

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

APRIL 2021

## NEW MINDSETS TO CONSIDER

Our reality is largely based on perceptions and beliefs, not facts. Most ideas/theories come from experience and opinion – which sometimes leads us to view these opinions and judgments as facts.

We tend to tell stories about ourselves that are not only false, but can also hinder our ability to learn new skills. Once we understand there's a difference between fact and opinion, we can recognize what opinions we hold about ourselves that may hold a negative light.

Here are a few things to start thinking about:

1. List three negative opinions you hold about yourself that you want to challenge..
2. How did you form these negative opinions about yourself?
3. Who or what circumstances contributed to these thoughts or beliefs?
4. Can you list any actual facts that support these negative opinions?
5. What could you gain by challenging one of these beliefs?
6. What could you study, plan, participate in, or learn about to improve in these areas?
7. What one small action you can do to challenge one of these beliefs?



## BLOGS OF THE MONTH

### **AVOIDING INJURY THROUGH CONSCIOUSNESS**

<https://www.wellnesswithsandy.com/post/avoiding-injury-through-consciousness>

### **ARE GUMMY VITAMINS EFFECTIVE?**

<https://www.wellnesswithsandy.com/post/are-gummy-vitamins-effective>

## DID YOU KNOW?

In mind-body formats like Pilates, the more complex the movement, the fewer the repetitions required. This can cement the precision of how movements are executed and the resulting recruitment of the appropriate muscles. When many repetitions are done, compensations often creep in, and the larger muscles take over. Pilates encapsulates the concept of less is more (quality vs quantity) which holds the key to deeper work and enhanced performance.

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

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