

M⁴ 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.

Marilyn

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MONDAY, December 22, 2025