

*September 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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Hi there!

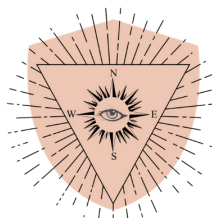
I am so glad you download the Monthly Wellness Kit. This year has been a doozy to say the least. While I was on the struggle bus for a while it got me thinking and planning for the Fall. My son is finally back in daycare, so now I get to focus on my business. Which means, I get to serve my peeps - that's you!

Starting this month I'll be sending out this Kit which is custom-made, researched, and wrapped with love. Believe me, I get it, the stress is real. That's why I want to deliver small, bite-size information all related to wellness.

I truly hope this relieves a little stress and puts a smile on that beautiful face. You're doing a great job! Never forget that.

With Love & Light,

*jen*



JMC Healing &  
Wellness Academy

"Helping moms shine from within."



## Stress FACT

Did you know there is such thing as good stress or also known as eustress?

Examples:

- Baby's Birth
- Wedding
- Graduation
- Promotion



## Stress REDUCTION TIP

Movement and exercise play an important role to stress management by releasing endorphins. This molecule helps reduce pain and increase pleasure. So getting *moving*!

- Walking
- Running
- Biking
- Hiking
- Swimming
- Dancing

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



## 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.



# Worksheet 2

## STRESS

### Question 1

WHAT STRESSES YOU OUT THE MOST? NAME THE TOP 3 TRIGGERS OR SITUATIONS.

### Question 2

CAN ANY OF THOSE TRIGGERS BE AVOIDED OR MANAGED? WHAT ARE SOME PRACTICAL STEPS TO TAKE TO LOWER THE CHANCE OF BEING TRIGGERED?

# Worksheet R

## STRESS

### Question 3

IS THERE A MOVEMENT ACTIVITY OR EXERCISE THAT YOU'D LIKE TO TRY FOR THE NEXT MONTH?

### Question 4

WHAT WILL YOU REPLACE IN ORDER TO FIT THIS INTO YOUR SCHEDULE? [EXAMPLE: LESS SCREEN TIME]

# Maha Mantra

## DAILY MINDSET



" I a m e n o u g h . "

You are here for a reason. You have value, beauty, and gifts to share. Don't diminish your light because of negative self-talk. You have control over your mindset and how you see yourself. For the next month, give permission to truly see yourself as a whole person, not a broken one.

# Highlight

## INTEGRATIVE PRACTICE

### REIKI



"Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy."

[Resource: 1]

### Resources

Hover and Click on the Link.

1. [www.reiki.org](http://www.reiki.org)
2. [www.uclahleath.org](http://www.uclahleath.org)
3. [www.clevelandclinic.org](http://www.clevelandclinic.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-34a9bara8/](https://www.linkedin.com/in/jen-marie-cliff-34a9bara8/)

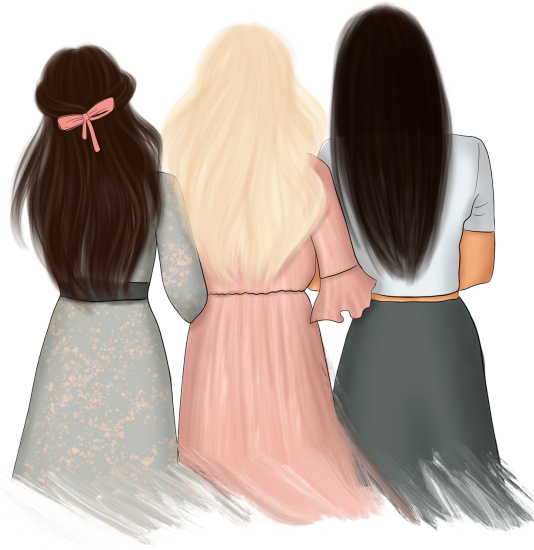
### SOCIAL MEDIA



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.

### PODCAST - COMING SOON!



Motherhood + Wellness

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

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

