

# December 2020

For the Busy Mom

## MONTHLY WELLNESS KIT

SELF-CARE, SPIRITUALITY, AND  
INTUITIVE DEVELOPMENT

[WWW.JENMARIECLIFF.COM](http://WWW.JENMARIECLIFF.COM)



# Welcome

MEET YOUR NEW BFF!

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December 2020

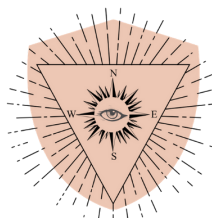
Hi lovely!

This month my family and I are celebrating the Holidays. It's a time to be grateful, reflect, and learn to let go of what no longer serves you. I'm sure I'm not the only one who is looking forward to the New Year of 2021.

In the next few days, we will be entering a new era (in astrology); stepping away from Pisces and entering the Dawn of Aquarius. This is a very special time for all those who reside on this planet. As with any change, the darkness comes before the light. Have faith in yourself, the ones you love, and the Universe. I will be celebrating this event on December 20th - 21st.

You will be in my heart and in my thoughts as we shift into a higher dimension.

With Love & Light,



JMC Healing &  
Wellness Academy

"Helping moms shine from within."

*jen*



## Stress FACT

Did you know there are 50 signs and symptoms of stress?

Examples:

- Grinding teeth
- Crying spells
- Social Withdrawal

Learn more by clicking the link.

[www.stress.org](http://www.stress.org)



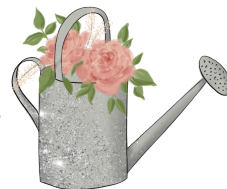
## Stress REDUCTION TIP

Guided Meditation and its benefits:

- Self-Awareness
- Focus on the present
- Increasing patience
- Controls Anxiety
- Increase Attention Span



# Purpose



## BRINGING VALUE EVERY MONTH

The purpose of this wellness kit is to bring bite-size and digestible information to the busy mom who desires healthy habits.

It is much easier to make a lifestyle change with small and intentional steps. This packet will provide fun facts, reflective questions, mantras for your mindset, and a short summary of an integrative practice.

An integrative or "alternative" practice should not be a replacement from conventional or allopathic medicine. There should be a combination of *both* approaches to optimize your health and wellness.

### DISCLAIMER:

This packet is not meant to be ALL encompassing and should not replace seeking advice from your health care provider for specific questions, solutions, and concerns about your health. The purpose of this packet is to spark curiosity and gain some insight into your health and wellness.

# Maha Mantra

## DAILY MINDSET



" L e t   g o . "

The time is now to reflect on the past, old habits/patterns, and release what no longer serves you. We are entering a new era and for you to fully adapt you will need to "make room."

Purge all unnecessary stress, projects, relationships, material goods, and thought-forms. Some techniques to do this is:

- Ask your Spirit Guides for help to release and heal mental/emotional/spiritual wounds.
- Write in a journal - see below.
- Creative Expression - Draw or Paint
- Movement - Jog, Yoga, Dance
- Talk with a healthcare professional
- Laugh with loved ones!



# Worksheet 2

LET GO

## Question 1

WHAT ARE THE COMMON NEGATIVE THOUGHTS/HABITS THAT COME UP ON A DAILY BASIS?

## Question 2

WHAT ARE SOME TECHNIQUES THAT SOUND FUN TO TRY IN ORDER TO RELEASE NEGATIVE THOUGHTS AND HABITS? [SEE THE PREVIOUS PAGE.]

# Worksheet 2

## LET GO

### Question 3

HOW DO YOU WANT TO BE ACCOUNTABLE FOR MAKING THESE CHANGES?

### Question 4

CHANGE IS NEVER EASY. IS THERE SOMEONE IN YOUR LIFE THAT CAN SUPPORT YOU DURING THIS TIME?

# Highlight

## INTEGRATIVE PRACTICE

### GUIDED MEDITATION

"Meditation is a practice where an individual uses a technique – such as mindfulness or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state."



FREE Meditation in partnership  
with The WellNest Roanoke.  
[HOVER & PRESS HERE]

### Resources

Hover and Click on the Link.

1. [healthline.com](https://www.healthline.com)
2. [mayoclinic.org](https://www.mayoclinic.org)

# Let's Get Social!

## STAY IN TOUCH

### BUSINESS INFO



Email: [info@jenmariecliff.com](mailto:info@jenmariecliff.com)

Website: [www.jenmariecliff.com](http://www.jenmariecliff.com)

LinkedIn: [www.linkedin.com/in/jen-marie-cliff-34a9b1a8/](https://www.linkedin.com/in/jen-marie-cliff-34a9b1a8/)

### SOCIAL MEDIA



Facebook Page: [@jenmariecliff](https://www.facebook.com/jenmariecliff)

Instagram: [@jenmariecliff](https://www.instagram.com/jenmariecliff)

Pinterest: [www.pinterest.com/jenmariecliff/](https://www.pinterest.com/jenmariecliff/)

### PRIVATE GROUPS



FACEBOOK -

- [Holistic Health & Wellness for Moms](#)
- [Intuitive Development to Empower Women](#)

### INSIDER NEWSLETTER



A monthly newsletter to keep you posted about the JMC business. Some benefits include:

- Discounts on services or products
- Upcoming events
- Upcoming podcast episodes
- Upcoming blog articles
- Inspirational stories and quotes
- Practical tips for the busy mom
- NEW! Monthly Wellness Kit

\*You can opt-out any time.

### Announcements



PODCAST - COMING IN  
JANUARY 2021!

Motherhood + Wellness

Instagram: [@motherhoodwellnesspodcast](https://www.instagram.com/motherhoodwellnesspodcast)

[www.jenmariecliff.com/podcast](http://www.jenmariecliff.com/podcast)



REIKI CERTIFICATION  
COURSES - COMING IN 2021!

Usui and Karuna® Hybrid - Online & In-Person

[www.jenmariecliff.com/online-learning](http://www.jenmariecliff.com/online-learning)



SHAMANIC JOURNEYING  
AUDIO SERIES  
- COMING SOON!

You will be able to purchase, download, and  
listen in the comfort of your own home.