

# Mindful Messages Newsletter

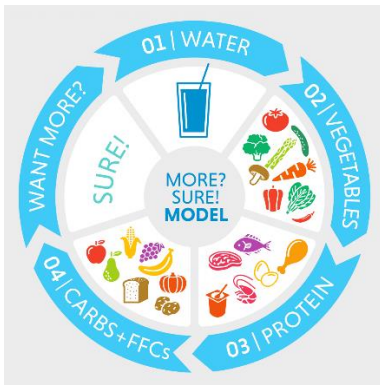
June 2018

## Mindful Wellness LLC

The Pathway to a Better Me!



### Eat Well:

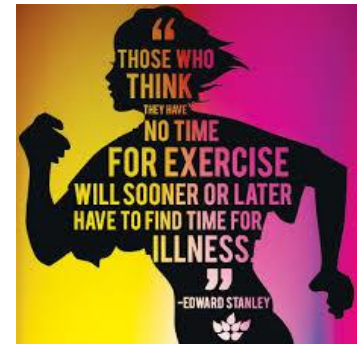


Our current SUCCESS GROUP~ [2B The Healthiest Happiest Me](#) is using this model & the results are phenomenal! “I love this program more than anything I’ve ever tried. It is simple, gives results, & I’ve never been hungry or against myself because there are no restrictions.” This is probably because we are doing what MWell believes in...changing our MINDSET first then behaviors naturally unfold in line with that! It is effortless and so rewarding! Reach out to join us! We will be repeating this group in July! ☺

You can also use these tips to make some great changes on your own!

### Move Well:

Think of exercise as something we are doing FOR our body. It is an investment in our long-term health. The more we MOVE our body, the more able we are to USE our body and this is what keeps us feeling young! The more we are active, the more we WANT to be active. Just start moving. Whether you squeeze in a walk twice a day or do some body-weight strengthening exercise, or hit is hard with cardio/weights/intervals.... Find something that your future self (& current self~ it’s the best anti-depressant there is!) will thank you for! Reach out for ideas if you need a little support!



### Think Well:

I love Jessica Ortner’s quote, “You can’t hate yourself happy. You can’t criticize yourself thin or shame yourself worthy. Real change begins with self-love & self-care.” I would add in self-compassion! Try changing your self-talk to the way you would speak to a child you loved dearly. Try pausing when a negative thought arises & replace it with 3 ~ yes 3~ positive ones & see how your life begins to change! Try playing this in the background while you work or sleep! [I am good enough](#)

### UPCOMING EVENTS:



Experience mindfulness & stretching techniques to reduce stress & tension. Includes first happy hour cocktail for free! [SIGN UP!](#)

