

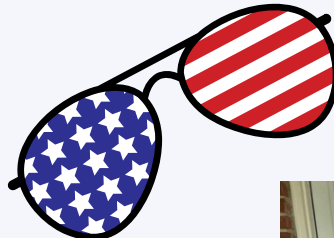
Summer has been in full swing this month. We have been on 2 different trips. Tim and I ended May and started June at our favorite spot~Ocean Springs, MS. While there I got to visit with a dear friend and her family. She and I had not seen each other for 10 years. Too long!



We also had an "All Elvis ~ All Weekend" with my aunt, uncle, and cousin. I'm a huge Elvis fan (as you know) and none of them had been to Graceland or his birthplace in Tupelo. We also took in the Bass Pro Shop in the Pyramid in Memphis.



We wrapped up baseball season, the boys completed their first 1,000 piece puzzle, and Tim got the pool put up.



I also had to say "See you later," to my mentor and friend, Ms. Judy. She passed away after a short battle with cancer. She had been a Weight Watchers coach in our state for 59 years. I will forever be changed because of her and I hope to honor her by carrying on her legacy with WW.

HOLISTIC WELLNESS JOURNEY



Let's take care of our bodies by staying strong and nourished during the summer heat.

body

Hydration Challenge: Drink half your body weight in ounces daily for 7 days.

Summer Movement Challenge: Get in a morning walk before the heat, do a 10-minute stretching session with worship music, & try "movement snacks" – 5-minute bursts throughout your day

Nourish with Color Challenge: Add red, blue, and green fruits/veggies to every meal.

Let's take care of our minds by taking time to reflect, reframe, and renew.

mind

Spend some time journaling using these prompts:

- What has grown in me so far this year? What do I want to let go of?

Read (or say aloud) this affirmation each day:

- "I release what no longer serves me. I make space for peace and purpose."

Take time for this mental reset practice:

- Do a 10-minute "thought inventory" – list 5 negative thoughts, and rewrite them as truths rooted in God's Word.
 - Example: "I'm falling behind." → "God's timing is perfect. I am right where I need to be."

soul

Let's rest and reconnect by worshipping in the ordinary.

Try this Soulful Practice: Turn one daily task (like washing dishes or folding laundry) into a time of prayer or gratitude.

Mediate on this verse each day:

- "Come to me, all you who are weary and burdened, and I will give you rest." – Matthew 11:28

Pray this mini prayer:

- "Lord, help me slow down and find You in the quiet moments. Remind me that rest is holy and worship doesn't require a stage—just a willing heart."

"May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."

1 Thessalonians 5:23

the wellness collective



Recipe of the Month



click on the picture to
go to the recipe

Lightened Up Banana Cream Pudding Dip



Book Recommendation:

The Search for Significance by
Robert McGee

*This Christian classic dives deep
into the lies we believe about our
worth—and replaces them with
God's truth.*

*This book encourages readers to
release guilt, let go of striving, and
step into God-given identity with
confidence and peace.*

Podcast Recommendation:

“Made For This” with Jennie Allen

A Christ-centered podcast that
often blends emotional healing,
spiritual renewal, and everyday
wellness.

It's relatable, biblical, and offers
practical encouragement for your
daily walk.

Journal Prompt

This month, take time to reflect on where you're seeking worth through doing instead of simply being. Let God remind you that your identity is already secure in Him.

“Where in my life am I striving for significance through performance or perfection—and how can I release that and rest in who God says I am?”

MONTHLY Challenge

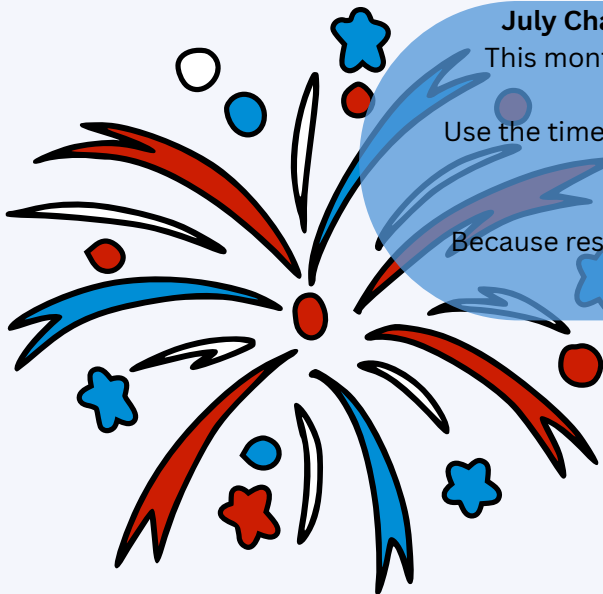
July Challenge: 5 Minutes of Stillness Each Day

This month, take just 5 minutes each day to pause
no phone, no multitasking.

Use the time to breathe, pray, reflect, or simply be still in
God's presence.

Why?

Because restoration doesn't always require more doing,
sometimes it begins with quiet.



soulful reflections

Rest Is Worship

“Be still, and know that I am God.” Psalm 46:10 (NIV)

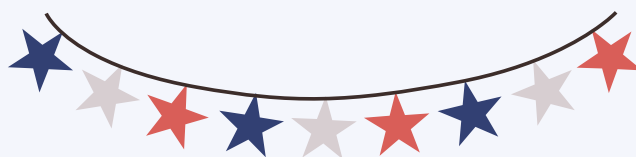
In a season where the world runs fast with vacations, work, travel ball, or pressure to catch up or keep up, it's easy to forget that stillness is sacred. We often equate movement with productivity, and rest with laziness. But the truth is, rest is one of the most powerful forms of worship. It's an act of surrender that says: God, I trust You to carry what I don't have to and what I can't.

Your body, mind, and soul were never meant to run on empty. Taking time to pause isn't weakness, it's wisdom. It's in the quiet moments that you hear His voice, feel His peace, and remember who you are in Him.

Whether it's five minutes of silence, a walk without your phone, or choosing to sit with your Bible instead of your to-do list, every act of stillness is a step closer to the heart of God.

Prayer

Lord, thank You for the invitation to slow down. Help me release the pressure to do and earn and strive. Teach me to be still and find rest in Your presence. Renew my body, quiet my mind, and restore my soul. Let my rest be worship, and my stillness be filled with Your peace. In Jesus' name, Amen.



MEET THIS MONTH'S WARRIOR *Shelley*

In June 2024, I received a diagnosis that turned my world upside down: cancer. It was sudden, unexpected, and forced me to look at my life and my health in a completely new way. But before I share how cancer transformed me, let me take you back to where it all began: my lifelong battle with weight.

I started dieting young, around 13, and from that point on, my life became a blur of meal plans, deprivation, bingeing, and harsh self-criticism. I tried every diet under the sun, always quitting and starting over, each time feeling more defeated. By 2010, I found myself morbidly obese and deeply discouraged.

Then, in 2018, everything shifted. I joined a five-day Mindful Eating Challenge led by a holistic nutritionist. It introduced me to the power of mindfulness and mindset, concepts I had never truly embraced before. I began to understand just how much my thoughts shaped my reality, and how my inner dialogue could make or break my progress. From 2018 to 2024, I lost about 70 pounds and, most importantly, kept it off. Along the way, I learned patience, perhaps one of the hardest and most important lessons of all.

During this time, I also stumbled across an incredible community of women on Instagram. Women of all ages, following different programs, all united by a shared goal: to feel better in their bodies and support each other without judgment. For the first time, I no longer felt alone on my journey.

Then came cancer.

After meeting with specialists, I was referred to a clinical trial at McGill University in Montreal for an investigational treatment for endometrial and ovarian cancer. I started in August 2024, traveling every 28 days to meet with the research team. The treatment came with intense hot flashes and constant fatigue. At the same time, I knew that losing weight would help make my upcoming surgery and recovery easier, so I kept going. Over those grueling ten months, I lost another 32 pounds, every pound a victory. In May 2025, I had my surgery.

Throughout this chapter, I discovered so much about myself. I realized I didn't have to be perfect, and that it was okay to pivot, to reassess, and to change course when something wasn't working. I learned that I could still enjoy the foods I loved without guilt, that balance truly is possible, and that shame has no place in a healing journey.

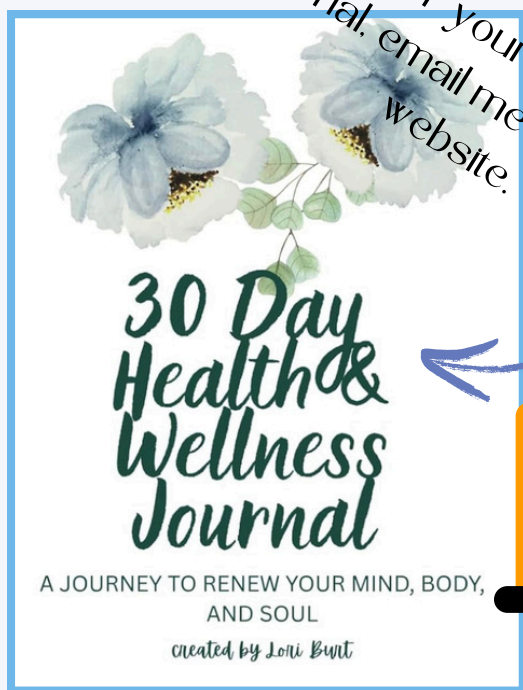
I began to speak to myself with kindness, something I had never done before. I started tracking my food consistently, even on the days I went over my goals — then simply moved on without punishment or judgement. I learned that this journey isn't linear; it's fluid, always evolving. Most importantly, I learned to choose faith over fear. And above all else, I discovered that I am capable of doing hard things. My hope is that you feel inspired to speak to yourself with kindness, to keep going even when it feels impossible, and to always remember: you, too, can do hard things.



Living & Losing

with Lori

To order your copy of the journal, email me or visit my website.



I send out daily text messages for encouragement on your health & wellness journey. They include a motivational message, a Bible verse, and a challenge for the day. To join, text me at 662-736-6186 or email me at livingandlosingwithlori@gmail.com



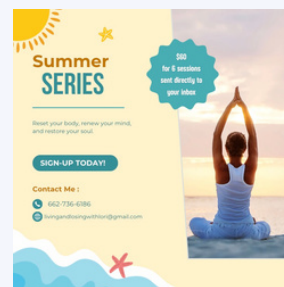
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