

First
Latinas365
NEWSLETTER

Latinas
365

Thank you for
Subscribing to this
Community of Latinas
y Amig@s. Please
share with Others.

INSIDE
THIS
ISSUE

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- Mindful Eating & Self-Care tips: Full blogs @ Latinas365.com
- We want to hear from you. Email us at Info@Latinas365.com with topics of interest. to schedule a free 30-minute appointment to discuss your goals/desired outcomes for 2022

January 2022!



Latinas
No matter how you feel.
Get up, dress up, show up
and never give up.



MINDFUL EATING

Just Where
you are –
that's the
place to
start
~Pema
Chödrön

Do you ever find yourself at home bored and decide to have a quick snack? Do you ever wonder if eating this delicious snack is coming from the desire to eat or is it coming from another place; boredom, bad habits, daily stressors, or a way to cope with emotional turmoil? How about on the opposite spectrum, for example, you go home to visit your parents and your mom makes your favorite Tacos or Enchiladas, and you decide to eat until you can't anymore? Again, is your desire to eat coming from a healthy space or is it coming from bad habits acquired throughout your childhood and adult life. [Full blog](#)

Self-Care Amig@s!

Tips to stay healthy physically, mentally, and emotionally as we step into 2022

2021 has had its ups and downs. Let's choose to focus on the things we can do to stay healthy and enter 2022 feeling good.

1. Stay Hydrated
2. Breathe
3. Say kind words to yourself
4. Move your body
5. Laugh often
6. Sleep well
7. Connect with family and friends
8. Notice the small things that bring you JOY and do more of just that (keep it healthy 😊)

[Full blog here.](#)



THANK YOU FOR READING. WE'RE HERE TO SHARE, DISCOVER AND CONNECT TOGETHER. EMAIL: INFO@LATINAS365.COM WEBSITE: LATINAS365.COM – CALL @ 303-653-6007