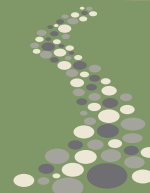


Awakening Wellness

reduce stress and maximize vitality from within

Laura Savita Jachim, LMT, CYT, CHT

- Mindful Massage • Energy Balancing
- Wellness Coaching • Intuitive Guidance
- Yoga Instruction • Yoga Nidra Facilitation



Thank you for signing up for Awakening Wellness's Newsletter

This wellness newsletter is designed to keep you informed about easy ways to manage stress, increase your energy and keep your happy quotient high. I hope that these wellness tips remind you that you are worth taking time to energize and support your body/mind every day.

Staying well is a process not a destination. You don't arrive at Wellness Road and then get off the bus. It is a life long journey taking you through a series of decisions and actions, moment to moment, day to day and year to year, to be proactive about how you want to live your life. Truly there is no one map to get you there.

On the road to wellness, you realize that prevention really is the best compass you have to staying on course and living a healthy lifestyle and fulfilling your dreams. Many people want to make changes after they are given a diagnosis or when they just don't have the energy they used to have. You'll likely agree that just because someone is not sick, does not mean he/she is well! Most chronic diseases take years to develop, but a healthy lifestyle and small yet consistent changes can go a long way toward living your best life. Integrating self-care practices into your daily living is simple and a big step on the road to wellness and holistic living.

- Call for a complimentary "Wellness for Life" 30 minutes coaching session 847.477.3069
- Receive \$10.00 off on your next massage appointment if you mention this newsletter
- Amrit yoga classes - Tuesday nights Glenview, Illinois
- Share this newsletter with your friends - pass it forward
- Visit us on Facebook at Awakening Wellness

7 Living Well Tips - Essential 7 Daily Habits

The Essential 7 are 7 basic healthy habits you cannot live without. They fit into your lifestyle easily, like brushing your teeth. The "Essential 7" are the most basic habits to keep both feet on the path to wellness. Your healthy lifestyle will grow and evolve from your "Essential 7". Below, check out my "Essential 7" and then create your own. I follow my "Essential 7" religiously. My stress levels are manageable, I feel good and I have sustainable energy throughout the day with more space to breathe easily. I have fun and I am productive with my time and energy.

1. Amrit Yoga 30-90 minute's 5x weekly. Yoga opens my joints, stretches my muscles and moves stagnant energy in my body and mind.
2. 20 minutes meditation and prayer. Affirms and helps my mind to stay positive.
3. H2O - 64 oz. (8 glasses of water a day) hydration is essential to the brain and body's optimal health.
4. Isotonix Vitamins a.m. and p.m. My vitamins give me needed nutrients I may be missing from my foods.
5. Healthy, low glycemic-load food choices. 80% vegetarian 20% everything else. Basically this keeps my blood sugar balanced and my energy high.
6. 20-30 minutes outside vigorous walking. Sometimes at lunch, or after work. Keeps me connected to nature and circulates my breath and blood.
7. Conscious communication and connections with friends, clients and family. With conscious communication, I can share my authentic self and it invites safety.

The "Essential 7" should be easy to incorporate into your already busy life and these basics rarely get missed. It's the foundation for your holistic lifestyle plan. It's important to remember that your life is a work in progress. Your needs and habits are different today then they were 10 years ago.

Create A Plan

It is a known fact that if you fail to plan, you are planning to fail, even in the area of health and wellness. A lifestyle plan is a sure fire way to enhance your success to feeling better, looking better and having more energy. Incorporating small actions (essential 7) into your daily life is the beginning to creating a holistic lifestyle plan. My motto is, learn to take care of yourself a little bit everyday and you will be well for a lifetime.

Affirm Your Good Health

Did you know that your thoughts and words have a tremendous impact on your reality. If you think and speak you are fat, broke or miserable, you are simply reinforcing the negative statements in your mind that result in negative effects in your reality. Learn to affirm to yourself and the world "I am well; I am living in my healthiest body; I am taking good care of my body/mind." These are messages that will support expansion and wholeness in your life. Have fun with affirmations, they work if you use them. Using positive and life affirming messages in all aspects of you life will contribute to your fulfilling your goals more easily.

Everyone knows, even the smallest changes can be challenging to add or adjust into an already busy lifestyle. Statistics show that when people want to make changes in their lives, their success is increased when they have a plan and they are working one-on-one or in a group environment to support their desired vision and outcomes.

Holistic Lifestyle Coaching doesn't include "quick fixes"-but instead uses sound principles, which build a strong foundation for your health and well being.