



Lost Dutchman State Park - Arizona

Bloom Into Wellness: Fresh Energy for Spring

Welcome Spring,

April invites a moment to pause, reflect, and nurture our mental and emotional well-being. As we observe Stress Awareness Month, it's the perfect time to explore how daily habits, mindful practices, and self-care routines can help manage stress and build resilience. Small, intentional changes in how we move, rest, and breathe can make a meaningful difference in how we feel and show up each day.

This month, we are also focusing on keeping your body moving comfortably from head to toe. Supporting your joints and feet through mindful movement, proper footwear, and healthy habits can help maintain comfort and mobility over time. Following last month's in-person arthritis workshop, we will once again address joint health in our upcoming virtual arthritis workshop on Zoom, making it easy to join from home. Our featured article offers practical tips for preventing and managing foot pain, so you can stay active and move with confidence.

Wishing you a month filled with calm, care, and habits that support lasting wellness.

Warmly,
The Resilient Team

SPECIAL EVENTS

VIRTUAL - Arthritis Workshop



Are you or someone you know living with arthritis pain? Does it limit your daily activities or keep you from doing what you love? Join us for an engaging virtual workshop where you will discover practical ways to reduce arthritis pain and improve mobility using the Resilient approach.

Register today, or share this invitation with someone who could benefit. We'd love to see you there!

DATE: Friday, April 17, 2026
LOCATION: Zoom
TIME: 3:00pm - 4:00pm (MST)
PHONE: 480.999.5171
EMAIL: hello@resilientaps.com

[REGISTER NOW](#)

ARTICLES OF THE MONTH

Why Your Foot Pain Isn't Really a Foot Problem

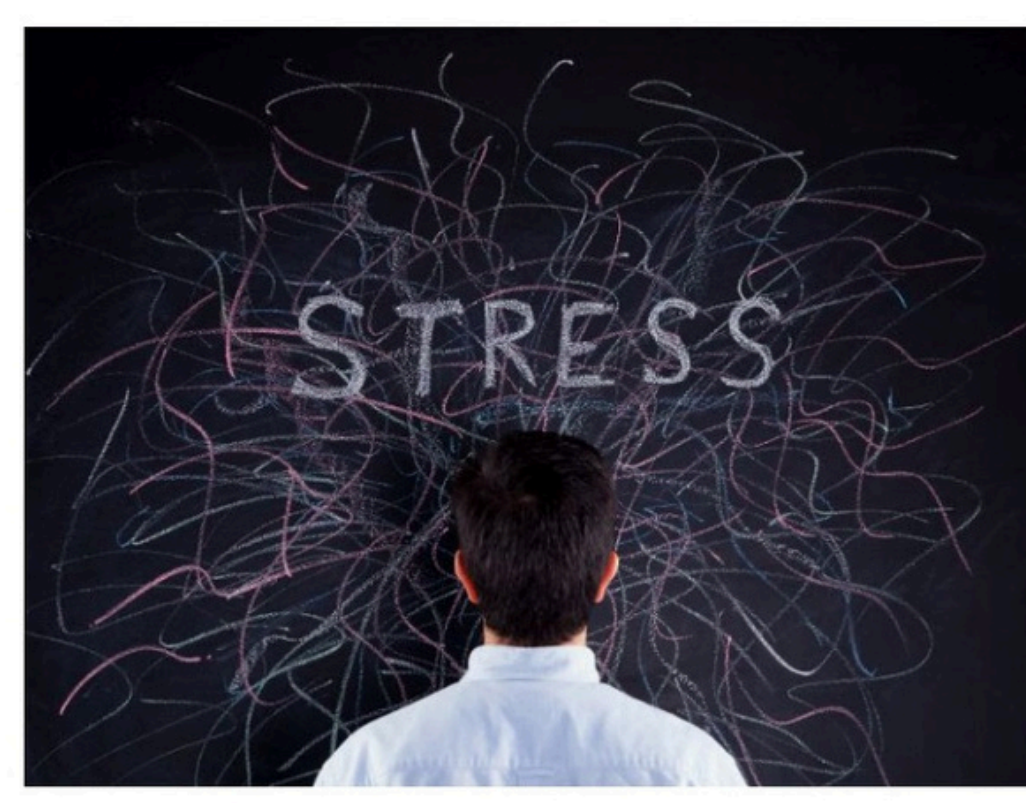


Most people who come to us aren't looking to "improve foot health." They're dealing with symptoms that disrupt real life:

- Heel pain getting out of bed
- Arch pain that worsens with standing or walking
- Tight calves that never loosen up
- Balance that feels unpredictable
- A knee or hip that "acts up" for no clear reason

The natural conclusion is: "If my foot hurts, something must be wrong with my foot." So the search begins: stability shoes, arch supports, orthotics, cushioned insoles, etc. While these may feel good for a while, the relief rarely lasts. Here's why: Most foot pain isn't caused by the foot itself. It's caused by the way your body is aligned above the foot. [Read More](#)

Stress Awareness Month: Kindness for Mental Wellness



Life can be overwhelming, and stress is something we all experience. However, when stress becomes chronic, it can take a serious toll on our mental and physical well-being. April is Stress Awareness Month, a time dedicated to helping people recognize, manage, and reduce stress for a healthier, happier life.

For Stress Awareness Month 2026, the focus is on Kindness for Mental Wellness, because small acts of kindness, whether toward ourselves or others, can go a long way in reducing stress and fostering emotional well-being. [Read More](#)

EXERCISE OF THE MONTH

Foot Circles/Point/Flexes - Supine

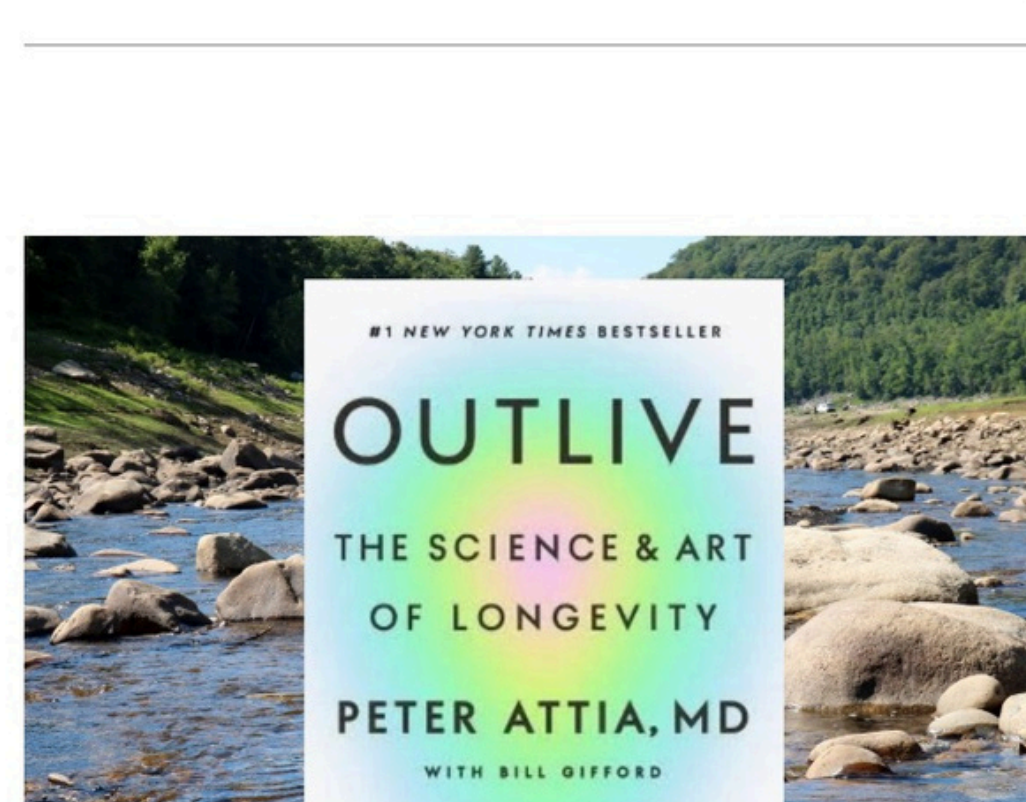


Description:

- Lie on your back, with one leg extended straight, thigh tight, foot pulled back and pointed toward the ceiling
- Bend the other leg and interlace your fingers behind knee, keeping lower leg parallel to the floor
- Squeeze your shoulder blades together by pulling them down, and then:
- 1. Slowly circle the raised foot to the left as directed, being sure to flex and extend the toes
- 2. Circle that foot to the right as directed, flexing and extending the toes
- 3. Point and flex the foot (and toes) as directed,
- Switch the position of your legs and repeat circling movement in each direction and point and flexing the opposite foot, as directed
- This is one set
- Repeat for number of set as directed, resting between sets if needed
- DO 1 SET OF 20 REPS EACH DIRECTION - PER SIDE

JOHN'S BOOKSHELF

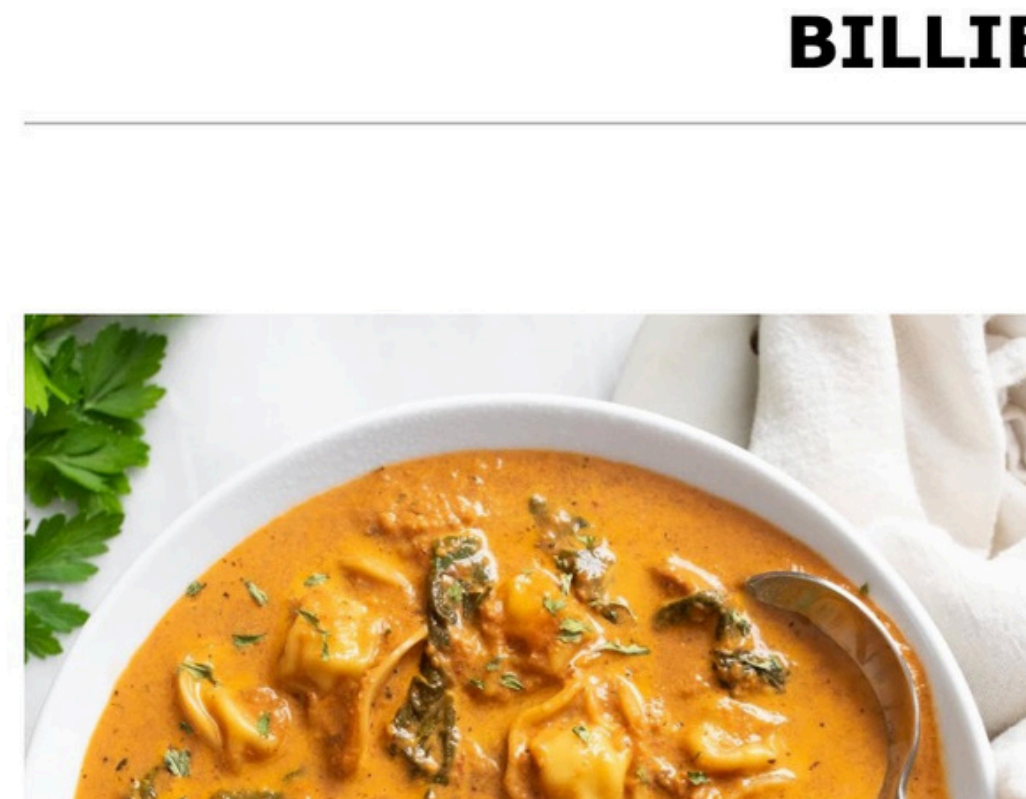
Outlive: The Science & Art of Longevity



Outlive: The Science and Art of Longevity by Peter Attia is a forward-looking guide to living not just longer, but better. It emphasizes extending healthspan by preventing chronic diseases before they start, using personalized strategies around exercise, nutrition, sleep, and emotional health. Rather than reacting to illness, the book encourages a proactive, science-based approach to maintaining long-term physical and mental well-being.

BILLIE'S RECIPE OF THE MONTH

Marry Me Chicken Soup



Salad Ingredients:

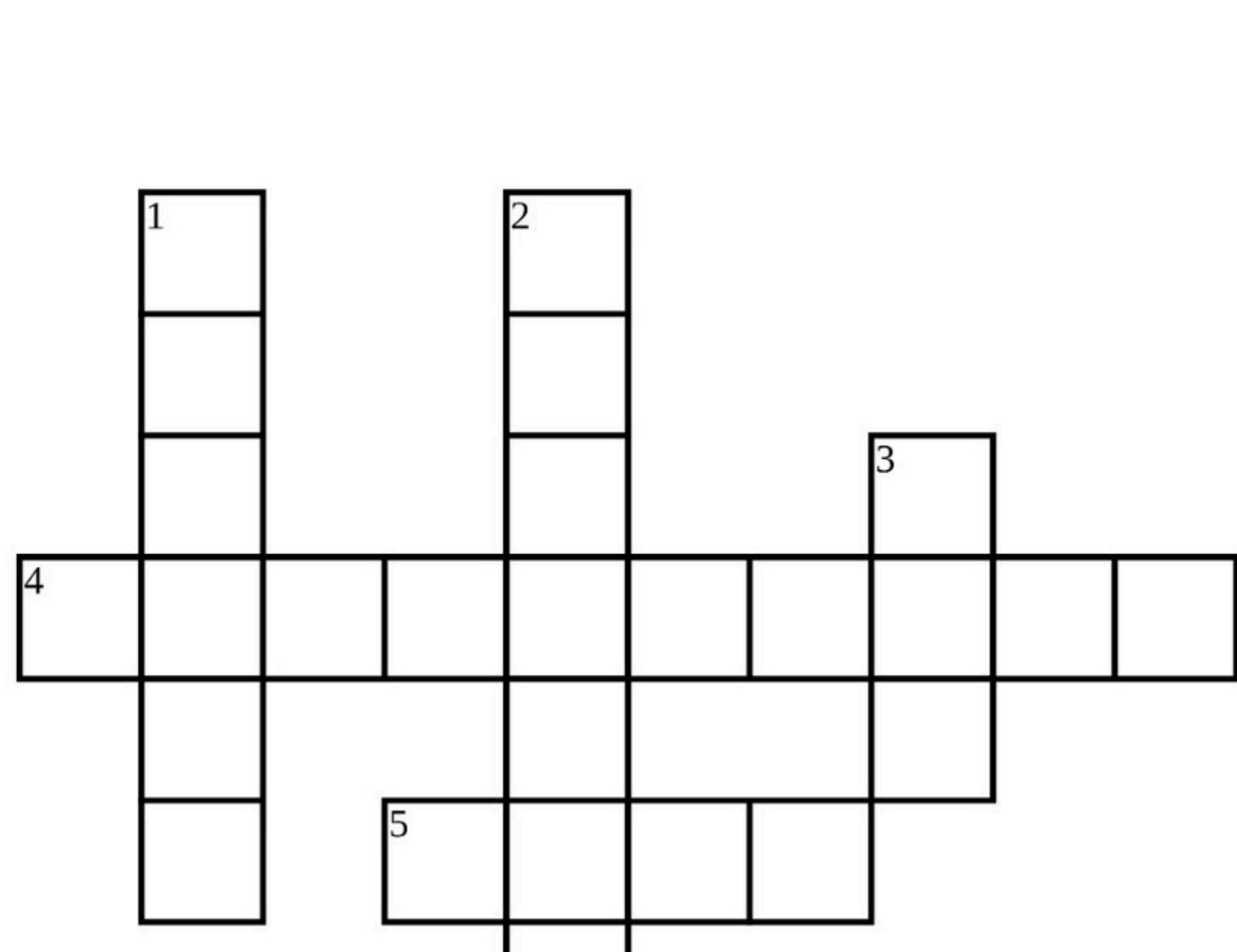
- 1 ¼ lb. boneless skinless chicken breasts
- Salt/Pepper, to taste
- 1 ½ teaspoons Italian seasoning
- ¾ cup dry white wine, see notes
- 3 tablespoons butter
- 1 yellow onion, diced
- 1 (8 oz.) jar sun-dried tomatoes, 2 tbsp. oil reserved
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- ¾ teaspoon EACH: basil, oregano, parsley
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 5 cups chicken broth
- 1 chicken bouillon cube
- 1 cup heavy cream
- ½ cup grated parmesan cheese
- 10 oz. refrigerated tortellini, about 2 heaping cups
- 3 cups packed baby spinach

Instructions:

1. Measure out ingredients before beginning.
2. Pat the chicken dry and season each side with salt, pepper, and Italian seasoning.
3. Take 2 tbsp. of oil from the sun-dried tomato jar and heat it in a large soup pot over medium-high heat. Add the chicken and sear for 3-4 minutes per side, until a light golden crust has developed. (Note: It's okay if it's not cooked all the way through yet, it will cook in the soup which will add more flavor to the broth.) Remove and let it rest for 10 minutes, then dice. Turn heat off.
4. Add the wine to the soup pot and set the heat to medium. Use a silicone spatula to "clean" the bottom and sides of the pot, this will give the soup more flavor.
5. Add the butter and onions and cook for 10 minutes, until the wine is reduced by half.
6. Drain the sun-dried tomatoes and pat them very dry. Add them to the soup pot along with the garlic, tomato paste, seasonings, Dijon, and honey. Cook, stirring continuously, for 5 minutes.
7. Add the chicken broth and chicken bouillon cube and stir to combine. Use an immersion blender to blend the broth until smooth, or carefully transfer to a blender in batches.
8. Bring to a boil, then reduce to a simmer.
9. Add the chicken back along with any juices from the plate. Gently simmer and reduce for 15 minutes, partially covered. (Don't let it boil or the chicken will become tough.) Slide a silicone spatula along the bottom of the pot a few times to lift any ingredients settling to the bottom.
10. Reduce heat to low and let the soup cool for 1 minute. Gradually stir in the heavy cream followed by the Parmesan cheese.
11. Add the tortellini and simmer, partially covered, until the pasta is cooked through. (Or, boil tortellini separately and add it directly to serving bowls. This is the best option if you anticipate leftovers.)
12. Add the spinach during the last minute and let it wilt. Serve!

RESILIENT PUZZLES

WORD SCRAMBLE



- ADENMIOITT _____
- OSTRIOCL _____
- IHP _____
- OMLEREVVH _____
- OOF _____

Down:

1. The body's natural reaction to pressure or challenge
2. Sitting for long periods can negatively affect this
3. A joint that connects your leg to your torso

Across:

4. A practice that helps calm the mind and reduce stress
5. A structure that absorbs shock when walking

ANSWERS: Down 1. STRESS 2. POSTURE 3. HIP 4. OVERWHELM 5. FOOT
ANSWERS: 1. MEDITATION 2. CORTISOL 3. HIP 4. OVERWHELM 5. FOOT

Hearing from our clients truly means the world to us. We'd be so grateful if you'd take a moment to share a quick Google review. Your story could help others who are looking for the same kind of care and support.

[Google Reviews](#)