

The direction you are facing is far more important than where you currently stand on this continuum.

Just because you're not sick doesn't mean you're well.

Just because you have a negative health condition doesn't mean that you can't work towards wellness.

No matter who you are or where you are, there is <u>always</u> something you can do to improve your life.

If you don't intentionally take the time for your WELLNESS, one day you may be forced to take the time for your ILLNESS.

Which direction are you facing?

What are you actively working on to improve your life?

My primary role as a Health and Wellness Coach is to help overwhelmed hardworking parents find peace, joy, and/or balance in life. I enjoy helping people move in the direction of wellness!

Unlock your full potential and give yourself (and your family) the opportunity to learn and grow.

For more information on coaching, where Compassion + Accountability = Transformation

Please visit <u>catalyzingwellness.com</u> call/text: 757-354-3555

Email: catdavis@catalyzingwellness.com

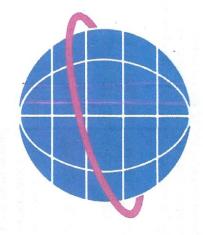


For MLS families, be on the lookout for

- free in-person group workshops
- health and wellness newsletters
- individual coaching session offerings

How else can I be of service?

A health and wellness suggestion box will be located in Marietta's office for any comments, questions, or concerns relating to you or your family's health and wellness. I will do my best to address these during workshops or in newsletters. Please don't be shy – what you write or inquire about may also help another family.



The Montessori Lab School proudly supports



providing guidance, education, and encouragement for families interested in working towards better health and well-being during the 2024-2025 school year.

Here at the Montessori Lab School, the focus is on educating our children – not only for academic success, but for life success too! To maximize this learning, it is necessary for parents to also support their children at home.

As parents, we have so much on our plates!

Parent's to do list:

- Provide a clean/ organized/ safe environment
- Give them enough time/attention/affection
- Feed them a nutritious dietPromote getting plenty of exercise
- Ensure they get enough sleep
- Teach them age appropriate tasks/ include them in the responsibilities of running a household.



To add to this list, many of us also need to work outside the home in order to make enough money to sustain our lifestyles!

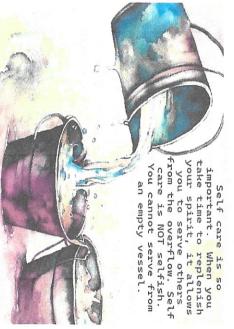
Because we prioritize our families, it's no wonder why many parents frequently neglect self care!

What happens when we don't take care of ourselves?

We can experience:

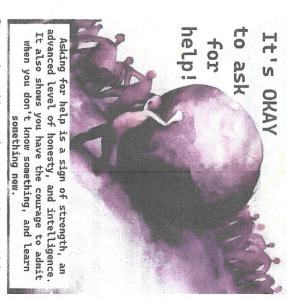
- Low energy
- Less patience
- Physical symptoms of stress, like headaches, stomach aches
- Increased frequency of illnesses from a depressed immune response
- Difficulty falling and staying asleep
- Challenges in choosing healthy food and urges to eat "comfort" foods
- Worsening mental health symptoms like depression or anxiety, hopelessness, and burnout.
- Difficulty concentrating
- Strain or distancing in the relationship with your spouse or partner
- Reduced performance at work
- Less motivation to engage in social activities

The lack of self care can result in reduced quality time with our children, and increased stress/ workload for the whole family. It can also be a challenge getting kids to develop healthy habits as they model our unhealthy behaviors. How we take care of ourselves is ultimately how our kids will learn to take care of themselves.



What can I do?

You don't have to navigate through life's challenges alone! By reaching out and seeking support, you are opening yourself up to new opportunities, growth, and personal transformation.



Connecting with people you trust is a crucial part of your journey to long term change. Your social support network can include a coach, other healthcare professionals, a significant other, close friends, and/or family members. Spending time with these individuals who make you feel understood (and not judged) provides a safe space for you to:

- not feel alone
- release stress by processing through complicated thoughts and emotions
- bounce off different ideas/ solutions to challenges
- gain others' perspectives on situations
- increase accountability

If you've ever found yourself "stuck" trying to accomplish things alone, perhaps it might be time to ask for assistance.