



# Full Bodied Nutrition Inc

HOLISTIC NUTRITION &  
STRESS MANAGEMENT STRATEGIES



## **Hello April!**

Like most of us, you are probably questioning many things during this unprecedented and scary time that we are currently living in. Maybe you are adjusting to working at home, or being home with the kids, or maybe you have been laid off. Maybe you are being kept away from precious loved ones who are sick as hospitals, or elders in senior centers, as have very strict visitation restrictions!

Each day we are being inundated with new information leaving us with new feelings and emotions. Perhaps it feels a bit like grieving. The loss of your regular routine and all things that feel normal. If you are feeling that way, that is okay.

Many friends, family and now a slew of new sources, are providing us with new

ways on how to cope. What we hope you understand is that what works for you may not work for someone else. We are all biochemically different and so are our emotions, feelings, fears, joys and excitement.

If you are suffering from anxiety, depression, or if you are stressed about how things are going to work out or just need someone to listen... we are here to listen. Get in touch!

Some of you may be taking this time to be grateful and surround yourself with peace and solace and others may be feeling scared, insecure and anxious. You may even be feeling both of those scenarios on different days or even the same day. What is important is to trust yourself and let your feelings be what they are. If you need to clean and organize cupboards one day, clean out that closet, go through your drawers and make a donation pile, then do it. If you feel that you need to be in your jammies all day while you Netflix, that works too.

Living "normally" these days means there is no right or wrong. What is important while you are staying home, is that you never feel alone and never question what is the "right thing to do". Staying safe and healthy and keeping the world a safe place is what we all should be focusing on right now.



### Upcoming

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We are super excited to be doing a group Cupcakes and Kale podcast with 4 special guests, all RHN's, to see how different people are managing this Covid-19 situation. 6 RHN's with 6 different opinions should be entertaining!

We are currently trying to come up with ideas on how to share our Come Dine with Us segment whilst still practicing social distancing. We will keep you posted.

Have an idea that you would like to share with us? Please feel free to contact us at anytime to share your ideas.

[Janice's email](#)

[Ginette's email](#)

### Holistic Hub

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**Nourishment:** At this junction, we encourage you to do the best that you can with what you have available and what

you already have in your home. Whether you live in a small community, are in quarantine, or are taking all extra precautions, both resources and funds may be a little scarce. Just do what you can. When things return to "normal", that is the time to get back on track.



**Lifestyle:** "It is what it is" these days. Nothing is "normal". If you are feeling less than productive, now is not the time to be beating yourself for not getting things done. On the flip side, if you are feeling productive, you have been given the gift of time to get things done. All that to say, everyone will deal with this situation differently. There is no right or wrong in this moment.

**Psycho/Spiritual Connection:** In the current situation and stressful climate, please don't forget to try and calm the body, in anyway possible. Reducing stress, even for a short period of time, can bring huge health benefits. Laugh, cry, be angry, meditate, do yoga, breathe deeply but also don't forget to love yourself and others the best way you can. This will help your mental health and help you feel less isolated.

**Wellness Challenge:** Don't beat yourself up. Staying healthy and safe, both physically and mentally, is the priority right now. We encourage you to do what feels normal, whatever that normal is. This will organically reduce your overall stress level about the current situation.



### Ongoing Initiatives

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For more in-depth ways to support your Immune System, check out our most recent blog post [Covid-19 and How to Support your Immune System](#)

Due to the requested government social distancing and self isolation, our Wellness Initiative is now FREE for a limited time for those still interested in making and achieving their health and wellness goals. This is a do-at-your-own pace mini course will provide you with a strong foundation in nutritional and lifestyle education. All restrictions have been removed so you can do as much or as little as you like.

[12 week Wellness Initiative Program](#)

Don't forget to check our social media for all kinds of tips, info and a few laughs.

You can find them here:

[Facebook](#)

[Instagram](#)

[Twitter](#)

GREAT NEWS! Our Cupcakes and Kale podcast is now available in iTunes.  
Simple look us up in the search bar!

**Wishing you well,  
Janice and Ginette**



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