lives. But you CAN eat better, it's the foundation of a healthier life!

Once you start a new relationship with food thinking that what you eat will change and improve your body and your brain forever, you will love cooking homemade meals at home and experimenting with different ingredients and flavors. Plus, many healthy meals just require 15-20 minutes! If you still want to enjoy your favorite recipes, you can substitute the ingredients with healthier options. Ask me how!

YES to whole foods that provide the necessary vitamins, minerals, and phytonutrients:

- Non-starchy, low-glycemic, organic vegetables in different colors (eat the rainbow)
- Healthy fats and protein (olives, olive oil, avocados, nuts and seeds, wild-caught fish, grass-fed meat, pastured eggs)
- Non-glutenous grains (quinoa, buckwheat, millet, teff)
- Low-glycemic fruit (berries)

NO to:

- Processed and packaged foods (make sure you read all the ingredients) that are high in calories and low in nutrients
- Refined "white" foods such as flour, rice, pasta, bread, crackers, cereal (high in gluten), and sugar
- Refined oils like soybean, corn, safflower, sunflower, canola oil



Pillar 2: Move

How many of you are regularly active? Just be honest, I'm not here to judge!

I have to admit, I used to hate working out. But after educating myself on the multiple benefits, I completely changed my attitude. Now I love it!

Stop making excuses and start loving your body and your brain! Schedule time in your daily routine for some type of exercise. It doesn't have to be a workout at your local gym, you don't even need a gym membership: Go walk, run, dance, ski, swim, play sports, have fun with your friends or your pets... There are so many options!

Just make sure you add time for movement to your calendar just as you would an important meeting. Yes, write that down! Don't cancel that Zumba or spinning class just because you have "more important things to do". And try to move every day throughout the day. When we move, our bodily systems work better.

Exercise provides many benefits:

- It reduces stress
- It enhances your sleep patterns
- It enhances blood flow to your body and to your brain
- It detoxifies your body and decreases inflammation
- It promotes BDNF (Brain-Derived Neurotrophic Factor) that creates new connections between brain cells

Be serious about your exercise program. You deserve attention and dedication the same way you give it to your family, friends, and clients. Your health is a very important thing to take care of. Because when you're sick, who is taking care of your family? Who is taking care of your business? Our health is our wealth.

Need ideas for exercise and workout routines? Out of options? Ask me!



Pillar 3: Rest

Adequate sleep is necessary to our body and to our brain, and the benefits are multiple: improved ability to focus and learn, more creativity and productivity, less depression, less stress, and less negativity to name a few.

You probably think that you can have more time during the day by sleeping less but it doesn't work that way. We're human beings, not machines; our body needs to repair, recharge and regenerate itself in order to perform, and this only happens while we sleep. If we don't sleep, we won't be able to function better the next day, our energy (and positivity) will decrease, and our productivity will be negatively impacted. What you would spend to complete a task if you're well rested it will take you much longer to do it when you're sleep deprived.

Sleep plays a very important role in our life and it's not only a resting phase, but it's also a restorative phase. Consider it like a "reset" button for our body and our brain. Our brain detoxifies at night, it basically cleans itself of harmful proteins that build up between brain cells while we are awake. Sleep also contributes to consolidating our memory, to a healthy immune system, to regulating our hormones and even our weight.

According to several studies, an average of 40% of American adults is sleep-deprived today. Are you one of them? If you're still thinking that we waste time by spending one-third of our lives sleeping, think again. That is not unproductive time: sleep is responsible for the other two-thirds of our lives.

Our modern world seems to deprioritize sleep, and our daily activities interfere with our circadian rhythm that regulates our sleep-wake cycles. This has a huge impact on our sleep and wake hormones such as melatonin and cortisol.

Some tips (I have more, ask me about ways to improve your sleep):

- Try to sleep 7-8 hours every night, and go to bed at the same time, if possible
- Create a bedtime ritual that limits the use of technology, and instead focuses on spending time with family, reading, relaxing, meditating. Because of technology, we often find ourselves immersed in some tech-related activity before bedtime and this exposure to blue light will decrease melatonin levels, preventing you from falling asleep
- Make sure you sleep in the dark (to prevent your brain to think it's time to wake up)
- If you use your phone as an alarm clock, put it in "airplane" mode (the alarm function will still work) so that you're not subject to harmful electromagnetic radiation during your sleep, and place it in a drawer



Pillar 4: Reframe

Life is stressful for everyone, and for most of us has become the norm in daily life. We live in a technology-driven era where everything happens in a super-fast, super-efficient, and super-productive way. We juggle work, life, and even school while staying home with family. Our work week has become longer with more and more to-dos. Demand always exceeds our capacity. As a result, busyness and pressure are causing stress, anxiety, and burnout, a serious (and growing) epidemic with billions of dollars spent on burnout-related healthcare costs by companies.

And what about time for ourselves? We are usually last on our list, focused on other to-dos and demanding deadlines leaving us so exhausted at the end of the day that we can't even sleep well in the night. And the next morning we start all over again. This never-ending schedule is taking a toll on our productivity and well-being.

But stress is not bad, it's how we react to it that can harm us physically, mentally, and emotionally.

Do you know that stress can lead to chronic disease, shut down your immune system, increase inflammation, cause belly fat, cause brain damage, and even change your gene expression?

Don't let stress ruin your life just because of overwork, bad habits, negative patterns, and beliefs!

After coaching hundreds of busy and overwhelmed professionals, I decided to create a program specifically about stress: **REFRAME & THRIVE**. This 6-week program will allow you to:

- Identify the type of pressure you're experiencing (is it stress, anxiety, or burnout?)
- Recognize your stressors and triggers
- Learn about your biological response, and its effects on our body and brain
- Create your stress and anxiety management toolkit
- Implement personalized strategies and techniques to shift your mindset, reset your nervous system, build resilience, and reclaim your energy, purpose, focus, and joy in your life – not to mention precious time for sustained success

In addition, you will receive my “No More Stress” digital guide with a list of stress warning signs, our body's stress responses, and quick stress management fixes (great to share with the people you care about!). You might not even notice those symptoms because you feel they are a “normal” part of your everyday life, but your body and brain are clearly trying to tell you something.

Need suggestions about stress-relieving techniques? Ask me how!



Pillar 5: Care

Do you ever find time to take care of yourself?

We always take care of others, our spouse, our kids, our family, our friends, our clients, or our customers, but we rarely say, "today is dedicated to me". This sounds like a selfish or a frivolous thing to do but we really need to take care of ourselves and be able to take some time off, especially if we have demanding jobs or clients.

Repeat to yourself: "Self-care is not selfish, it's not optional or a luxury; it is necessary for my well-being."

We're all extremely busy in our daily lives, and we have a hard time to unplug and really enjoy those special moments. But we don't know what we're missing: by taking time off we can recharge and do better in our personal and professional life. We cannot afford to be constantly stressed, pressured, or multitasking; our body and mind will be negatively affected, and we will experience burnout. Not only that, but we cannot take care of others unless we take care of ourselves first.

Today's hectic life causes chronic stress and it's very dangerous to your health. Stress hormones affect your immune system, and they can eventually make you prone to major health issues. Not worth it. Get rid of all the negativity around you (thoughts, news, people, deadlines, etc.) as much as possible.

Our bodies, our brains are not machines, they cannot work 24 hours a day. We need to stop what we're doing and dedicate time to ourselves that gives us pleasure and reignites our happiness, creativity, positivity, focus, productivity. Even if you're working on a project at work that gives you excitement, you still need to take a break to recharge.

Show up for yourself as a daily habit, even if for just five minutes, and you will see how effective it is for your body and for your mind!

Also, reward yourself to celebrate your accomplishments, your wins. Big or small. The reward system is something that I always suggest my clients incorporate in their daily, weekly, monthly goal setting. When you reward yourself consistently, you're more motivated to set and reach higher goals because you know there's a reward waiting for you.

I divide self-care into different categories: physical, mental, emotional, spiritual, professional, social, practical. Ask me how you can improve any of these areas for a better and more balanced life!



Pillar 6: Plan

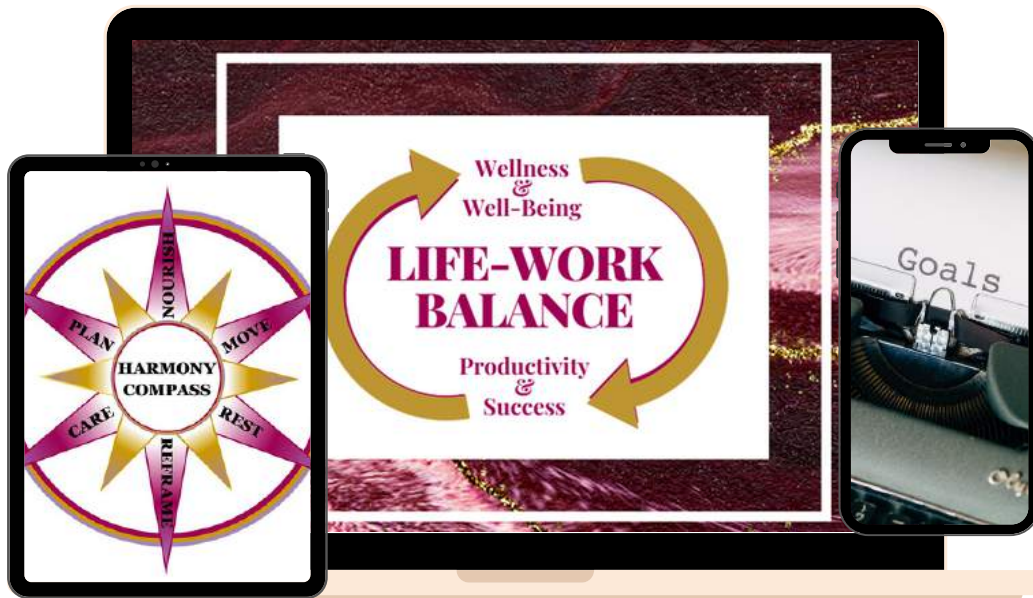
We all have 24 hours in a day, but some people seem to be using it better than others. Why is that? They know time is valuable and they spend it wisely.

Of course, life is busy, things get in the way, and there always seems that something slows down our workflow. When you don't feel in control of your schedule and you get overwhelmed with deadlines and to-do lists, you resort to multitasking and try to fit everything in your busy day. But that's not the right solution. Our brain doesn't know how to multitask, it can only switch between tasks; this will produce mediocre results, and more frustration because you will need to spend longer hours on your to-dos. As a result, you will have less time for yourself, and less time to rest, eventually leading to burnout.

It's all about being able to prioritize what matters most to you as much as possible. One of the best ways to figure out how to optimize your time is by tracking it. Once you know how you're spending your time on each activity (whether it's getting ready for your day at work, or scrolling through your Instagram feed, or staying up late to binge watch movies), you can make the necessary changes and work on a more focused approach by deciding how you'd like to spend your time.

Some tips to optimize your time:

- Implement a zero-based calendar by scheduling everything, from office meetings to your lunch breaks, free time with the kids, fitness, etc. That way, you make time for everything that matters.
- Work on your to-do list the night before so that you'll already have a plan the next morning
- Take advantage of your energy levels (a period of time when you are extremely productive and you're able to accomplish more than usual) to accomplish your goals better and faster.
- Take breaks every hour or so to give your body the ability to get rid of metabolic waste and refuel your cells



Ready to upgrade yourself?

SIGN UP FOR LIFE-WORK BALANCE!

Life-Work Balance is a 6-month program that helps you master goals of any type, whether they are related to your personal life or your career, such as nutrition, movement, sleep, stress/anxiety/burnout, self-care, and time management.

Life-Work Balance combines epigenetics with neuroscience, chronobiology, and positive psychology, allowing you to optimize your inner resources, boost your energy and focus, and increase your productivity and performance while you improve your wellness.

During the program, I'll help you create customized habits and maintain momentum so that you can achieve your goals better and faster.

[APPLY NOW](#)



I'm a Holistic Precision Life Coach and the creator of the Life-Work Balance System helping you live and work better by prioritizing yourself with customized lifestyle changes.

The body is a complex, interconnected system, and many factors can influence our everyday life. By creating an optimal homeostatic balance in your entire body (working on your foundation first), you will become faster, stronger, more productive and successful, and you will shift your mindset from "fixed" to "growth" for extraordinary results.

DISCLAIMER

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