

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

APRIL 2022

(DE) STRESS YOURSELF

With our current weather being highly temperamental, as well as the overall stress of the world around us, our energy can be compromised. This can lead to stagnation in our metabolism, digestion, and overall energy levels. I've outlined some top tips for increasing energy holistically:

- 1. Take one day a week where your only goal is to relax and recharge. You can sleep all day, read books, go to the spa, get a massage, do some fun cooking, etc*
- 2. Go for high-quality food whenever you can: organic, grass-fed, local, sustainable, fair trade. Making these choices will not only help the health of your body, but also for the health of the planet!*
- 3. Make every meal a ritual. Sit down, light some candles, breathe, and put your fork down between bites. Slowing down and making your food and the experience look and feel beautiful will greatly help your digestion and happiness.*
- 4. Create a morning routine. To set the tone for each day, take some time in the morning to breathe, meditate, do yoga, dance, journal, and/or make some breakfast. There is no requirement here except simply blocking out some time to engage in activities that feel great. Pick a few things that you like, and experiment!*
- 5. Find a buddy for support and/or accountability! Schedule dates or sessions once every two weeks at minimum to talk about yourself and process emotions with an unbiased person listening*

BLOGS OF THE MONTH

HOLISTIC NOURISHMENT

<https://www.wellnesswithsandy.com/post/holistic-nourishment>

DYNAMIC KNEE VALGUS

<https://www.wellnesswithsandy.com/post/dynamic-knee-valgus>

Did You Know?

Did you know that our feet contain:

26 bones

33 joints

100 ligaments

19 muscles

Our feet are packed with intrinsic muscles and is an intricate part of our anatomy.

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

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