



November was a wonderfully, full month! It started off with my 61<sup>st</sup> birthday. (I still find it hard to believe I'm 61!



I added my 5<sup>th</sup> and final Little for the school year. His name is Witt. Isn't he adorable?



I launched my "Briana's Box." This gift box was created for mom's of infant loss as a way to honor our baby girl, Briana Leigh.



Beth, Janet, Karen and I attended a Chris Tomlin concert at a local church. It was an incredible night of worship.



Tim and I celebrated 43 years of marriage!



I had my first ever pop-up event at a local boutique. I LOVED every second of it. I met so many amazing women, had lots of friends come out and support me and I was able to share my story of health & healing.



In a dream come true, I was flown to NY for a photo shoot by Weight Watchers!



The boys and I enjoyed our Thanksgiving break with games and leaf jumping. Then on Thanksgiving Day, Tim and I joined Lara, Kiel, the boys, Kiel's mom and siter for the day.





# HOLISTIC WELLNESS JOURNEY

This month's theme is "Peace in the Pause." December is full of activity. Gatherings, to-do lists, noise, and hustle. But what if this month we focused on slowing down enough to notice God's presence in the quiet moments? This month's theme invites you to find balance, rest, and spiritual renewal as the year comes to a close.

## Body Rest as Restoration

Rest isn't lazy, it's sacred. Just as your muscles need recovery after movement, your body needs intentional rest to heal, recharge, and serve you well. Remember, even God rested on the seventh day.

*reflection*

How often do you allow my body to truly rest, not just sleep, but deep rest without guilt or distraction?

*action*

Set aside one "Sabbath-style" day or evening each week in December where you step away from productivity. Light a candle, take a long bath, stretch, or simply breathe and let your body be still.

## Mind Clearing Mental Clutter

Just like we declutter our homes for the holidays, our minds need tidying, too. When we hold on to worry, comparison, or overstimulation, we lose our peace. Create mental white space so your thoughts can breathe.

*reflection*

What thoughts or worries are taking up too much space in your mind right now?

*action*

Practice a "mental reset" by journaling once a week. Write down what's on your mind, pray over it, and then release it, even symbolically, by closing the journal and whispering, "Lord, I give this to You."

## Soul Presence Over Perfection

This season isn't about doing it all perfectly. It's about being fully present. God shows up in the small, quiet moments when we pause long enough to notice His goodness.

*reflection*

Where are you striving for perfection instead of simply being present with God and the people I love?

*action*

Choose one simple tradition or moment to savor. Perhaps reading a devotional by the tree, enjoying coffee with a friend, or walking under Christmas lights and invite God into that moment.


# the wellness collective



## Recipe of the Month



### Oatmeal PB Balls

 **Book Recommendation:**  
*"The Ruthless Elimination of Hurry"*  
by John Mark Comer

*This powerful read will challenge how you view time, pace, and purpose. Comer offers a biblical and practical approach to slowing down in a world that glorifies busyness — helping you rediscover the peace that comes from unhurried living.*

 **Podcast Recommendation:**

"The Glorious in the Mundane" with Christy Nockels

✦ **Recommended Episode:** "Advent Invitation: Come and Rest"

Christy's gentle storytelling and Scripture-based reflections invite listeners to prepare their hearts for Advent—not with busyness, but with rest and expectation. It beautifully echoes your "Peace in the Pause" theme.

Why it fits: Christy's tone is warm, nurturing, and faith-centered. She weaves spiritual rest, reflection, and worship together in a way that feels like a deep exhale for the soul.

### Journal Prompt

Where in your life do you need to slow down and let God set the pace?"

Write freely. No editing, no pressure, just an honest reflection on what areas of life feel rushed, and how can you invite peace back into them.

## MONTHLY CHALLENGE

### Colorful Calmness

This month, choose one day each week to make a "color scribble." Simply grab a piece of paper and some markers. With a black marker, close your eyes and scribble all over the paper. Whatever shape you end up with color in each section with a different color marker. Do this with no distractions. No tv, phone, just you and the markers. While coloring whisper this short prayer:

"Lord, quiet my mind so I can hear Your heart."

Small moments of stillness can lead to deep renewal.

*"You will keep in perfect peace those whose minds are steadfast, because they trust in You."*

Isaiah 26:3 (NIV)







# soulful reflections

Nourished by Grace

December has a way of sweeping us up in its busyness, doesn't it? Lists to check, gifts to wrap, gatherings to plan. Even the most joyful traditions can leave our hearts weary. But in the middle of the noise, the twinkle, and the to-do's, there's a quiet invitation that often goes unheard: Come, rest with Me.

When we look at the first Christmas, it wasn't loud or flashy. It was quiet, sacred in its simplicity. A humble manger, a silent night, a young couple, and the very presence of God in their midst. The Prince of Peace didn't arrive with fanfare; He arrived in stillness. Maybe that's the message our hearts need this December so that we may remember that peace doesn't come from getting everything done; peace comes from being still in His presence.

In Luke 2, we read that after the shepherds saw the newborn Savior, they ran to tell everyone the good news. But tucked quietly into that same passage, we find Mary, not running, not rushing, but pondering these things in her heart. She paused. She held the miracle close and let herself be fully present with God.

This season, maybe God is calling you to do the same. To pause long enough to notice Him in the glow of the tree lights, in the laughter around your table, or even in the quiet moments when tears fall from tired eyes. He's there, in the ordinary, in the pauses, in you. You don't have to earn peace this Christmas. It's already been given to you wrapped not in paper and bows, but in swaddling cloths and grace.

So take a breath. Let go of the pressure to make everything perfect. Instead, let your soul be still and your heart be full. Emmanuel, God with us, is still with you today.

"But Mary treasured up all these things and pondered them in her heart."

Luke 2:19 (NIV)

## Reflection Questions

- Where in your daily life do you feel hurried or distracted and how can you create space to pause with God?
- What does "peace" look like for you this Christmas season?
- How can you be more like Mary, slowing down to ponder God's goodness in your heart instead of rushing through it?

## Prayer:

Heavenly Father, thank You for the gentle reminder that peace is found in Your presence, not in my performance. Help me slow down enough to see You in the small, sacred moments of this season. Quiet my heart when the world feels loud. Teach me to pause, to rest, and to remember that You are Emmanuel, God with me. May Your peace rule in my heart this Christmas and into the new year. Amen.





As we close out 2025, I thought I might share my own wellness story. I know many of you have already heard it, but I hope you'll indulge me as I share it one more time.

I never really struggled with my weight until I went to college and got married. I've often wondered what about those experiences caused me to overeat, but honestly, I think it was simply a time of "freedom." Freedom from the rules and boundaries of growing up at home. No one was telling me what to do, so I just did what I wanted. I was only 18 when Tim and I eloped, just a big ole kid enjoying life without limits.

Even though I weighed more in the early years of our marriage than I had in high school, I wasn't extremely overweight. In fact, I'm not sure anyone would have called me "fat," but because I weighed more than I ever had, I felt fat.

After giving birth to twins, I lost the baby weight relatively quickly (one of the joys of being young 😊). A few years later, I went back to college to earn my teaching degree. I was still within a normal weight range, but once I started teaching, the pounds started to creep on.

Food became my drug of choice. If I was happy, I ate. Sad? Ate. Stressed? Ate. My mindset was in the toilet, and I didn't have healthy coping skills for anything stressful.

I had always struggled with low self-esteem. I knew what God's Word said, but I believed it to be true for everyone else, not me. Others were fearfully and wonderfully made. Others were His masterpiece. Not me.

I tried many times to lose the weight. Experimenting with every diet known to man, it seems. I might lose some or even all of the weight, but I could never keep it off. It takes more than a good "diet" to lose the weight and keep it off.



MEET THIS MONTH'S WARRIOR

# *M*

CONT.

In 2021, I rejoined Weight Watchers for what would be my last time. I vowed to myself that I would lose the weight and keep it off. I would get to my goal weight and become a Lifetime member. Little did I know what all that would require. Staying within my daily points budget was only one part of it. I had to transform my thinking and I had to grow in my relationship with the Lord. For me, the diet could only take me so far.

Now, I focus on holistic wellness. Every day, I nourish my body, my mind, and my soul. I set goals and intentions that keep me grounded and focused. I draw strength from an amazing community of friends, and I make spending time with God a daily priority.

The past four and a half years have been hard and amazing. Sometimes both in the same day! I am not the same Lori I used to be. I still have moments where I surprise myself and wonder, "Who is this woman?" But then I remember, she is who God created her to be all along.

I am overwhelmed by His grace and goodness, and I am so thankful I didn't give up. My journey hasn't been perfect, but it's been purposeful. Every struggle, every setback, every small victory has led me closer to freedom, not just in my body, but in my spirit.

As I step into a new year, I carry this truth with me: healing and wholeness don't come overnight, but they come one faithful step at a time. And friend, if you're on your own journey, I beg you to not give up. The same God who met me in my brokenness is walking with you, too.





# M4M Merch!

## On-Demand Coaching Sessions!!!

I'm so excited to share something new with you! Many have asked how they can access my coaching sessions if they aren't able to attend live sessions and now you can! I've taken some of my most-requested sessions and made them available as on-demand video lessons, each one focusing on a powerful topic designed to help you grow in body, mind, and soul.

Each session runs 15–20 minutes and feels just like sitting with me for a one-on-one chat. The videos provide practical, faith-centered strategies and are full of real-life examples you can start using right away.

Topics include: Finding Your "Why"  
Understanding the Cognitive Triangle  
Building Healthy Habits That Stick  
Creating a Grace-Filled Mindset  
...and more to come!



**NEW!**

You can purchase each session individually and watch at your own pace whenever and wherever it fits your schedule.

Ready to take your next step in wellness and faith?

Visit: <https://www.livingandlosingwithlori.net> to purchase your's!



## New Digital Resource!

Coaching techniques sent directly to your inbox!

Order your

"21 Days of Peace: An Advent Journey for Body, Mind, & Soul" today at <https://www.livingandlosingwithlori.net>

**\$10**



**\$15**



**\$20**



Are you still looking for a Christmas gift for a friend? My journal and devotional would make the perfect present.

Hurry! Order today while you still have time.

