



# Rise Wellness Check-IN

Refocus. Reset. Rise.

August 2025

We're heading into a season full of new schedules, school drop-offs, longer to-do lists, and shifting routines—but in the middle of it all, don't forget to check in with you. This month, we're calling it:

**Back to You Season**. A time to come home to yourself, your peace, and your priorities.

## 5 Gentle Reminders to help you reconnect:

1. **You're allowed to take up space.** Your needs matter, even when life gets busy.
2. **Boundaries are not selfish.** They're your way of protecting peace and energy.
3. **Small habits make a big difference.** A glass of water, a short walk, a moment of stillness—it counts.
4. **Rest is a requirement, not a reward.** Burnout is not the goal. Restoration is.
5. **This season gets to look different.** You can reset without rushing. You can begin again, gently.

If you're struggling with focus, feeling overwhelmed, or just need space to breathe, you're not alone. We're here when you're ready—with care that meets you where you are.

Rise Wellness

