



AUTUMN IS IN THE AIR

Oh, how I LOVE Autumn. I love the hues of the vibrant red, yellow, orange, green and brown leaves that cascade the lush manicured fields. I love cool temps that require my favorite sweater. I love drinking dark hot cocoa with shaved peppermint or mulled hot apple cider with a cinnamon stick. I love to watch in person or on television a good football game (Go Lions!). I love that God created this wonderful and delightful season for you and I to enjoy. Enjoy each season. Embrace each moment. Express gratitude as we have so much to be grateful for!



5 Self-care Practices for A Lifestyle of Peace

***Create a Peaceful Environment-** Keep your home/workspace clean, tranquil, inspiring.

***Spend Time In Nature-** Embrace the beauty that surrounds you by going for a walk, gardening or sitting and allowing the sun to kiss your skin.

***Engage in Relaxing Activities-**

Take time to read, create a work of art, do light stretching or listen to your favorite music.

***Make Restful Sleep A Priority-**

Eliminate distractions so that your mind, body and spirit can be at rest.

***Nurture Your Spirit-** Make prayer a priority to deepen your sense of purpose and connection along with meditation and personal self-reflection.

Types of Stretching

The two main types of stretching are static stretching and dynamic stretching:

1. *Static Stretching:*

- Involves holding a stretch in a comfortable position for a period of time, usually between 15 to 60 seconds.
- It helps to lengthen the muscle and improve flexibility.
- Commonly used after workouts to cool down and relax muscles.

2 *Dynamic Stretching:*

- Involves moving parts of your body and gradually increasing reach, speed of movement, or both.
- It prepares the muscles for activity and increases blood flow.
- Commonly used before workouts or sports activities to warm up the body and improve performance.

Each type of stretching has its benefits and is suitable for different stages of a workout routine.



I appreciate you!



I appreciate your support and believing in me
and what I'm called to do.

I know that I was created to uplift, encourage
and inspire others and being the self-care
strategist that I am, is only natural for me.
When you know your purpose, operating in that
purpose may not always be easy but it is SO
rewarding.

~Sharon

My YouTube Channel Is Live

I am proud to share with you my YouTube Channel that is live.

Subscribe for weekly videos about the importance of practicing self-care daily and essential strategies for your healthier self-care journey.

Sharon Lane@SharonLane-u2o



My Self-Care Journey Workbook

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MY SELF-CARE JOURNEY WORKBOOK

How daily self-care practices help to
maneuver against The Silent Distractor

SHARON R. LANE

EVENTS

***Mirror! Mirror! The Empowering Image I See Is...Me Workshop**

Saturday 9/27/25

Springport, MI

***Mirror! Mirror! The Empowering Image I See Is... Me Workshop**

TBD

Lansing, MI