



Living & Losing *with Lori*

This is the inaugural issue of the "Living & Losing" newsletter. I'm so excited to start this new venture. It is an extension of the health and wellness journey I have been on since 2021. My hope is that it will encourage, uplift, and enhance your own health and wellness. Thanks for joining me!

Let me introduce myself

Hi! My name is Lori. I am a wife to Tim, a mother to Lara, a mother-in-law to Kiel, and a Lolli to Jett and Lake. My family is my greatest blessing. They are a big reason I began this health and wellness journey. I retired from teaching after 28 years in May 2021. The next month I joined Weight Watchers and vowed to never quit. Since that time I have lost 80 pounds, made Lifetime, and now coach local in-person workshops. One of the components that has given me the ability to keep going and not give up is the WW community, whether in person, at online workshops, or through social media. Starting this newsletter is one way I hope to bring new friends into my circle. We cannot do this alone. We need support and encouragement.



Other Fun Facts About Me!

*doggy mom to Symon

*daycare provider

*huge Elvis fan



Goal Setting

Goal setting might cause you a little angst especially if in the past you felt unsuccessful when it came to reaching your goals. Over the next few months we will work on setting goals for our body, mind, & soul. However, today I want to share some tips to help you set goals that fit “your” life.

- set a goal that fits you~if you aren’t a morning person don’t plan a workout at 5AM.
- think about habits you already have~sleep, exercise, morning routine, nutrition (lean into those, don’t try and change your entire routine)
- focus on one area at a time~food, activity, sleep, mindset (which area do you want to focus on first?)

There should be a balance between allowing a goal to push you toward the outcome you want & what you can realistically do.

In the next section I’ll share a way to narrow down a goal to make it truly doable and attainable.

choose an area of your life you want to set a goal for (food, activity, sleep, or mindset)

1

break it down into 3 or 4 detailed steps

2

list obstacles you might encounter and how do you plan to overcome them

3

decide how you will keep yourself accountable or monitor progress

4

“IF YOU SET YOUR GOALS RIDICULOUSLY HIGH AND IT’S A FAILURE, YOU WILL FAIL ABOVE EVERYONE ELSE’S SUCCESS.”

~JAMES CAMERON

Hello September

September brings an end to summer, while also ushering in a new school year and football. Changes in our schedule and routines can complicate our health and wellness journey. Planning and preparing are two important elements we must do.



Check out The Girl on Bloor for easy meal prep ideas.

click on the underlined words for link



Jalapeno Poppers

With football season starting I wanted to share a yummy snack to carry to all of your tailgate events while still eating healthy!

WW members check out this recipe



click for link to
recipe

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Teacher's Corner

Anxiety

Teachers, how's your stress level? Regulating the nervous system is essential for maintaining balance and promoting overall health. Chronic stress and an overactive sympathetic nervous system can lead to issues like **anxiety**, **insomnia**, **digestive problems**, and **weakened immune function**. By learning to regulate your nervous system, you can enhance your ability to handle stress, improve your mood, and support your overall well-being.

Guide to Decrease Anxiety WITH FOUR EASY PRACTICES

1



Practice Deep Breathing

Find a comfortable seated position, close your eyes, and take slow, deep breaths in through your nose, allowing your abdomen to expand fully. Hold your breath for a few seconds, then exhale slowly through your mouth, releasing any tension as you do so. Repeat this process for several minutes, focusing solely on the rhythm of your breath. Deep breathing activates the body's relaxation response, helping to lower stress levels almost instantly.

2



Mindfulness Meditation

Set aside a few minutes to practice mindfulness meditation, focusing on the present moment without judgement. Sit comfortably, close your eyes, and pay attention to your breath, bodily sensations, and thoughts, letting them come and go without getting attached to them.

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Guide to Decrease Anxiety WITH FOUR EASY PRACTICES

3



Grounding Techniques

Start by identifying:

- **Five things you can see:** Look around and name five objects in your immediate environment.
- **Four things you can touch:** Notice the sensation of touch on four different surfaces or textures.
- **Three things you can hear:** Tune in to three distinct sounds in your surroundings.
- **Two things you can smell:** Take a moment to identify two different scents, whether pleasant or neutral.
- **One thing you can taste:** Pay attention to the taste lingering in your mouth or take a sip of water and notice its flavor.

4



Progressive Muscle Relaxation

Progressive muscle relaxation involves tensing and then releasing each muscle group in the body, promoting physical relaxation and reducing anxiety. Start by focusing on your toes, tensing them for a few seconds, then releasing the tension and allowing them to relax completely. Slowly work your way up through your legs, abdomen, arms, and finally to your face, tensing and relaxing each muscle group as you go. Pay attention to the sensations of tension leaving your body, leaving you feeling more at ease.

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Easy Lunch Ideas for Busy Teachers

Grilled Chicken & Hummus



A simple greek-inspired lunch is a delicious go-to. Not only is this adult lunchable idea easy to make, but it's also so delicious and nutritious. Made with seasoned grilled chicken, mini pita bites and a side of hummus. This is packed with protein and little carbs. YUM!