

# SB WELLNESS GROUP

*Monthly Motivation to a Healthy Lifestyle*



## SEPTEMBER EDITION:

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Stop Overthinking it:  
Deciding with Calm

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Simply Healthy  
Eating

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Managing Stress  
During Transitional  
Times

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## HEALTHY EATING SIMPLIFIED

Eating healthy becomes **SIMPLIFIED** when you start to focus on foods that are right for **YOU**. Let go of overthinking and create eating habits that fit into your lifestyle and align with your goals.

The focus this month is about overcoming information overload and decision fatigue. **SIMPLIFY** eating and other areas of your well-being so you can discover more of what you truly want in life.

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## STOP OVERTHINKING IT: LIVING SIMPLIFIED

You will make much better decisions with calm and clarity.

Overthinking can lead to stress, anxiety, and even shutdown or burnout. In this world of information overload and decision bombardment, finding beauty in simplicity can be healing.

Try quick mental resets before making tough decisions. Clear the mind, take some deep breathes, and focus on only one thing at a time.



### SB TEAM TIP WITH KATIE NORMAND

**My #1 SIMPLIFIED TIP:**  
*When your life is crazy, remember that your well-being prevails much of what you are putting on your plate.*

I've discovered that when times are chaotic in life, I need more simplicity. Naturally this is when everything in life seems to feel unorganized and exhausting and poor decisions are a threat. Worrying or overthinking things will serve no purpose. **TIME TO SIMPLIFY!**

Make planning top priority. Write all to-do's, appointments and top self-care items down and on a schedule. DO NOT add anything else to that until the dust settles. Say NO to that new fad diet, business venture, or friend's birthday night out without the guilt or stress.



## LOSE THE COMPLICATION: SIMPLIFY HEALTHY EATING

*Low carb, keto, fasting, food allergies, bad foods, superfoods, organic, low fat, high fat...and the list goes on.* It's no wonder so many of our clients tell us they are overwhelmed and confused about what to eat and what not to eat. ***This month we are focusing on simplifying healthy eating.***

Dietary needs should be personalized but not complicated. Unfortunately, in today's world, we are faced with an unending variety of foods readily available anytime anywhere. This is a big reason why identifying what is working and not working in your body can be a challenge. Get our best advice for kicking the complication and achieving a simplified eating plan that works for you: [FULL ARTICLE](#).



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# MANAGING STRESS DURING TRANSITIONAL TIMES

*A big change in the workplace, back to school schedules, or adjusting to a new diagnosis or injury are all examples of life situations that can throw you off your current game.*

These key tips will help you keep your cool during transitional times and lead to a more realistic and confident outlook.



**Focus on the the POSITIVE.** Whether the change is expected or not, there can be added stress. Try to focus on the opportunities for growth and new knowledge.

**Manage your EXPECTATIONS.** Accept that not everything will go exactly as expected during transitional times. Being flexible with your progress and plans will reduce stress.

**Staying ORGANIZED is essential.** There will be added or new responsibilities on the horizon. Prepare by making to-do lists, delegating more, and prioritizing tasks.

**SHARE your feelings.** Seek support from friends, family and colleagues who may be able to offer insight, advice, or comfort.

"Let life live through you. Do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?"





# HOW WILL YOU SIMPLIFY YOUR LIFE THIS FALL?

**Take Action:** It's time to take inventory of the different areas of YOUR well-being and decide how you can live more simplified.

Make a list of habits in each area of well-being: physical health, mental health, emotional health, financial health, and occupational health.

- *What needs the most attention in order to create more balance and peace in your life?*
- *How can you simplify your daily rituals to achieve these goals?*
- *What nonnurturing habits or things are you holding on to that you can begin to let go of?*



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