



The month of July started off with a little afternoon fishing. Tim carried the boys to a friend's pond and they had a blast. They both learned to bait their own hook and actually held their fish.



We completed our 2<sup>nd</sup> & 3<sup>rd</sup> 1,000 piece puzzles. It took all of us to accomplish this feat!



The boys and I spent a day at the Mississippi Children's Museum. It's always one of our favorite places to visit when we are out of school.



This is Coach Calhoun. He creates videos for school age children that can be used as "brain breaks" during the school day. I spent "many a day" moving with him on his "Move to Learn" videos. As I was leaving a WW workshop one Saturday he was heading into the building for another meeting. It was an honor to be able to meet him. So inspirational!



Several of us WW ladies had the honor of attending Ms. Judy's celebration of life service. She was our WW coach and had been one for 59 years.

The 2025-26 school year started and these cuties will stay with me while their mommies teach everyday.



# HOLISTIC WELLNESS JOURNEY

This month's theme is *"Steady in the Shift."*

August can be awkward. The school supply aisles are full, the weather is still hot, and some of us are clinging to vacation mode while others are knee-deep in new routines. Life is shifting and shifts can be unsettling.

But what if we stopped striving to "get it all together" and instead focused on staying steady? Holistic wellness doesn't mean being perfect in every area. It means honoring where you are~body, mind, and soul~and making choices that steady you in the swirl.

## *For the Body*

Your body feels the shift, too—through sleep changes, disrupted movement routines, or emotional eating. This is not the time to start an extreme plan. It's the time to nourish and nurture. Hydrate. Stretch. Fuel your body with what helps it function, not just what satisfies in the moment.

Steady Practice: Choose one daily non-negotiable for your body: a 10-minute walk, a balanced breakfast, or 80 oz of water. Keep it simple—and steady.

## *For the Mind:*

Shifting seasons can stir anxiety, mental clutter, or a need to control things. Pause and ask: What am I holding too tightly? Philippians 4:6–7 reminds us to bring everything—everything—to God in prayer. Even schedule stress and back-to-school overwhelm.

Steady Practice: Start each day with a breath prayer or a grounding verse. Try:

"God, settle my mind. Shift my thoughts back to You."

## *For the Soul*

Shifts in routine can either push us away from time with God or invite us closer. Let this be the season where you return—to rest, to prayer, to quiet.

Psalm 16:8 says, "I have set the Lord always before me; because he is at my right hand, I will not be shaken."

Steady Practice: Create a "sacred pause" in your day—even if it's 3 minutes. Light a candle. Read one verse. Whisper a prayer. Let it become your anchor.

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

*Isaiah 26:3*



# the wellness collective



Recipe of the Month



click on the picture to  
go to the recipe

## Protein Lemon Mousse with Blueberries



### Book Recommendation:

*Wellness with the Seasons: Eating and Moving Your Body with the Four Seasons* by Sharon Cairns

*This gentle guide helps readers align their diet and movement with each season—perfect for August's in-between feel. It encourages small, sustainable shifts rather than drastic changes. An ideal read for women wanting to adapt their wellness practices with grace and intention.*

### Podcast Recommendation:

*"Oh My Word with Katie"*  
hosted by Katie Eubanks Ginn

This Christian podcast is warm, authentic, and refreshingly real. Katie shares conversations about faith, everyday struggles, mental health, and finding joy in the middle of hardship. It's a beautiful companion for navigating emotional and spiritual rhythms during changing seasons.

### Journal Prompt

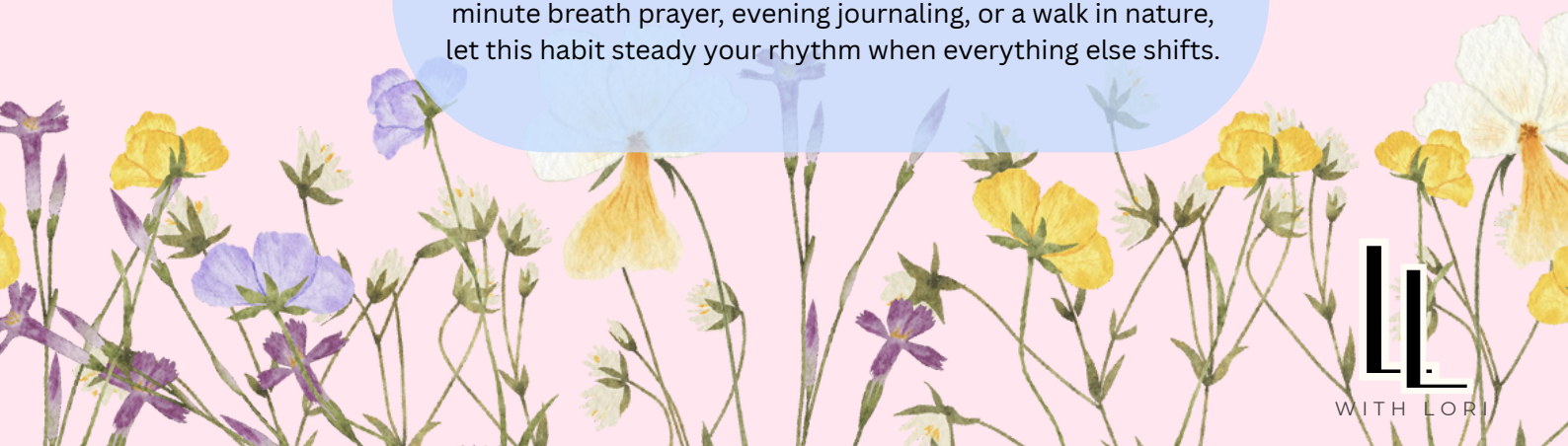
What area of my life feels unstable right now, and what small habit can help me stay steady in that space?

*Reflect on where you might be leaning into uncertainty and take one small step toward steadiness today.*

# MONTHLY Challenge

### Anchor Your Rhythm

Choose one simple wellness habit that feels restorative, not burdensome, and commit to doing it daily. Whether it's a 5-minute breath prayer, evening journaling, or a walk in nature, let this habit steady your rhythm when everything else shifts.



# soulful reflections

## *Steady in the Shift*

"I have set the Lord always before me. Because He is at my right hand, I will not be shaken."

Psalm 16:8

Life doesn't always give us a clean break between seasons. August is proof of that. It's summer and it's the start of school. It's slowing down and speeding up. It's sandals and sweat, but also planners and early mornings.

That tension of the in-between is where we often lose our footing.

Personally, I feel it in my body. I want to cling to summer's slower rhythm, but schedules start to demand more of me. I skip workouts or overdo it on comfort food. My mind spirals too. Do I have time to keep up the habits I built this summer? Can I stay healthy when life speeds back up? And my soul? It sometimes gets pushed to the back burner when my days get full.

But Psalm 16:8 brings me back. "I have set the Lord always before me..." That part is my choice. I get to choose what I set before me when things start to shift. I can choose panic. I can choose busyness. I can even choose perfectionism disguised as productivity.

Or I can choose to set the Lord before me. His presence makes me steady even when nothing else is.

"Because He is at my right hand, I will not be shaken." That's the promise. That's the invitation. Not to control the shifting seasons, but to be unshaken in them.

Friend, if August feels like a weird in-between... if your body is out of rhythm, your mind feels cluttered, or your soul is tired, I want to remind you that you are not doing this alone. Your steadiness doesn't come from perfect routines or flawless plans. It comes from Who you're walking with.

Set Him before you. Invite Him into your shift. Let Him steady your soul.





# Living & Losing

with Lori

# Coaching News!



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](mailto:livingandlosingwithlori@gmail.com)

I am offering a special that is only available to you, my newsletter subscribers. I am offering you a 20% discount on my coaching packages (excludes single sessions). If you wish to sign up for a package, email me and include the code **"NEWSLETTER2025"**

(all packages must be prepaid, discount will be taken off the total amount)

\*participants must be signed up for newsletter to redeem code



click on the computer to go to website



Visit my website for info about holistic wellness coaching packages, merchandise, blog posts & more!

Lots of new things coming this month!  
Stay tuned!

# Living & Losing

with Lori  
merch!



Introducing my first e-book!

It's perfect if you need a reset after a binge or just need some guidance restarting!

Purchases available through website



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

Order your "Made for More" merch!  
T-shirts \$25 (includes shipping in US)  
available in 3 colors



The Made for More Devotional & Journal due to be released in September!

