

# M<sup>4</sup> MARILYN'S MONDAY MORNING MESSAGE

## "The Face of Well-Being"...A Practice Not a Performance

### Part 3



"The most important thing I can do as a leader is to take care of myself – because if I don't, I can't take care of anyone else."

**Former PepsiCo CEO, Indra Nooyi**

**December often pulls us in many directions at once.** The pace increases, expectations rise, and personal needs can quietly fall to the bottom of the list. This week, we turn our attention to well-being – not as an indulgence, but as a necessary practice that allows us to show up fully and finish the year with clarity and strength.

Well-being means tending to the whole person – body, mind, and spirit. It shows up in the choices we make every day: how we nourish our bodies, how we manage stress, how we listen to our emotions, and how we honor our need for rest.

### How You Strengthen Your Well-Being

- Eat in ways that support your energy and mood
- Rest when your body or mind feels stretched
- Pay attention to emotional signals instead of pushing through them
- Maintain small routines that bring stability and calm
- Say "no" when your capacity is limited

### What Happens When You Do

- Your mind feels clearer and less cluttered
- Your emotional balance improves
- Your body carries less tension
- Stress becomes more manageable
- You move through the season with intention instead of exhaustion

**Well-being is not about perfection. It's about making steady, compassionate choices that allow you to finish the year grounded – and enter the next one renewed.**

### MAJOR POINT:

Caring for your whole self is essential to sustaining your strength during demanding seasons.

**NEXT ISSUE:**  
**MONDAY, December 22, 2025**