

BE WELL - BODY, SOUL & SPIRIT

IT IS WELL WITH ME!

PUBLISHED BY: DEBRAYTA SALLEY ENTERPRISES, L.L.C.

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FOOD FOR THE SOUL

There's a familiar saying, "You are what you eat". which generally points to "the importance of eating good food in order to be healthy and fit." But, I think it's also important to consider everything that we consume daily. One very popular area of consumption these days is Social Media. It's extremely easy to log into an app with the intent to catch up with what's going on or connect with someone you haven't heard from in a while and end up scrolling for hours. I know that I'm not a Lone Ranger with this predicament. Personally, I've wasted countless hours scrolling when I could have been making great progress with my "To Do" list which includes this newsletter.

My remedy was to set an intention. I began taking social media breaks and have found that when I do this, I'm more focused, more productive, less tired and more pleasant. Doing so just works for me! Although I'm an "Ambivert" (a mix of an Introvert and Extrovert), I'm more Introverted and have a greater need to disconnect from it all to get re-energized. This may not be everyone's experience or cup of tea, but what I know for sure is that whether it's social media, the energy we experience through our interactions or anything else we consume, it must all be done in moderation because it's true, we become what we eat.

Is there an area that you could benefit from reducing your level of consumption? If so, share your answer and intention in the It IS Well with ME Community. Let's support one another in being vigilant and intentional about what we consume.

GOD LEADS *She Prospers* SPOTLIGHT



JC Gardner

JC Gardner Enterprises: Author,
Writing Coach, Ghost Writer
and Speaker

Q: How do you maintain your wellness while serving in all of your roles?

A: Well, this has been a struggle, quite frankly, but I have prayer time with God while in the shower, go to the nail salon once a month and do a lot of fun things like cooking new meals, watching movies, reading, and I just started back on my walking routine.

Website: <https://jc-gardner.com>

Instagram: @author_jcg

BUILDING YOUR TEMPLE

How did you make out with the "Let's Get Moving Challenge?"

Our focus was to engage in any form of Movement for at least 20 minutes per day. Well my body went into shock and was like "Girl what do you think you're doing" LOL! I did well for a week but had to take a pause. I found out that the foot and ankle pain I had been dealing with for a year was actually due to Hammertoes, arthritis and a heel spur.

Listen! The beauty and blessing of growing older is NOT for the faint at heart at times.

Life can be unpredictable so we must give ourselves Grace when things don't go as planned and always remember that Self Care should be a PRIORITY!

Here's some wisdom for those unpredictable moments:

1. Never ignore the fact that your body is trying to get your attention. Limping over an issue for a whole year is unacceptable.
2. Pray and ask God to reveal to root of the matter and possible solutions, Speak Life into and over it, and see a doctor too. Especially if you're paying for a Medical Plan.
3. Put a plan in place to get back on task once the matter has been resolved. If you have trouble doing 20 minutes, start with 10 minutes and work your way up to it.
4. Never Give Up! Change & Healing are both processes. They can, but they don't always manifest overnight.

Announcement! We are Growing!

Be sure to Checkout our NEW "Product of the Month" Column where we feature various Brands and products that we have personally used, been pleased with and are now recommending them to those who may be interested.

See Details on Page 3 for our first Featured Brand/Product.

By The Spirit - A Reflective Moment

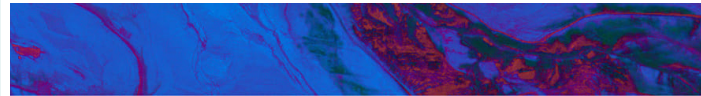
Speaking of Life being unpredictable, can we be be real for a moment?

Sometimes unexpected roadblocks can be really frustrating but we must be careful how we perceive and move through them when they show up.

Instead of saying "Why is this happening to me, let's ask our Heavenly Father why He allowed it, what we can learn from it and how we can occupy our time until it passes.

James 1:2-4 NIV says- "Consider it pure joy my brothers and sisters, whenever you face trials of many kinds because you know that the testing of your faith produces perseverance. Let perseverance finish it's work so that you may be mature and complete, not lacking anything.

**There's a Lesson and a Blessing in every PAUSE!
Count it ALL Joy and let Perseverance finish its' work!**



CONSIDER IT PURE JOY,

MY BROTHERS AND SISTERS,

WHENEVER YOU FACE TRIALS

OF MANY KINDS, BECAUSE YOU

KNOW THAT THE TESTING OF YOUR

FAITH PRODUCES PERSEVERANCE.

— J A M E S 1 : 2 - 3 —



PRODUCT OF THE MONTH

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GET TO KNOW THE PUBLISHER

Debrayta (Dee) Salley aka Dee Life Mentor Coach is the Founder of Debrayta Salley Enterprises, LLC. Also known as, "The Life Coach Who Writes", her mission is to "Empower Paths, Support Growth and Inspire Change" using Writing, Speaking, Inspirational products, Workshops and Events. She has been a Certified Life Coach since 2010 and became an Author in 2011. As a Life Transition Specialist, "Dee" seeks to Empower and Support others in Gracefully journeying through the various Seasons of Life. Her passion for All Things Wellness is why she began publishing this newsletter. One of her favorite scriptures is: 3 John 1:2 - "Beloved, I wish above all things that you may prosper and be in good health, even as your soul prospers." Debrayta says, "God calls us his "Beloved" He Deeply Loves us so much that He gave His Son as the sacrificial lamb so that we would not only have life, but have Life More Abundantly. Isn't that awesome! He wants us to know that it is his desire that we not only have Healthy Temples but also that our souls are free from the "debris" that can form from the cares of Life. We just need to be in agreement with Him by being determined to BE Well in Body, Soul and Spirit by any means necessary."

Visit: <https://www.deelifmentor.com> to learn more about Ms. Salley and all of her endeavors.

STAY CONNECTED



Subscribe to It IS Well with Me Community updates, Inspiration and Empowerment by texting: Your FB Profile Name and "ITISWELLWME" to the number: (410) 953-9108.

Follow the "Open" It IS Well with ME Community page on Instagram: <https://www.instagram.com/itiswellwme>

Listen, Subscribe and Share - Dee Life Mentor Coach "Let's Talk Wellness Beloved" Show on YouTube

Partnership Opportunities:

Are you passionate about Wellness and/or active in the Wellness Industry? Let's Collaborate! We are looking for guests for the "Let's Talk Wellness Talk Show". We are also looking to partner with Women Entrepreneurs who are interested in sharing how they stay well in all of their roles and responsibilities for our "God Leads, She Prospers Spotlight."

If interested in either opportunity, send an email to: info@deelifmentor.com with the subject line: "Let's Talk Wellness Beloved" Partnership or "God Leads & She Prospers Spotlight." Copyright @ www.deelifmentor.com.

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