



A WELLSTYLES NEWSLETTER



calm the chaos

BRING PEACE TO EVERY DAY STRESSORS

SAVE THE DATE

AUGUST 4TH
Wednesday @ 3:30 pm

MOVE THROUGH STRESS YOGA

[CLICK HERE TO REGISTER](#)

AUGUST 11TH
Wednesday @ 3:30 pm

CALM THE MIND MEDITATION

[CLICK HERE TO REGISTER](#)

AUGUST 25TH
Wednesday @ 3:30 pm

HOW TO TRAIN A PUPPY
Learn the framework to calm the chaos in a stressful world

[CLICK HERE TO REGISTER](#)

Stress less in 10 MINUTES

JOIN THE **FROM AUG 9TH - AUG 20TH**
Stress Less in Ten Minutes Challenge
ON WELLSTYLES

THE CHALLENGE OPENS
ON AUGUST 6TH!

Track Each Day

When you spend 10 minutes practicing a stress-reducing technique. Track at least 6 days out of the 12 days to earn an additional 200 WellStyles points to your program!

[CLICK HERE TO JOIN](#)

ARE YOU SIGNED UP FOR WELLSTYLES?



[SCAN OR CLICK HERE TO REGISTER](#)

WORK IT OUT

Move Through Stress Yoga

You are invited **WED
AUG 4
3:30 PM**

While you may be very familiar with the mental experience of stress, have you identified how you hold stress in your body? Join this 30-minute yoga class to move through tension and facilitate the mind-body connection necessary for optimal stress relief.

[CLICK HERE TO REGISTER](#)

Meditation

can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

JOIN MIKAYLA FOR A LIVE MEDITATION ON WEDNESDAY, AUGUST 11TH @ 3:30 PM.

[CLICK HERE TO REGISTER](#)

HAVE YOU HEARD OF

Better Bites?

It's a themed monthly series equipped with practical nutrition education, a collection of hand-picked recipes, prep videos in the kitchen with Kristen, and downloadable PDF recipe cards to print or save.

AND IT'S ON ITS WAY BACK TO YOUR INBOX!

Trust us, you are not going to want to miss out on this month's stress-reducing strategies and make-ahead meals!

[SIGN UP HERE!](#)

WELLNESS WORKSHOP

How to Train a Puppy:

LEARN THE FRAMEWORK TO CALM THE CHAOS IN A STRESSFUL WORLD

If stress, overwhelm and frustration are daily occurrences, you can liken these emotional habits to a puppy chewing up your house, shoes and underwear – uncontrolled chaos.



JOIN MAYA NAHRA

WEDNESDAY | AUGUST 25TH | 3:30 PM

to learn how habitual stress impacts your health, where stress really comes from, and how to calm the stress, or train the puppy, even if you've tried all the mindfulness and meditation tactics before.

Maya Nahra RD, DAI's

is a Registered Dietitian, diplomate of the American Institute of Stress and founder of Nuuarria, a company whose mission is to help people create positive meaning and permanent change in their lives. Nuuarria's stress reduction methodology is accredited by the American Institute of Stress and has been taught in several school districts, municipalities and organizations over the past twelve years.

[CLICK HERE TO REGISTER](#)

DID YOU KNOW?

SELF-COMPASSION HELPS REDUCE STRESS

Being hard on ourselves can come with consequences. It is our critical inner voice that can elicit unwarranted stress. However, leaning into self-compassion can be a simple way to mitigate this stress and respond to challenges with ease. According to research, self-compassion helps switch the nervous system from "fight or flight" mode to a sense of calm and safety.

[CLICK HERE TO READ THE BLOG](#)

DID YOU MISS JULY'S EVENTS?

WIND DOWN WITH WELLSTYLES YOGA

[CLICK HERE](#)

BEDTIME MEDITATION

[CLICK HERE](#)

REIMAGINE YOUR SLEEP ROUTINE WORKSHOP

[CLICK HERE](#)

