



WELCOME

SACRED WELLNESS FAMILY

Welcome to the very first edition of Sacred Wellness Reflections!
Whether you joined us for our inaugural gathering or were unable to attend, I'm so grateful you're here. My prayer is that this monthly reflection becomes a gentle pause in your busy life—a reminder that God cares deeply about your whole well-being.

Sacred Wellness Circle was created because I believe God is calling us to care for our minds, bodies, spirits, relationships, and purpose with intentionality.

Together, we're creating a community where people don't have to pretend they're okay.

Instead...

We gather.

We reflect.

We heal.

We grow.

We flourish.

Thank you for being part of this journey.

With gratitude,
Coach Cynthia Young
Founder, Sacred Wellness Institute



THIS MONTH'S REFLECTION

WORKPLACE STRESS & BURNOUT

Many people carry invisible burdens every day.

- Heavy workloads.
- Emotional exhaustion.
- Caregiver fatigue.
- Financial pressure.
- Compassion fatigue.
- Feeling overlooked.
- Trying to be everything for everyone.



Burnout rarely happens overnight.

It often grows quietly until our bodies, minds, and spirits begin asking us to slow down.

One of the greatest acts of stewardship is learning to recognize when we need rest before we reach the point of depletion.

Remember:

Rest is not quitting.

Rest is preparation for continuing your purpose.

Scripture of the Month

"Come to me, all you who are weary and burdened, and I will give you rest."

Matthew 11:28

Jesus never promised a life without burdens.
He promised His presence while carrying them.



SACRED PRACTICE

This month's practice is called: The Sacred Pause

Before responding...

Before saying yes...

Before worrying...

Before rushing...

Pause.

Take three slow breaths.

Pray: "Lord, give me wisdom for this moment and peace for this day."

Then move forward.

Sometimes the most productive thing we can do is pause long enough to hear God's voice.

Wellness Reminder



Protecting your mental and emotional well-being is an act of faithful stewardship.

If you're experiencing ongoing stress, anxiety, depression, grief, or emotional distress, please know you do not have to carry it alone. Prayer, trusted community, and professional mental health support can work together. Seeking help is not a sign of weak faith—it can be a wise step toward healing.

LOOKING AHEAD

Our next Sacred Wellness Circle Gathering is coming soon!

Together we'll continue creating space for honest conversations, spiritual encouragement, and practical tools that help us flourish.

We hope you'll join us.

Until Next Time...

May you experience God's peace in your work.

May your soul find rest in His presence.

May your purpose remain stronger than your pressure.

And may you continue to...

Protect Your Peace.

Preserve Your Purpose.

Flourish Forward.

Sacred Wellness Institute

A faith-centered community where purpose-driven people connect, grow, and flourish together.

Coach Cynthia Young

Author | Life Coach Minister | Social Impact Leader



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