

# Living in Balance

Fall in love with taking care of yourself

## Wellness App:

### Stop, Breathe, and Think



A mindfulness and meditation app with tailored and guided meditations, as well as a tracker for mood and meditation progress.

## Instant Stress Relief Tip:

Once a week for 20 minutes, sit in a hot bath that contains a handful of Epsom salts, 10 drops of lavender essential oil, and half a cup of baking soda.

The combo draws out toxins and lowers stress related hormones.

## August Observances

August 1

National Girlfriends Day  
(Empower each other to be healthy and Safe)

August 1-7

National Breastfeeding Week

National Immunization  
Awareness Month

National Breastfeeding  
Awareness Month

Drop  
and  
give me  
Zen

*Viparita Karani*

Sit facing a wall, bottom about 6" from it.  
Lie back and extend legs up the wall.  
Scoot towards or away from the wall until hamstrings feel a stretch.  
Let arms rest at sides, palms up.  
At this point, focus on your breath-- it should be a deep, slow inhale through the nose and a deep, slow exhale out the mouth. Try to stay in the pose for at least 5 minutes for optimal benefits



## A Healthy Indulgence

### Coconut Chia Mango Popsicles

1 can Coconut Milk  
2 tbsp. Chia Seeds  
1 Tbsp Honey  
1 tsp. Vanilla

2 Mangoes (Peeled, remove seeds)

1. Whisk coconut milk, chia, honey, and vanilla. Place in refrigerator for 30+ minutes
2. Add mango to food processor and pulse several times.
3. Fill popsicle molds by alternating mango and coconut mixture.
4. Freeze for at least 2 hours

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