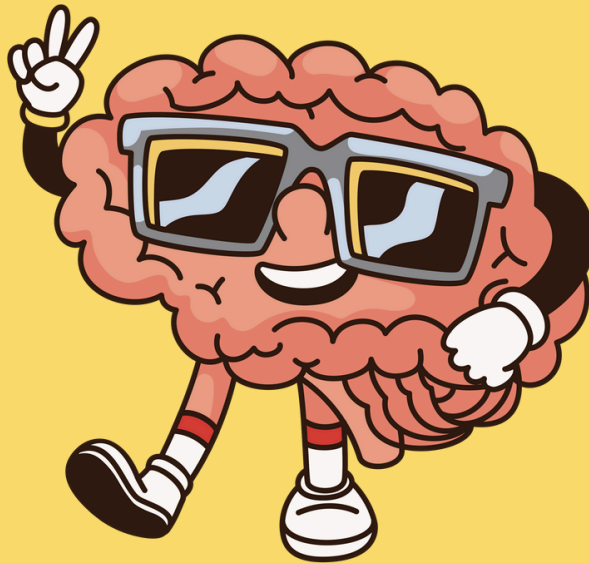


INTERNATIONAL ONLINE CONFERENCE ON ADHD 2025

LET. IT. BE.

✦ The Choice Lies Within You. ✦



barb williams. paula mullin. sally linton.

GET YOUR COPY



Speaking words of wisdom

LET. IT. BE.



The Choice Lies Within You

- L**ove yourself unconditionally
- E**mbrace your flaws and imperfections
- T**rust yourself and your journey

- I**mmerse yourself in nature
- T**ake time to connect

- B**reathe deeply
- E**ngage in acceptance and gratitude

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Reduce Anxiety & Stress with the Physiological Sigh | Huberman Lab Quantal Clip

<https://youtu.be/rBdhqBGqiMc?si=CfCTJPRIGiNbHK8v>

11

The Forest Bathing Institute: <https://tfb.institute/scientific-research/>

12

Canadian Psychological Association: <https://cpa.ca/psychology-works-fact-sheet-benefits-of-nature-exposure/>

Understanding **THE SCIENCE**



13

Spending at least 120 minutes a week in nature is associated with good health and wellbeing:

<https://www.nature.com/articles/s41598-019-44097-3#citeas>

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World Health Organization. WHO Commission on Social Connection.

<https://www.who.int/groups/commission-on-social-connection>.

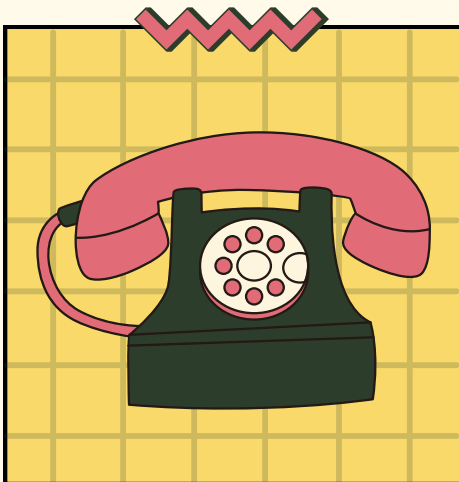
15

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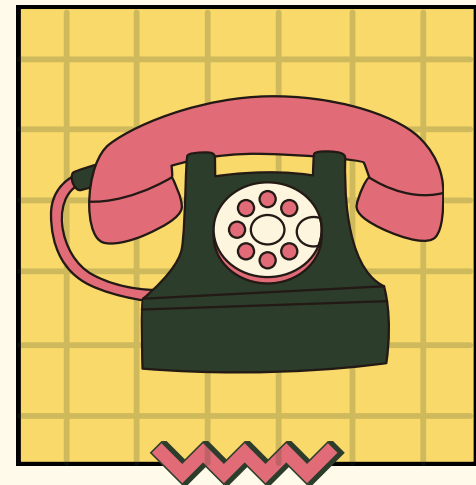
 **THANK** 
YOU



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barbarawilliamscoaching.com

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Speaking words of wisdom

LET. IT. BE.



The Choice Lies Within You.

Song by The Beatles – Revised Lyrics by Sally Linton

Sung by – David Grieger

When I find myself in times of trouble, my internal voice comes to
me

Speaking words of wisdom, let it be

And in my hour of rumination, I pause and let it come to me

Speaking words of wisdom, let it be

Let it be, let it be, let it be, let it be

Whisper words of wisdom, let it be

And when the self-compassionate people living in the world agree

There will be an answer, let it be

And though it may be hard to see, the ultimate choice resides in me

There will be an answer, let it be

Let it be, let it be, let it be, let it be

There will be an answer, let it be

Let it be, let it be, let it be, let it be

Whisper words of wisdom, let it be

Let it be, let it be, let it be, let it be

Whisper words of wisdom, let it be, be

And when my thoughts are heavy, there is still a light that shines in me

Shinin' until tomorrow, let it be

I wake up to the sound of nature, grateful for the peace in me

Speaking words of wisdom, let it be

And let it be, let it be, let it be, let it be

Whisper words of wisdom, let it be

Let it be, let it be, let it be, let it be

Whisper words of wisdom, let it be

