

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

MARCH 2022

## THE INNER WORKINGS OF SOCIAL MEDIA (FOR YOUR HEALTH)

*How does your time on Facebook (or other social networking sites) usually make you feel? Do you notice your mood goes up or down? Many of us can use social media in a positive way to stay in touch with distant friends and family. In the same way, we need to stay in touch with the "posts" we're putting up in our own minds, as well as the instant "texting" sent to us by the body.*

*Inner Facebooking skills are all about how you use your attention which is necessary to regulate your emotions and maintain your emotional equilibrium. With this skill, you can be more aware of harmful/distracting internal or external "posts." You can even notice the subtle signals of tightness or stress in your body, and become proficient at noticing your moods and cultivating the attitude of an impartial observer.*



## BLOGS OF THE MONTH

### MY JOURNEY BACK INTO READING

<https://www.wellnesswithsandy.com/post/my-journey-back-into-reading>

### THE POWER OF EFFECTIVE IMAGERY

<https://www.wellnesswithsandy.com/post/the-power-of-effective-imagery>

## Did You Know?

Incorporating oatmeal is key to a healthy and balanced daily regimen. In addition to the soluble fiber, oatmeal promotes regularity as well as a healthy mucosal lining in our digestive tract. As a prebiotic, oatmeal feeds the good bacteria in our large intestine to reduce inflammation .



**Feel free to check out my Instagram page and my website for more information and updates!**

✉ [wellnesswithsandy93@gmail.com](mailto:wellnesswithsandy93@gmail.com)

📷 <https://www.instagram.com/wellnesswithsandy93/>

🌐 <https://www.wellnesswithsandy.com/>

📄 <https://www.wellnesswithsandy.com/blog-1>

