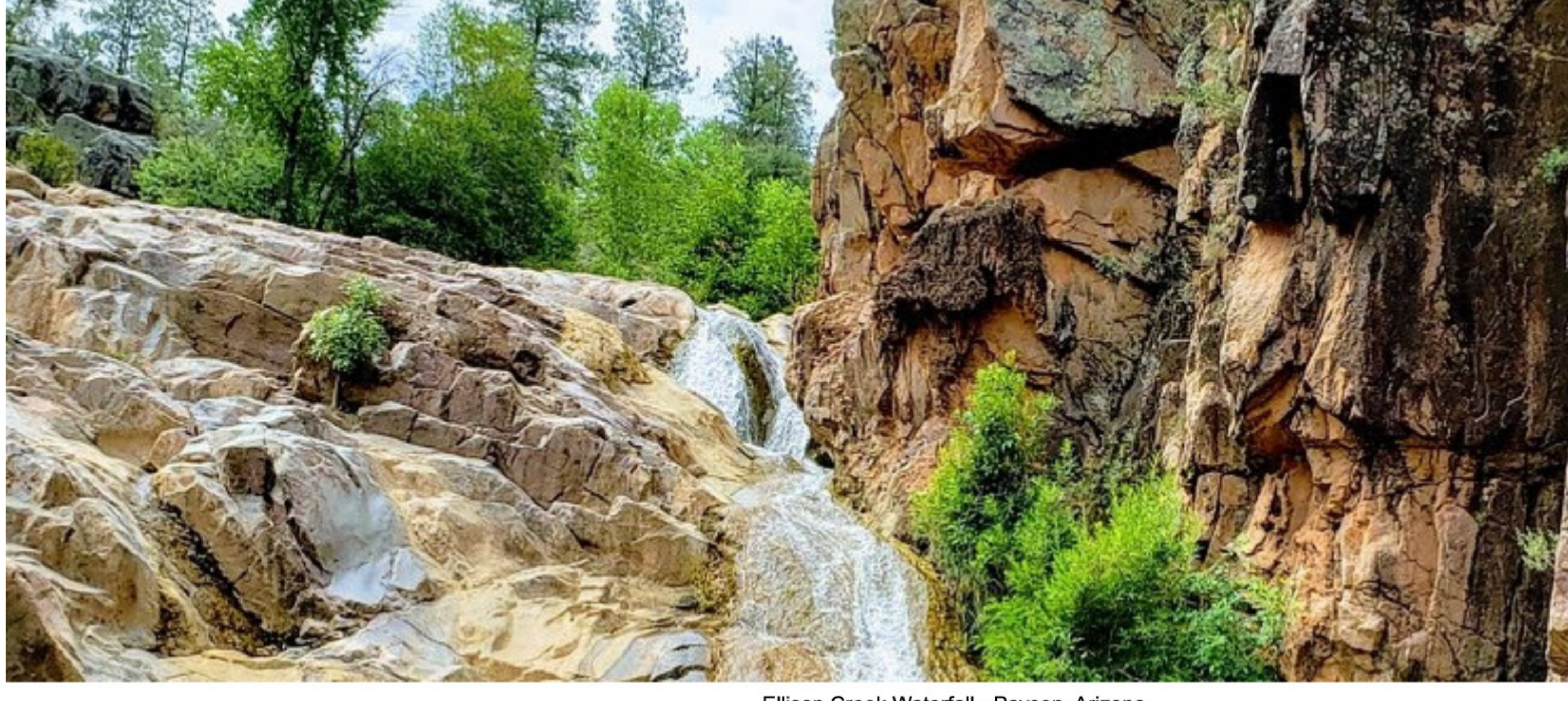




Ellison Creek Waterfall - Payson, Arizona

Mindful Changes for a New Season of Wellness

Hello,

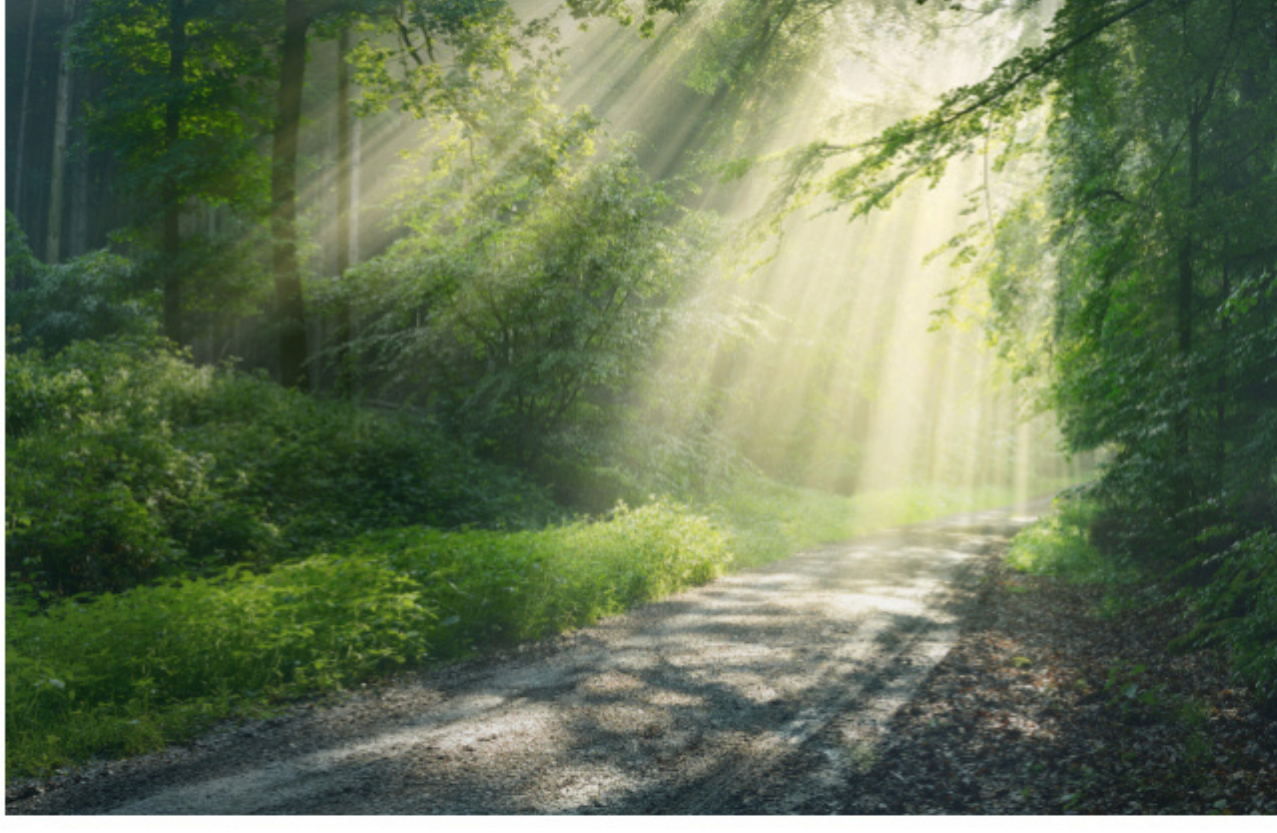
June is Migraine and Headache Awareness Month, a time to recognize the impact headaches and migraines have on your daily life, overall well-being, and the ability to fully engage in the moments that matter most. As seasons change, many people notice changes within their bodies as well. Stress, posture, sleep, movement patterns, and system health can all influence how frequently headaches occur and how intensely they are experienced. Making changes in daily habits and awareness can play an important role in supporting healing and long-term relief.

This month, we are focusing on the connection between headaches, the body, and the process of healing. Just as each season brings transition, growth, and adjustment, our own health journeys often require us to pause and move forward in new ways. Whether that means improving posture, creating healthier routines, moving differently, or simply becoming more aware of what your body needs, meaningful progress often begins over time. Healing is rarely about one single solution. It is a process of learning, evolving, and caring for yourself every season of change.

Warmly,
The Resilient Team

ARTICLES OF THE MONTH

Healing Takes Courage



Opening up to a coach or therapist takes courage. Sharing your life, especially the parts no one sees, requires vulnerability. *Invisible aspects* of life often play a powerful role in pain and healing. At our core, we are not just bodies that hurt. We are body, mind, soul, and spirit-intricately connected and designed to heal as a unified system. [Read More](#)

Migraine and Headache Awareness Month



Headaches can be a mild discomfort or can disrupt your life (think migraines). Millions of Americans live with headaches for many reasons. Let's understand what headaches are, different types of headaches, what causes headaches, and how to prevent them. Awareness about migraines and headaches can help you manage your life. [Read More](#)

EXERCISE OF THE MONTH

Gravity Drop

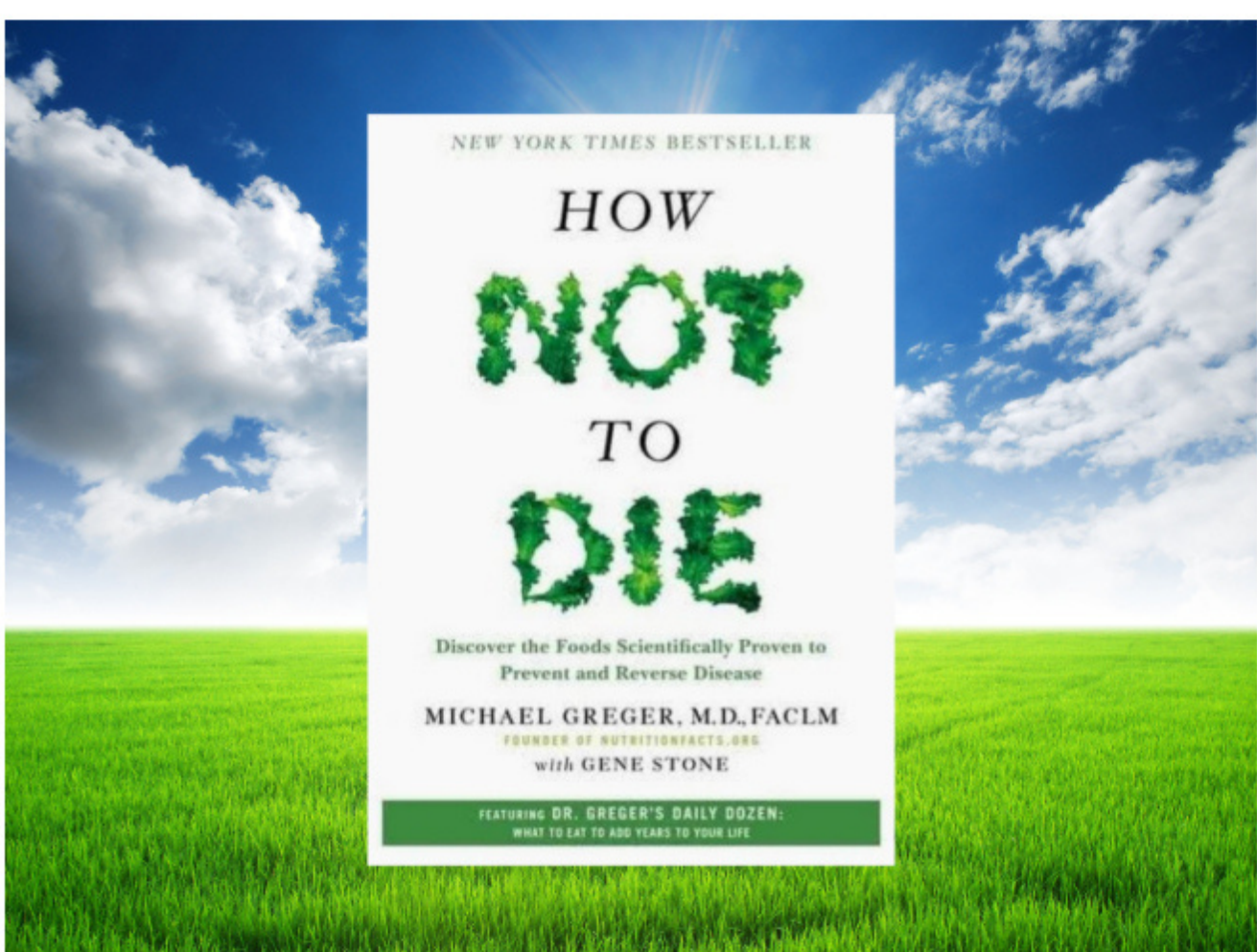


Description:

- Wearing rubber-soled shoes for traction, stand on the edge of the step with the balls of your feet on the step and the heels hanging off the edge
- You can also use a step ladder while holding onto the railing, allowing your heels to hang off the lowest step
- Keep your feet hip-width apart and parallel. Do not splay by letting the heels move toward each other
- Hold the railing, ideally with a rail on both sides
- Drop back a few inches so the shoulders, hips, knees, and ankles are in a straight line behind the step
- Allow the heels to drop downward without letting the feet roll forward
- Do not let the hips sway forward, the knees bend forward
- Allow your body weight to settle into the heels
- Hold for 3 minutes

JOHN'S BOOKSHELF

How Not To Die



A research-based guide to preventing and reversing chronic disease, *How Not to Die* explores how nutrition and lifestyle choices impact health and longevity. Dr. Michael Greger examines the science of the death, including heart disease, diabetes, cancer, and how to live longer by showing how whole, plant-based foods can help reduce the body's natural healing processes. The book combines evidence with practical nutrition advice, encouraging readers to adopt sustainable daily habits that promote energy, vitality, and a long life.

BILLIE'S RECIPE OF THE MONTH

Lemon Berry Slush



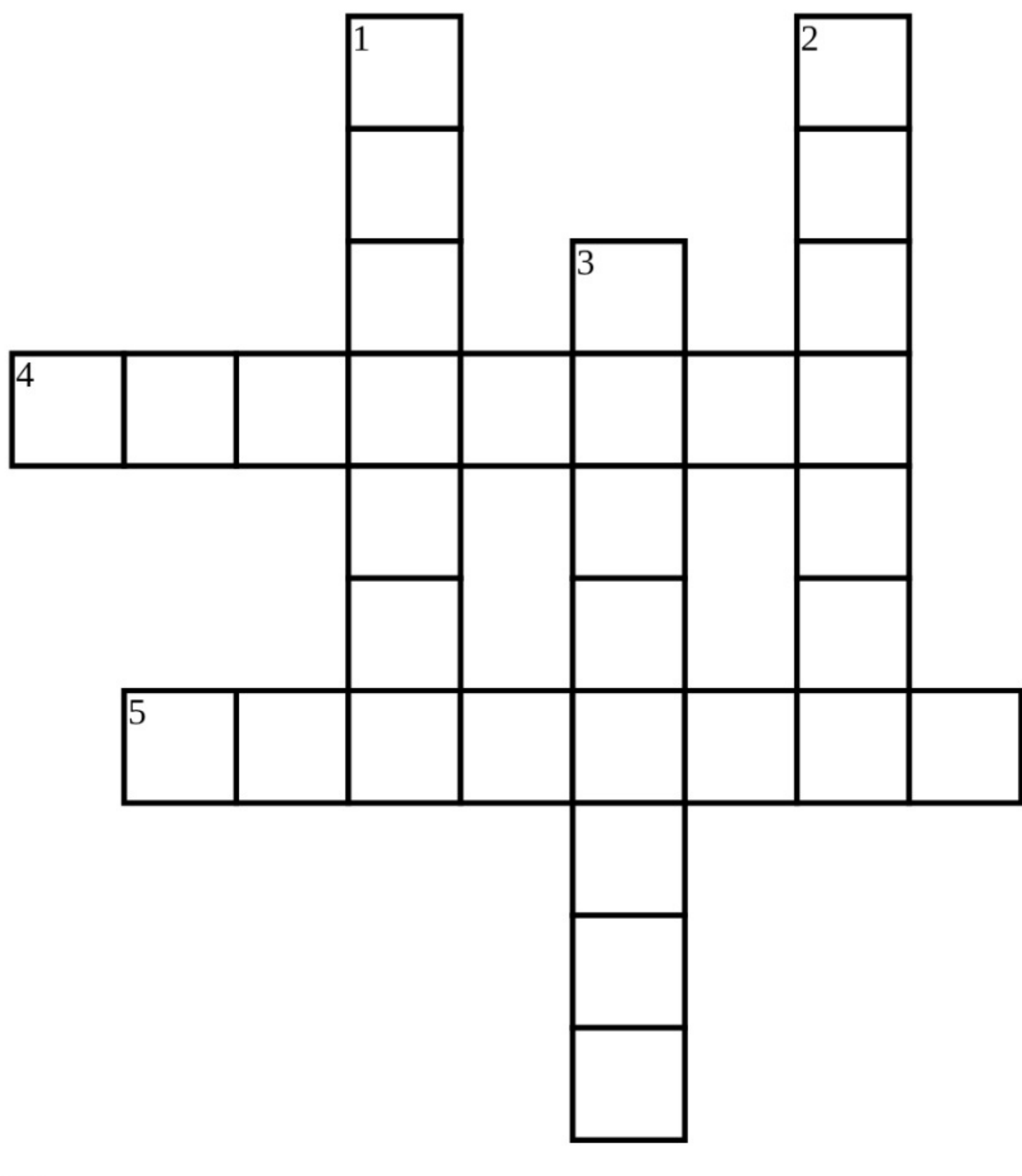
Ingredients:

- 1 cup Lemon lime flavored sparkling water
- 2 cups Strawberries
- 1/3 cup Lemon juice
- 1/4 c sugar or 3 Tbls agave or sweetener of choice (convert if needed)
- 3 cups Ice cubes

Instructions:

Combine all ingredients in a large jar and enjoy!

RESILIENT PUZZLES



WORD SCRAMBLE

- SRIETIENL _____
- GNRIIEMA _____
- DAHCEHEA _____
- ENHALIG _____
- EFLIER _____

- Down:**
1. What process takes place as the body repairs and restores itself?
 2. A feeling of tightness often caused by stress or poor posture
 3. A type of pain can affect the head and disrupt daily life
- Across:**
4. What word describes positive physical, mental, and emotional health?
 5. What condition is often accompanied by sensitivity to light or sound?

ANSWERS: Down 1. HEALING 2. TENSION 3. HEADACHE Across 4. WELLNESS 5. MIGRAINE

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.

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