



R & R: Recalibrate and Rejuvenation by Dr. Cheryl Okoli, DHA © 2022

Have you heard it said that R&R is for rest and relaxation?

Well, that's good but I want you to take a few steps before you proceed to rest and relaxation to ensure that your rest is truly relaxing.

First, you want to recalibrate.

Recalibrate. Why are you doing what you are doing? Who do you need to focus on first?

Educate yourself on the above

Celebrate what you have accomplished

Assess holistically (physical, mental, social, cultural, spiritual domains)

Liberate negative thinking patterns

Inquire and get ideas from others

Believe in yourself

Relinquish control of what you cannot

Accept that you are only human

Trust the process

Enthusiasm is the way forward

Now, you can focus on **rejuvenating**. The word 'rejuvenate' means.....

“the act or process of making somebody/something look or feel younger, more lively or more modern”
(Cambridge dictionary)

“to make young again; restore to youthful vigor, appearance,” (Collins Dictionary)

“restore to youth.” (Oxford Dictionary)

How realistic is it to expect to revert back to your youthful looks? It is not, but you can have a “renata” of some sort from the inside, a rebirth if you will. Rebirth of how you think, how you act, who and how you interact with others. I hope that the process of recalibrating ushers in a true and lasting rejuvenation through rest and relaxation regardless of external happenings and that your internal well-being will be healthy and joyful regardless the “**happen**”ings around you.

Call-to-Action

- 1) **Consultation**: Do you need help with strategic management, change management, quality improvement, conflict coaching for your business/self/organization? Visit my website at Shalom:Eagle's Wings
- 2) **Retreat**: Check out my retreat, “Renata Wellness and Recreation Retreat” for a tangible step to take in your rejuvenation process :)