



Rise Wellness Check-IN

Refocus. Reset. Rise

September 2025

September has a way of feeling busy. There are new routines, shifting schedules, and the steady hum of change in the air. In the middle of all that, I just want to remind you that your wellbeing matters too.

Transitions like these can increase stress on both your mind & body, which is why small moments of self-care help keep you grounded.

Taking a short walk, pausing for a few deep breaths, or keeping a consistent bedtime are all small shifts that make a big difference.

5 Gentle Reminders for September

- **Embrace the shift in seasons.** Let the cooler mornings and changing light remind you to slow down.
- **Simplify where you can.** It's okay to set aside one extra task this week.
- **Find small joys in routine.** Light a candle, play music, or savor a favorite moment.
- **Practice gentle focus.** Do one thing at a time and release the rest for now.
- **Breathe into transition.** Take a few deep breaths as you move from one part of your day to the next.

Change can feel exciting, but also overwhelming. If you notice yourself needing a little extra support, don't wait until it feels unmanageable. Sometimes the kindest thing you can do for yourself is to check in sooner rather than later. We're always here when you're ready.

Rise Wellness


Dr. Nyla