

THEME:

"I AM RELAXING. I AM REPLENISHING. I AM NOURISHING ME."

~ By special contributor, Aneta Grabiec, The Wellness Designer



It's ok to feel tired.

Our days and our weeks may feel overwhelming. A lot has been going on at work, at home, in our personal lives, and in the world. We may feel challenged, tired, and physically and emotionally depleted... This exhaustion may affect our relationship with our children, loved ones, and ourselves. This is the time to pause and recharge.

Nobody can pour from an empty cup. Neither can you. Allow yourself to just be... To relax, replenish, and nourish yourself. Practice the mantra: "I am relaxing. I am replenishing. I am nourishing me." May you give yourself permission to relax, to replenish to nourish yourself.

We are here for you, for them.



MANTRA

"BY RECEIVING, I AM BETTER AT GIVING."

Allow yourself to receive. Allow yourself to relax. Self-care is a sign of love and when we learn to love ourselves we are better at serving love to others. It's ok to rest. Self-care is not a luxury. It is a duty towards yourself.



MANTRA: "Through nourishing myself, I nourish others."



I am grateful

I feel healthy and capable.

I am proud of myself.

I accept myself.

I deserve to receive from life.

I deserve joy.

I choose to nourish my body.

I choose to nourish my mind.

I choose peace and happiness



ACTIVITY: ABUNDANCE SMOOTHIE

Love and self-love can be represented in the form of nourishing our bodies. As we all know, fruit and vegetables are a great source of nutrition and fiber. Engaging our children and teaching them how to eat well is a form of giving love. Try making an Abundance Smoothie together as a way to take care of yourselves!

Ingredients to make 4 portions:



- A handful of spinach (spinach is high in calcium, iron and many vitamins)
- A banana (rich with Vit C, potassium and energy)
- An avocado (source of healthy fatty acids)
- A handful of blueberries (rich in antioxidants and promoting eye health)
- A glass of yogurt or plant-based milk
- A glass of water

Method: Together with your children, wash the ingredients, peel them, chop, mix, and blend together.



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ACTIVITY: PICK ONE

Print out this sheet, or, with your own sheet of paper, draw a vertical line in the middle of the page. On the left, write a list of simple activities that give you joy, pleasure, rest, and relaxation (it can be something as simple as having a nice cup of coffee or a yoga class!). On the right, engage your family to come up with the list of the family activities that bring you joy and bonding. After your list is made, can you commit to a daily pick one for yourself and a weekly pick one as a family? Happy relaxing and joyful picking!

YOUR LIST



FAMILY LIST



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