



Book your appointment today! (506) 226-6432, synergiphysio@gmail.com

What's your passion?

Practice your *passion* to create
more space for *pleasure* and less space for pain.

WHY should we pursue our passion? When we're practicing an activity that we love, our body releases chemicals called endorphins. Endorphins are best known for being the HAPPY hormones and they act as an opiate receptor in our brain. This creates a sense of well-being and reduces pain.



Let's find out what *your* passion is so you can start creating some endorphins!



1. **What are the unnecessary distractions in your life? (Facebook, TV, etc.)**

Write everything you can think of.

2. **How much time do you spend on those unnecessary distractions?**

3. Write as many activities you think you would like to try out (it can also be an activity you did before and don't make time for it anymore). **What activity would you like to replace your unnecessary distractions with?**



4. What is your meaningful reason that will keep you going when times get tough?

With every activity we do that demands more of our time and energy, we should **always have a meaningful reason** to keep us motivated to go forward when times get tough.

The only way you can really know what makes you feel good is by trying it. The goal of the activity is to bring pleasure into your life!

Remember to always come back to your reason when you lack motivation. Now that you have your activity in mind, slowly dive in and *enjoy the ride!*

**Your friends,
Team Synergi Physio**