

natural joy healing 



joyous news

NATURAL JOY HEALING NEWSLETTER

I Want to Hear from You!

The website has been live for a month now. Have you had a chance to take a look? What do you think? What changes would you like to see? How can I improve things? I hope to hear what you think of it and what additional content or changes you'd like to see!!

Please share this newsletter and the blog with those you think it may serve. Health coaching helps people maintain and achieve their health / life goals. What do you want to improve? Do you have weight loss / gain goals? Do you have health challenges? Do you want to resolve past trauma? Reach out, I'd love to chat. The initial consultation is FREE.

[Sign Up Now](#)



Struggles

We all struggle. It is a part of life. Without it, there is no growth. Without it, we would wither and die. But how do we handle the stress? How do we work through the anxiety?

[Continue Reading](#)



Gyros

BOLD flavors in an easy build. LOVE this dinner. Can be made on naan or a gluten free base. A family favorite.

[Recipe](#)

Anxiety

1 in 4 US adults suffer from a diagnosable mental disorder. There has been nearly a 25% increase in depression and anxiety in the past two years alone.

Symptoms

- Restlessness
- Panic
- Increased Heartrate
- No Energy
- Anger
- Unable to Focus

Prevention

- Take Time to Relax Daily
- Keep a List of To-Dos
- Walk 30 Minutes Each Day
- Eat Healthy Foods
- Journaling
- Limit alcohol, caffeine, and sugar
- Positive Self Talk
- Volunteer

Treatment

- Get Enough Sleep / Rest
- Meditation
- Food as Medicine / Eat the Right Stuff for You
- Breathing Strategies
- Expand Your Tribe / Talk to Someone
- Herbal Teas
- Exercise

natural joy healing

Anxiety

What is holding you back? Why are you afraid?

Stop! Be still. Think. What is causing your anxiety and how can you destroy its hold on you?

- Journaling.
- Three positive thoughts for every negative.
- Volunteer - there are plenty of people in need.
- Breathing techniques.
- Learn something new.
- Go back to school.
- Meditate.
- Exercise.
- Get 8 hours of sleep.

- Enjoy your tribe.
 - Learn to cook.
 - Be more active.
 - Walk outdoors for 30 minutes each day.
 - Spend time with family.
-



Working with people across the US to spread health, joy and healing!

Freelance RFP Writer, 1 A, Tyler, TX 75703, USA, 360.241.9071

[Unsubscribe](#) [Manage preferences](#)

Send free email today

HubSpot