

good morning wellness wednesday

Good Morning Wellness Wednesday: Your Weekly Dose of Self-Care

Introduction:

Are you ready to ditch the Monday blues and embrace a week filled with positive energy and mindful living? Welcome to Good Morning Wellness Wednesday, your weekly appointment with self-care and well-being. This isn't just another generic wellness post; we're diving deep into practical strategies and actionable steps you can incorporate into your daily routine, transforming your Wednesday (and the rest of your week!) into a haven of health and happiness. We'll cover everything from simple morning rituals to longer-term wellness goals, helping you cultivate a sustainable path towards a healthier, happier you. So grab your favorite mug, settle in, and let's embark on this wellness journey together!

1. The Power of a Mindful Morning Routine:

Let's face it, mornings can be chaotic. But what if we could reclaim that crucial time, turning it into a foundation for a productive and positive day? A mindful morning routine isn't about rigidly sticking to a schedule; it's about intentionally choosing activities that nourish your mind, body, and soul. This could include anything from gentle stretching or yoga to journaling your thoughts and intentions for the day. Even something as simple as sipping your coffee mindfully, appreciating the aroma and warmth, can make a difference. Avoid immediately checking your phone - resist that urge to be bombarded with news and emails first thing. Instead, focus on yourself and setting a positive tone for the day.

1. Hydrate Your Way to Healthier Habits:

Dehydration is a silent saboteur of energy and well-being. Start your day with a large glass of water - ideally room temperature or warm with a squeeze of lemon. This helps rehydrate your body after sleep and kickstarts your metabolism. Consider adding hydrating foods to your diet throughout the day, such as fruits and vegetables with high water content like watermelon, cucumber, and spinach. Carrying a reusable water bottle and setting reminders can help you stay consistently hydrated throughout the week.

1. Fuel Your Body with Nourishing Foods:

The food we consume directly impacts our energy levels, mood, and overall well-being. Instead of reaching for sugary cereals or processed pastries, opt for a breakfast that provides sustained energy. Think oatmeal with berries

and nuts, a smoothie packed with fruits and vegetables, or eggs with whole-wheat toast. Prioritizing nutrient-rich foods sets a positive trajectory for your dietary choices throughout the day.

1. Move Your Body - Even Just a Little:

Physical activity doesn't have to mean a grueling hour at the gym. Even short bursts of movement throughout the day can significantly benefit your physical and mental health. A brisk 10-minute walk, a quick yoga session, or even some stretching at your desk can make a difference. Find an activity you enjoy and make it a consistent part of your routine - it's about finding sustainable movement, not striving for perfection.

1. Mindfulness and Meditation: Your Daily Dose of Calm:

Incorporating mindfulness and meditation into your daily routine can drastically reduce stress and improve focus. Even five to ten minutes of daily meditation can have a profound impact on your mental well-being. There are countless guided meditation apps available, making it easier than ever to find a practice that suits you. Focus on your breath, observe your thoughts without judgment, and allow yourself to simply be present in the moment.

1. Setting Intentions for a Productive Day:

Before diving into your to-do list, take a moment to set clear intentions for the day. What are your priorities? What do you want to accomplish? Writing down your goals, even just a few key tasks, can help you stay focused and motivated. This also helps to reduce the overwhelm that often accompanies a busy schedule.

1. Connect with Others:

Human connection is vital for our well-being. Make time to connect with loved ones, whether it's a quick phone call, a text message, or a face-to-face conversation. Strong social connections provide emotional support and a sense of belonging, which are crucial for maintaining good mental health.

1. Practice Gratitude:

Taking time to appreciate the good things in your life, no matter how small, can significantly boost your mood and overall well-being. Start a gratitude journal, or simply take a few moments each day to reflect on things you're thankful for. This simple practice can shift your perspective and help you cultivate a more positive outlook.

Conclusion:

Embracing a "Good Morning Wellness Wednesday" isn't about drastic changes; it's about small, consistent steps towards a healthier, happier you. By incorporating even a few of these suggestions into your weekly routine, you'll cultivate a sustainable path towards greater well-being. Remember, self-care isn't selfish; it's essential. So, start small, be consistent, and enjoy the journey to a more balanced and fulfilling life.

FAQs:

1. Is it necessary to do all of these things every Wednesday? No, absolutely not! The goal is to incorporate these practices into your life gradually. Start with one or two that resonate with you and build from there.
1. I'm always short on time in the mornings. How can I fit this in? Even five minutes of mindfulness or a quick stretch can make a difference. Try waking up just 15 minutes earlier to incorporate a small element of self-care.
1. What if I miss a "Wellness Wednesday"? Don't beat yourself up about it! Life happens. Just pick up where you left off the following week. Consistency is key, not perfection.
1. Are there any resources to help me with meditation or mindfulness? Yes! Numerous apps like Calm, Headspace, and Insight Timer offer guided meditations and mindfulness exercises for all levels.
1. How can I make these wellness practices sustainable in the long term? The key is to find practices that you genuinely enjoy and integrate them into your lifestyle naturally. Don't force yourself to do something you dislike; find activities that bring you joy and fulfillment.

good morning wellness wednesday: Good Morning Thoughts with Krista Krista Pack, 2023-07-23 Good Morning! My name is Krista. Welcome to my lifestyle ebook. I have discovered that praying blessings and speaking life over myself at the very start of my day have radically transformed my thoughts about myself, about others, and about God. I have learned that changing my thoughts ultimately leads to a positive lifestyle transformation. Over the next 28 days, I'm inviting you to join me to journey to a new lifestyle by starting each day with good thoughts. Each day, you will read a good thought related to one of seven topics pertaining to the day of the week:

Service Sunday, Meditation Monday, Transformation Tuesday, Wellness Wednesday, Thankful Thursday, Fun Friday, and Sabbath Saturday (read more on p.4). At the end of a brief reading each day, you will be given a “lifestyle application” with either reflection questions or action steps you can take to apply the thought to your life. This ebook is best used over a period of 28 consecutive days. Please utilize the calendar on Page 5 to write in the dates that you will read each thought. Additionally, this ebook was specifically designed to be a good MORNING thought. Before you begin, decide upon a time and location that you can set apart each morning for the next 28 days to complete this lifestyle ebook.

good morning wellness wednesday: The Miracle Morning (Updated and Expanded Edition) Hal Elrod, 2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies. “So much more than a book. It is a proven methodology that will help you fulfil your potential and create the life you’ve always wanted.” —Mel Robbins, New York Times bestselling author of *The High 5 Habit* and *The 5 Second Rule* Getting everything you want out of life isn’t about doing more. It’s about becoming more. Hal Elrod and *The Miracle Morning* have helped millions of people become the person they need to be to create the life they’ve always wanted. Now, it’s your turn. Hal’s revolutionary SAVERS method is a simple, effective step-by-step process to transform your life in as little as six minutes per day: - Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful quiet - Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer - Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day - Exercise: Boost your mental and physical energy in as little as sixty seconds - Reading: Acquire knowledge and expand your abilities by learning from experts - Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities This updated and expanded edition has more than forty pages of new content, including: - *The Miracle Evening*: Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your *Miracle Morning* - *The Miracle Life*: Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

good morning wellness wednesday: Crazy Sexy Diet Kris Carr, Sheila Buff, 2011-01-17 The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. Crazysexydiet.com On the heels of Kris Carr’s best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone’s health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her *Crazy Sexy Diet*: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, “pHabulous,” “Coffee, Cupcakes and Cocktails,” “Make Juice Not War,” and “God-Pod Glow,” Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a must for anyone who seeks to be a confident and sexy wellness warrior.

good morning wellness wednesday: Good Mornings Linnea Dunne, 2024-01-09 Early-morning rituals for contentment, clarity and purpose. In this inspirational guide, Linnea Dunne, bestselling author of *Lagom: The Swedish Art of Balanced Living*, shows how building a life-affirming ritual into your morning routine is an act of self-care that can benefit both your

physical and mental health, enhance your productivity and positively influence your day. Whether it's a dedicated yoga practice at sunrise, mindfulness meditation just after waking, journalling while you sip your morning coffee, or listening to birdsong in the back garden before you tackle your daily commute, a morning ritual can enhance your health and wellbeing, and bring increased contentment, clarity and purpose to your day. With countless ideas for nourishing morning practices and invaluable advice on how to create a morning ritual that is unique to you and takes your individual needs, circumstances and time constraints into account, this book will help you to make the most of the peace and promise of the first moments of every day.

good morning wellness wednesday: *Words Are Like Magic* Emily Alexander Moore, 2020-09-14

good morning wellness wednesday: *Life After Suicide* Jennifer Ashton, 2019-05-07 From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her Good Morning America family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

good morning wellness wednesday: *The Set Boundaries Workbook* Nedra Glover Tawwab, 2021-12-14 An accessible, step-by-step resource for setting, communicating, and enforcing healthy boundaries at home, at work, and in life We all want to have healthy boundaries. But what does that really mean - and what steps are needed to implement them in our daily lives? Sought-after therapist and relationship expert Nedra Glover Tawwab presents clear explanations and interactive exercises to help you gain insight and then put it into action. Filled with thought-provoking checklists, questions, writing prompts, and more, *The Set Boundaries Workbook* is a valuable tool for everyone who wants to speak up for what they want and need, and show up more authentically in the world.

good morning wellness wednesday: *Good Morning, I Love You* Shauna Shapiro, PhD, 2020-01-28 Discover the Transformative Effects of Being Kind to Yourself “This brilliant book offers us both the science and practice of how self-kindness is the secret sauce of fulfillment, transformation, and joy.” —Lorin Roche, meditation teacher and author of *The Radiance Sutras* Many of us yearn to feel a greater sense of inner calm, ease, joy, and purpose. We have tried meditation and found it too difficult. We judge ourselves for being no good at emptying our minds (as if one ever could) or compare ourselves with yogis who seem to have it all together. We live in a steady state of “not good enough.” It does not have to be this way. In *Good Morning, I Love You*, Dr. Shauna Shapiro brings alive the brain science behind why we feel the way we do—about ourselves,

each other, and the world—and explains why we get stuck in thinking that doesn't serve us. It turns out that we are hardwired to be self-critical and negative! And this negativity is constantly undermining our experience of life. "It is never too late to rewire your brain for positivity—for calm, clarity, and joy," writes Dr. Shapiro. "I know this is possible because I experienced it. Best of all, you can begin wherever you are." In short, lively chapters laced with science, wisdom, and story, Shapiro, one of the leading scientists studying the effects of mindfulness on the brain, shows us that acting with kindness and compassion toward ourselves is the key. With her roadmap to guide you, including her signature "Good Morning, I Love You" practice, in which you deliberately greet yourself each day with these simple words, you can change your brain's circuitry and steady yourself in feelings of deep calm, clarity, and joy. For good.

good morning wellness wednesday: Good Morning Intentions Britt Deanda, Tara Schulenberg, 2021-02-01 Designed to enrich social, emotional, intellectual, and spiritual living, Good Morning Intentions is a practical book about the natural health care benefits of daily rituals."
—Foreword Reviews What can you do each morning to raise your vibration and jumpstart your bliss? Spoiler alert: The answer isn't coffee. If you want to feel more grounded, energized, and connected to your goals, you should try what famous and highly successful people—from Benjamin Franklin and Jane Austen to Steve Jobs and Oprah Winfrey—have been doing throughout history: adopt a morning ritual, and stick to it! But where do you start? In Good Morning Intentions, two yoga and meditation teachers and entrepreneurs reveal 21 rituals to help you make each morning really matter, setting you up for daily success. In this easy-to-use and accessible guide, you'll find a powerful blend of energy-boosting exercises, breathwork, simple meditations, and intention-setting practices—rather than complex yoga postures—to help you start your day with a deep sense of joy, vitality, and radiance. If you're ready to align your life with a higher purpose, increase your motivation, and reach your highest goals, make this book a part of your daily ritual. Coffee is optional.

good morning wellness wednesday: 10-Day Green Smoothie Cleanse JJ Smith, 2014-07-01 The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

good morning wellness wednesday: Just Breathe Mallika Chopra, 2018-08-28 For kids ages 8 to 12, this is an accessible and fun meditation and mindfulness how-to book filled with full-color illustrations, written by Mallika Chopra and with a foreword by Deepak Chopra. Just Breathe is a fun and accessible, fully illustrated go-to meditation guide written by none other than Mallika Chopra, wellness expert and the daughter of Deepak Chopra. For kids ages 8 to 12, this book is full of specific exercises to help deal with day-to-day challenges and tips to lead a healthier, happier, and more connected life. The book includes practical advice on breathing techniques and guided meditations for a number of topics and scenarios, including: Dealing with stress Getting to sleep Building self-confidence Focusing on school/tests/other work Ridding oneself of anxiety Beginners will learn the basics of meditation and how to get started, and those more experienced will learn how to improve their practice. This book will also teach kids how to prepare their own meditation spaces. Just Breathe is the go-to book for kids who want to learn more about mindfulness and

meditation.

good morning wellness wednesday: *The Self-Care Solution* Jennifer Ashton, Sarah Toland, 2019-12-30 ABC's chief medical correspondent helps you ring in the New Year right with a resolution that's actually doable: a year-long plan to improve your emotional and physical health—from giving up alcohol to doing a digital detox, but each for only one month. Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with *The Self-Care Solution*, she upends her life one month at a time, using her own experiences to help you improve your health and enhance your life. Dr. Ashton becomes both researcher and subject as she focuses on twelve separate challenges. Beginning with a new area of focus each month, she guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge—giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology—can lead to better health. Month by month, Dr. Ashton tackles a different area of wellness with the hope that the lessons she learns and the improved health she experiences will motivate her (and you) to make each change permanent. Throughout, she offers easy-to-comprehend health information about the particular challenge to help you understand its benefits and to stick with it. Whether it's adding cardio or learning how to meditate, Dr. Ashton makes these daily lifestyle choices and changes feel possible—and shows how beneficial a mindful lifestyle can be. Inspiring, practical, and informative, illustrated with helpful photos and charts, *The Self-Care Solution* teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, easy-to-follow advice and tips, and Dr. Ashton's observations and insights, this book can help you achieve a better life balance and a more active and healthy lifestyle.

good morning wellness wednesday: *Destination Wellness* Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. *Destination Wellness* is the perfect book for:

- Anyone who has embraced hygge and is looking for new lifestyle inspiration
- Armchair travelers and staycationers
- Happiness and inspiration seekers
- Wellness and travel enthusiasts
- History lovers

good morning wellness wednesday: *The Artist's Way Morning Pages Journal* Julia Cameron, 2016-11-08 Elegantly repackaged, *The Morning Pages Journal* is one of *The Artist's Way*'s most effective tools for cultivating creativity, personal growth, and change. Now more compact and featuring spiral binding to make for easier use, these Morning Pages invite you to do three pages daily of longhand writing, strictly stream-of-consciousness, which provoke, clarify, comfort, cajole, prioritize, and synchronize the day at hand. This daily writing, coupled with the twelve-week program outlined in *The Artist's Way*, will help you discover and recover your personal creativity, artistic confidence, and productivity. *The Artist's Way Morning Pages Journal* includes an introduction by Julia Cameron, complete instructions on how to use the Morning Pages and benefit fully from their daily use, and inspiring quotations that will guide you through the process.

good morning wellness wednesday: *The New Normal* Jennifer Ashton, Sarah Toland, 2021-02-09 From Dr. Jennifer Ashton—the Chief Medical Correspondent at ABC News covering

breaking medical news for Good Morning America and GMA3: What You Need to Know—comes a doctor's guide to finding resilience in the time of COVID, while staying safe and sane in a rapidly changing world. In March 2020, "normal" life changed, perhaps forever. In its place we were confronted with life and routines that were unusual and different: the new normal. As we've all learned since then, the new normal isn't just about wearing masks and standing six feet apart—it's about recognizing how to stay safe and sane in a world that is suddenly unfamiliar. And no one understands this evolving landscape better than Dr. Jennifer Ashton. As ABC's Chief Medical Correspondent, Dr. Ashton has been reporting on the novel coronavirus daily, helping Americans comprehend the urgent medical updates that have shaped the nation's continued response to this public health crisis. Now in *The New Normal*, Dr. Ashton offers the essential toolkit for life in this unfamiliar reality. Rooted in her reporting on COVID-19 and the understanding that the virus isn't going anywhere overnight, *The New Normal* is built on a simple foundation: thriving in this evolving world demands accepting the new normal for what it is, not what we want it to be. No longer is wellness a buzzword, but an imperative for surviving this unprecedented time. Using her trademark practical, easy-to-follow advice, Dr. Ashton gives you all the necessary information to reclaim control of your life and live safely—from exercise, to diet, to general health—showing how to prepare your body and mind for challenges such as: - Taking proper medical precautions to protect yourself and your loved ones - Exercising during the pandemic, even if you no longer feel safe at the gym - Finding emotional balance through these uncertain times - Deciphering complicated medical news to learn what to trust and what to ignore With these straightforward and accessible strategies and many more, Dr. Ashton helps empower you to make the unexpectedly hard decisions about socializing, food-shopping, seeing doctors, and most of all, finding normalcy. At once reassuring and urgent, *The New Normal* is a holistic roadmap through the ongoing struggles of the pandemic, providing the guidance you need to navigate this unsettling time and take charge of your future wellbeing.

good morning wellness wednesday: *Good Morning, Life!* Barbara Demone, 2020-12-17 Do you want to be happy? Not waiting-for-the-weekend happy. Not happy-ish. Really, truly happy. Unconditionally satisfied. Every single day. High-performing financial services exec and time-strapped mother of two Barbara Demone thought she'd have to pencil in happiness for later—until she realized she already had everything she needed to enjoy her life, exactly as it was. Drawing from the writings of prominent spiritual leader Eckhart Tolle, as well as respected psychologists like Dr. Shefali Tsabary, Demone kept a journal every morning on the commuter train, actively training her mind to feel happy. Three years later, she'd hit on a formula for genuine, lasting happiness that really works—even with a jam-packed schedule, a demanding career, and the equally demanding job of parenthood. In this book, Demone shares the collected insights of her journals and reveals her stress-tested formula to enjoying: • Confident and compassionate leadership • Effective, guilt-free parenting • Cool-headed decision-making in heated situations • Less drama; more harmonious relationships • And that priceless yet elusive state: abundant, unfettered happiness. This is it: the family-first career woman's practical guide to peace of mind, right in the busy middle of everyday routines. There's no need to wait for your schedule to clear up to transform your life. A deep wellspring of happiness lies within yourself, there to uncover, moment by moment.

good morning wellness wednesday: What to Eat When Michael Crupain, Michael F. Roizen, Ted Spiker, 2019 This guide reveals how to use food to enhance our personal and professional lives--and increase longevity to boot--

good morning wellness wednesday: *Fitness for Life* Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year. Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition. Includes lesson plans for physical education, physical activities for the classroom, and whole-school events and activities.

good morning wellness wednesday: Simply, Good Morning and Shalom Millie Baker, 2024-01-24 Tammy--Each day is a journey. Millie's morning devotions are so inspiring and

encouraging to me. As her thoughts and experiences are applied to the Scripture--it gives me a new perspective for each day. Millie's words come so naturally, and I know it is her Love for the Lord. These devotions help me to stay focused on my journey with my life and my Love for the Lord. Jessica--I enjoy the morning thoughts. Millie began writing the morning thoughts when COVID began. In such uncertain times it was nice to have a devotional come through reminding us to stay connected to God. Everything--big or little--can be related to God and you can see God working in everything if you just take the time to look and listen to what message the Lord is sending to you and that's what the morning thoughts do for me. I always try to see God in everything and when Millie sends out our messages, it's another refreshing way to open my mind to how much the Lord loves us and cares for us. And as Millie shares them with us, we can send them to others and spread the loving message of the gospel in a way that others understand and enjoy as well. God Bless Jack--I would like to say that I like to read your little stories about when you and Mitzi go on your days walk. You talk about the weather, the people see, the flowers, workers along the way and how it reminds you of scripture sayings. I really do enjoy them. Thank you for sharing them. Bob and Joyce--We have been reading Millie's Devotionals for several years now and for us they are very uplifting. They seem to address all the things that are happening in our everyday lives. And out of the darkness of times, today they are a bright spot in our day. Jim and Melissa--We are amazed at how this sweet, kind soul has opened our eyes, through word, to God's presence- not only on a good day but difficult days as well. Rich and Lori--Praise God for Miss Millie's devotion to Christ. These Holy Spirit. inspired writings with concise, detailed connections from everyday experiences help us realize that our God is in every moment. Such a blessing! Pastor Jeannine--I love these devotions because I can read and understand them easily; and I can relate so many of them to situations in my own life as well as others. I anticipate reading the next one and the next one. A daily blessing! Kevin--Oh, how lucky I am. And a reminder of how humble I need to be. Daily inspirations with a lesson and guidance from the scriptures of our Lord. Walks with Millie and Mitzi...smiles abound! Everyday messages that speak to splendor of life, or a description of nature's creations, that are around us. A counsel for us to have empathy to hardships and sorrows that others may face. Pausing in my daily tasks--for in each message I may find comfort and some joy, a need to grin, or a need to pray for others, or even a reflection I find I need to take on myself. And how fortunate I am, receiving multiple blessings in each message, as I receive a thought in my own journey with the Lord and a daily walk with her--my mom!

good morning wellness wednesday: *The Good Morning Journal* , 2021-06 Seize the day and begin your morning routine with positivity and inspiration using this beautiful easy-to-use guided journal that helps you boost productivity and make the most of each day. Great days start with The Good Morning Journal! Each day is a blank slate—a gift that we choose how to use. You can begin each day with clarity, purpose, and inspiration with The Good Morning Journal. This beautiful, easy-to-use guided journal is filled with quick, thoughtful prompts that help you recognize what you want to accomplish—and why—and create a simple plan to achieve your goals. You'll also find motivating and inspiring quotes that spark a positive mindset and encourage you throughout the day. With this journal, you'll be able to identify your true passions—the activities, ideas, and items that mean the most to you—and thoughtfully arrange your day to prioritize these passions. Start living with more purpose, accomplish your goals, achieve your dreams, and fill your days with more joy than ever.

good morning wellness wednesday: What States are Doing to Keep Us Healthy United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions, 2010

good morning wellness wednesday: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to

drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

good morning wellness wednesday: Problems of Aging Women United States. Congress. House. Select Committee on Aging, 1982

good morning wellness wednesday: NEP Physical Education And Yoga 4th Sem Dr. Sanjana Misra, 2024-02-14 1. Physical Education : Meaning, Definition, Aims, Objective and Importance 2. Misconception /False Thinking About Physical Education 3. Physical Education in India Before Independence 4. Concepts of Fitness and Wellness : Meaning, Definition and Importance of Fitness and Wellness 5. Weight Management 6. Lifestyle 7. Yoga and Meditation 8. Relation with Mental Health and Value Education of Yoga 9. Definition of Asana, Difference Between Asana and Physical Exercise 10. Recreation in Physical Education 11. Traditional Games of India

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grappling with the idea of immigrating to the USA and is feeling stressed due to the meddling of his brother and friends. This last volume focuses on the development of the lives of the two parasite men.

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good morning wellness wednesday: Good Morning & Goodnight Sophie Hambley, 2020-02-12 This collection explores a range of tough topics, such as sexual assault, anxiety and depression, relationships and societal pressures. The reader is guided through these challenges by the sun and the moon, who are always there to lead a helping hand.

good morning wellness wednesday: The Acid Watcher Cookbook Jonathan Aviv, MD, FACS, Samara Kaufmann Aviv, MA, 2019-10-15 Jonathan Aviv, renowned ENT physician and author of The Acid Watcher Diet, supplies readers with new recipes and advice on how to stay acid-free and reverse inflammation for optimal health. In The Acid Watcher Diet, Dr. Jonathan Aviv gave acid reflux sufferers a pathway to healing, helping them identify the silent symptoms of acid damage and providing a two-phase eating and lifestyle plan to reduce whole-body acid damage and inflammation. Now, The Acid Watcher Cookbook widens the possibilities of what acid watchers can eat without repercussions. For many people struggling with acid damage, acidic foods like tomatoes, citrus fruits, vinegar, and reflux-inducing foods like raw onion and garlic, and chocolate are off-limits. After hearing patient after patient bemoaning the loss of vinaigrette, tomato sauce, ketchup, guacamole, and other staples, Dr. Aviv and coauthor Samara Kaufmann Aviv developed an innovative method of cooking that combines acidic foods with alkaline foods so that acidity is neutralized. By following a few simple guidelines, anyone will be able to enjoy dishes that had previously exacerbated their acid reflux symptoms. The 100 new Acid Watcher-approved recipes included in this comprehensive cookbook are delicious, safe, and anti-inflammatory, allowing readers to reclaim the foods they love without risking their health. With recipes such as Cauliflower Pizza, Plant-Based Chili, Butternut

Squash Mac 'n' Cheese and creative basics including Tahini Dressing, Beet Ketchup, and Garlic Aioli, along with meal plans and food lists, The Acid Watcher Cookbook is a must-have for anyone with acid damage.

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