

My Sleep Experiments

My Stress Levels Two Thursdays Before The Change



My Stress Levels Two Thursdays After The Change



The 4-7-8 Breathing Technique (Repeat 4 Times)

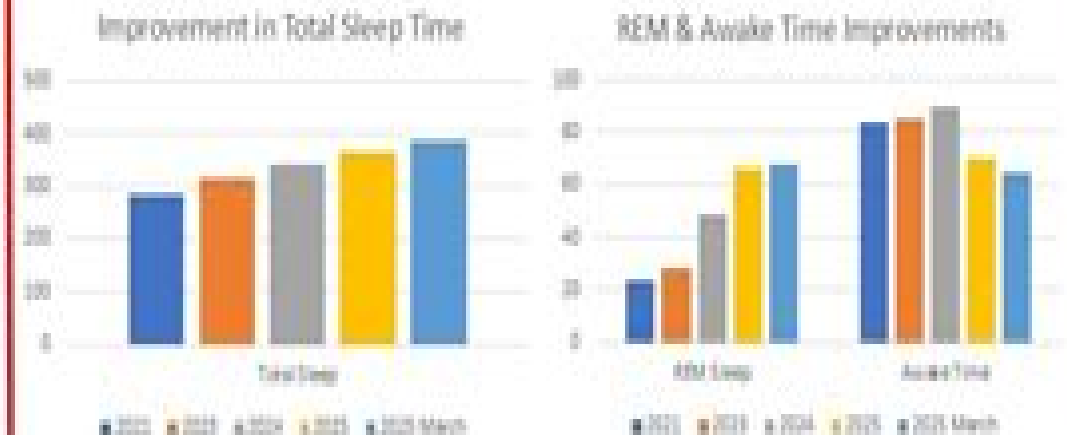
Inhale for 4 seconds	Hold for 7 seconds	Exhale for 8 seconds
Breathe in through the nose	Hold your breath	Exhale completely & slow through the mouth
Fill your lungs fully, but gently	Try to stay relaxed – don't tense up	Slightly purse your lips & make a whooshing sound

Activates the parasympathetic nervous system

Lowers heart rate and blood pressure

Helps quiet the amygdala and reduces mental chatter

Improvements in my Sleep Markers 2021-2025



*All number in minutes. Data from 2022 missing due to not using the Oura Ring for a year

Sleep Hacks Last 90 Days Sign In

Sandra Mashihi, Kenneth M. Nowack



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The Workaholic's Detox Dr. Kara Larson, A must read for anyone seeking a more fulfilling efficient lifestyle The Workaholic s Detox is a transformative guide for busy professionals seeking balance with their work obligations Offering a unique blend of biomedical engineering project management and holistic wellness this book reveals the secrets to balancing productivity with personal wellbeing and intimate relationships The book explores prioritizing setting boundaries effective communication habit building and much more With insights into mindset s role in personal development the book emphasizes action over mere knowledge aiming to shift readers from work centric habits to balanced living with practical steps for transformation In this book you will learn Understanding Workaholism Insights into the psychological and emotional aspects of workaholism and its impact on personal and professional life Setting Boundaries Strategies for establishing healthy work life boundaries to improve overall wellbeing and relationships Effective Communication Techniques for communicating needs and expectations in the workplace to reduce stress and over commitment Building Healthy Habits Guidance on developing habits that promote a balanced lifestyle focusing on personal health and happiness The 60 Day Challenge A structured program designed to help transition from a work centered life to one that prioritizes balance and efficiency *The Fastest Hike* Raymond Greenlaw,2004 **The Century Dictionary Supplement** ,1909 **Performance Feedback Strategies** Sandra Mashihi,Kenneth M. Nowack,2025-04-01 Unlock the full potential of your employees with effective feedback Providing performance feedback is one of the most challenging tasks leaders face Feedback often sparks frustration and fear for both leaders and their teams Why Because there is a disconnect between what leaders think they are communicating and what employees receive In this essential book leadership experts Mashihi and Nowack offer leaders their four part Performance Feedback Coaching Model designed to bridge this gap After over a decade spent developing testing and refining their model with leaders around the world the authors offer this powerful framework based on research in neuroscience and psychology The book equips leaders at all levels with practical strategies and tools to deliver tailored feedback that aligns with each employee s unique skills and interpersonal strengths By personalizing feedback leaders can inspire significant improvements in employee behavior creating a workplace where leaders achieve their goals and employees thrive a true win win situation The authors share powerful stories real life examples and user friendly tips as well as questionnaires worksheets and other tools leaders can apply immediately in managing today s diverse and global workforce With this book as your roadmap you will have the guidance you need to improve your employees development performance motivation satisfaction and retention Beta Bucks, Alpha Fucks Conrad Riker,101-01-01 Tired of Being a Disposable A T M in a Woman s World Discover How to Weaponize Truth Master the System and Live Free Do you feel cheated by a society that demonizes your masculinity but still demands your labor money and silence Are you exhausted by endless shit tests and the fear that love is just a transaction in a gynocratic regime Worried your life s value boils down to a

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require a multiple code answer Identifiers next to the answer blank s to guide you through the most difficult coding scenarios Answer blanks with a preceding symbol 3 interlocking circles indicates that the user must decide the number of codes necessary to correctly answer the question In text exercises Quick Checks and Toolbox features reinforce coding rules and concepts emphasize key information and test your retention and understanding From the Trenches Coding Shots Stop Caution Check This Out and CMS Rules boxes offer valuable up to date tips and advice for working in today s medical coding field Coder s Index makes it easy to instantly locate specific codes Practice activities on the companion Evolve website reinforce key concepts from the text Updated content presents the latest coding information so you can practice with the most current information available *Step-By Step Medical Coding 2011 Edition - E-Book* Carol J. Buck,2011-02-11 Updated content reflects the latest coding developments so you can practice with the most current information available New ICD 10 CM chapters prepare you for the upcoming 2013 transition ICD 10 CM Official Guidelines for Coding and Reporting boxes contain excerpts of the actual guidelines presenting the official wording alongside in text discussions to help you better understand upcoming changes *Step-by-Step Medical Coding, 2013 Edition - E-Book* Carol J. Buck,2012-12-14 Take your first step toward a successful career in medical coding with comprehensive coverage from the most trusted source in the field Step by Step Medical Coding 2013 Edition is the practical easy to use resource that shows you exactly how to code using all of today s coding systems In depth step by step explanations of essential coding concepts are followed by practice exercises to reinforce your understanding In addition to coverage of reimbursement ICD 9 CM CPT HCPCS and inpatient coding the 2013 edition offers complete coverage of the ICD 10 CM diagnosis coding system in preparation for the eventual transition No other text on the market so thoroughly prepares you for all coding sets in one source Dual coding in Units 4 and 5 where both ICD 10 and ICD 9 answers are provided for every exercise chapter review and workbook question ensures you can code using the systems of both today and tomorrow Complete coverage of the new ICD 10 code set in Unit 2 prepares you for the eventual transition from ICD 9 to ICD 10 Official Guidelines for Coding and Reporting boxes in Units 2 3 and 5 present the official outpatient and inpatient guidelines alongside text discussions Concrete real life coding examples help you apply important coding principles and practices to actual scenarios from the field Over 500 total illustrations of medical procedures or conditions help you understand the services being coded Four coding question variations develop your coding ability and critical thinking skills One answer blank for coding questions that require a one code answer Multiple answer blanks for coding questions that require a multiple code answer Identifiers next to the answer blank s to guide you through the most difficult coding scenarios Answer blanks with a preceding symbol 3 interlocking circles indicates that the user must decide the number of codes necessary to correctly answer the question In text exercises Quick Checks and Toolbox features reinforce coding rules and concepts emphasize key information and test your retention and understanding From the Trenches Coding Shots Stop Caution Check This Out and CMS Rules boxes offer valuable up to date tips and advice for

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