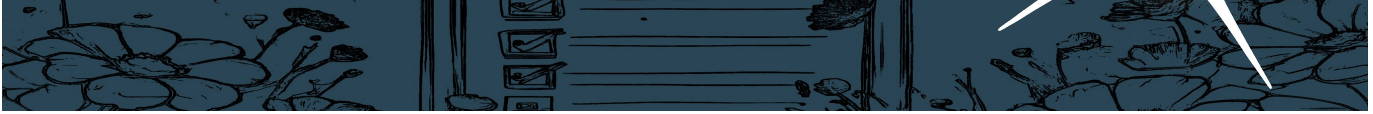


BRIGHTER TOGETHER

Your health & wellness matters!

Q3-2025



REFOCUS & REFRESH: *Your Mid-Year Goal Check-In*

The long days of summer can feel like a natural pause — a chance to step back and check in with yourself. While January is often seen as the time for setting goals, mid-year offers an equally important moment to reflect, realign, and adjust.

MID-YEAR CHECK-IN LIST



Start Small

Pick one area of your life — work, health, or personal — to focus on first. Small, specific actions help build momentum and make progress feel manageable, even during a busy summer.



Celebrate Wins

Write down achievements from the past six months, big or small. Recognizing progress boosts confidence, reinforces positive habits, and reminds you how far you've already come.



Let Go & Adjust

Release goals or habits that no longer match your current needs or values. Being flexible allows you to adapt to life's changes and stay focused on what truly matters most right now.



Plan Ahead

Identify one simple action you can take today that supports your future goals. Mapping out clear next steps makes change feel more realistic and helps turn intentions into results as the year continues.

WHY CHECK IN NOW?

Life can shift quickly. Work demands change, personal priorities evolve, and unexpected opportunities (or challenges) arise. Revisiting your goals mid-year helps ensure they still align with what matters most to you today. A check-in now gives you the chance to pause and intentionally decide how you want to use your time and energy going forward, rather than moving through the year on autopilot.

CELEBRATE YOUR PROGRESS

Take a mindful moment to acknowledge what you have already accomplished — both big and small. Even small wins deserve recognition, as they build confidence and create momentum. Celebrating progress isn't just about checking boxes; it's about recognizing your growth and giving yourself credit for the effort you've made so far.

ADJUST WITHOUT JUDGMENT

Perhaps some goals no longer feel relevant, or new ones have emerged. It's okay to let go, adjust, or create space for different priorities. Flexibility is key to lasting growth and well-being. Remember, goals are meant to serve you — not the other way around. By making adjustments with self-compassion, you set yourself up for more meaningful success in the months ahead.

REFOCUS YOUR ENERGY

Ask yourself: Where do I want to direct my energy for the rest of the year? What habits or small steps can I take this summer to support that? Whether it's prioritizing more rest, reconnecting with friends and family, learning a new skill, or making time for movement, these small, intentional shifts can add up to a big difference in how you feel and what you achieve.

Summer is a perfect opportunity to slow down, breathe, and make intentional choices that align with your evolving goals!



THE STILLNESS EFFECT

Why sitting in silence makes a difference

In a world that moves fast and demands constant input, silence can feel unnatural — even uncomfortable at first. But that discomfort is often a sign that you need it most.

Sitting in silence isn't about doing nothing. It's about stepping out of reaction mode and giving your nervous system space to reset. It offers a chance to quiet external noise and hear what's happening internally — thoughts, emotions, intuition. Even just a few minutes of stillness each day can create noticeable shifts in how you feel and function. No devices, no music, no scrolling — just a moment to be present, uninterrupted.

With regular practice, silence can help you:

- Lower stress levels and reduce mental fatigue
- Improve focus, creativity, and decision-making
- Build greater self-awareness and emotional clarity

It may feel unfamiliar at first, but silence is not emptiness — it's space. And in that space, something powerful happens: your mind clears, your breath deepens, and you begin to come back to yourself. Start with 2 minutes. Sit, breathe, listen. Let stillness do its quiet work!

RESET YOUR NECK

Why Daily Neck Stretching Makes a Big Difference

If you spend much of your day at a desk, on a phone, or in front of a screen, your neck is likely feeling it. Prolonged stillness and poor posture can lead to tension, headaches, and reduced mobility.

The good news? Just a few minutes of daily stretching can ease discomfort, improve posture, and help you feel more focused and refreshed.

Try these simple stretches during your day:

- **Shoulder Rolls:** Gently roll your shoulders backward in slow circles to release tension and improve blood flow.
- **Neck Tilts:** Slowly tilt your head toward one shoulder, hold for 15–30 seconds, then switch sides. Keep your shoulders relaxed.
- **Chin Tucks:** With your back straight, gently glide your head straight back (as if making a double chin), keeping your chin level. This helps align your spine and relieve neck strain.

These stretches can be done in less than 5 minutes and require no equipment — just consistency. Incorporate them between tasks, after meetings, or anytime you notice tension building! It's one of the simplest ways to reset your body and release built-up tension.

Oat & Pumpkin No-Bake Bites



Makes 36 servings

INGREDIENTS

- 750 mL (3 cups) rolled oats
- 250 mL (1 cup) pumpkin puree (not pumpkin pie filling)
- 250 mL (1 cup) natural almond or peanut butter or non-nut alternative
- 125 mL (½ cup) maple syrup
- 5 mL (1 tsp) cinnamon
- 7 mL (½ tbsp) vanilla

DIRECTIONS

1. In a large bowl, combine all ingredients and mix well. If mixture is too dry, add more nut butter; if mixture is too wet, add more oats.

2. Using a tablespoon, scoop mixture in your hand and shape into 2.5 cm (1-inch) balls. Place on a baking sheet.

3. Cover and freeze for one hour before eating!

**“Pause with purpose.
Move with intention.
Realign with what
matters. Wellness
begins in the quiet,
daily moments where
we choose to honour
ourselves.”**