

EASE

WELLNESS JOURNAL



STRESS

Investigating stress +
building resilience

EMPLOYEE ENGAGEMENT

Supporting and retaining
staff in 2023 and beyond

WORKPLACE WELLBEING

Holistic health and
wellness at work

RESILIENCE

Foods and techniques
to build resilience

INTRO

Welcome to the September edition of the Ease Wellness Journal.

This month we focus on the workplace, and dive deep into investigating the role of stress at work and how this can be mitigated by building resilience. We discuss the concept of 'Eustress' as a positive stress influence in workplaces, and look closely at the role of holistic health wellbeing initiatives in businesses and organisations.

We walk you through employee engagement strategies, resilience-building, leadership guidelines and how to help grow and support effective team environments. To boost your resilience and wellness, we also detail a range of valuable upcoming events and experiences, and give you the ideal shopping list of refrigerator and pantry items to nourish your body and mind for optimal strength and vitality.

If you love what you read, we invite you to connect with us, book a session or attend one of our events.

Enjoy reading! Yours in health,
Kate and team

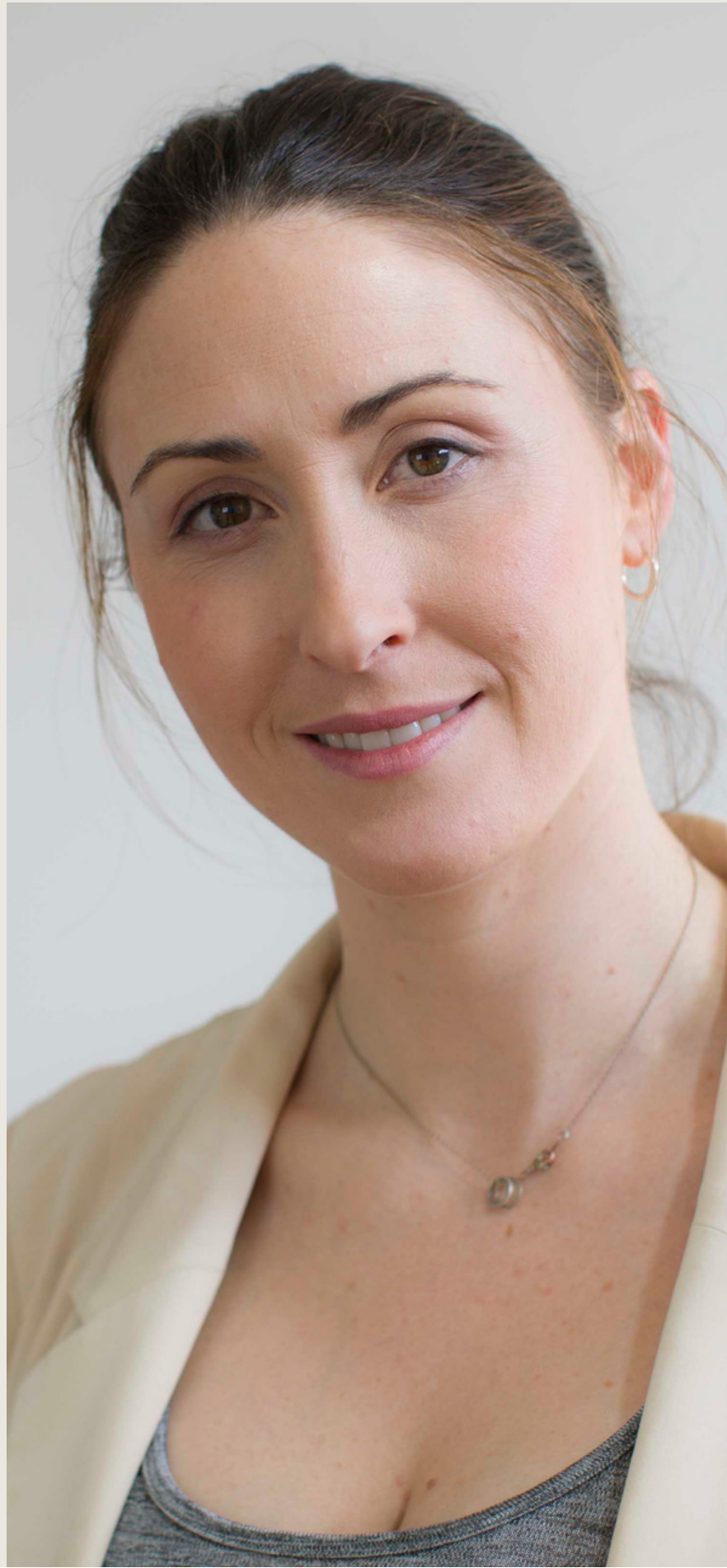




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“LIFE DOESN'T GET EASIER OR MORE FORGIVING,
WE GET STRONGER AND MORE RESILIENT”

- STEVE MARABOLI, LIFE, THE TRUTH, AND BEING FREE



INVESTIGATING STRESS TO BUILD RESILIENCE



In a hectic, demanding and competitive world of business, there is an increasing need to relate to stress differently.

With the pressures of the modern world, there is an ever-increasing need to change your relationship with stress in order to build resilience. This is built by understanding that there is good stress (also known as eustress, this taps into your parasympathetic nervous system) and bad stress (also known as distress, this taps into your sympathetic nervous system).

Unfortunately, the reality is most people are unaware of the different types of stress and simply view all stress as bad.

With this prevailing belief, many humans have become stressed about stress, which is not an ideal stress management strategy! This article discusses concepts of stress and the fact that one of the keys to building resilience is connecting with the eustress over the distress, and getting comfortable with the discomfort of stress in order to grow. By delving into the inner-workings of stress, we can develop an understanding of how eustress can in fact enable us to live healthier, more fulfilling, meaningful lives unconstrained by disproportionate neurological responses.

Eustress

According to 2018 research published by Mills, Reiss and Dombeck, eustress differs from distress with the following characteristics:

- Feels exciting
- Energises and motivates
- Only lasts in the short term
- Increases focus and performance
- Perceived as within coping ability

On the other hand, distress, or negative stress, is characterised by:

- Lasting in the short term and long term
- Triggering anxiety and concern
- Surpassing coping abilities
- Generating unpleasant feelings
- Decreasing focus and lowering performance
- Contributing to health issues



EUSTRESS APPLICATIONS AT WORK

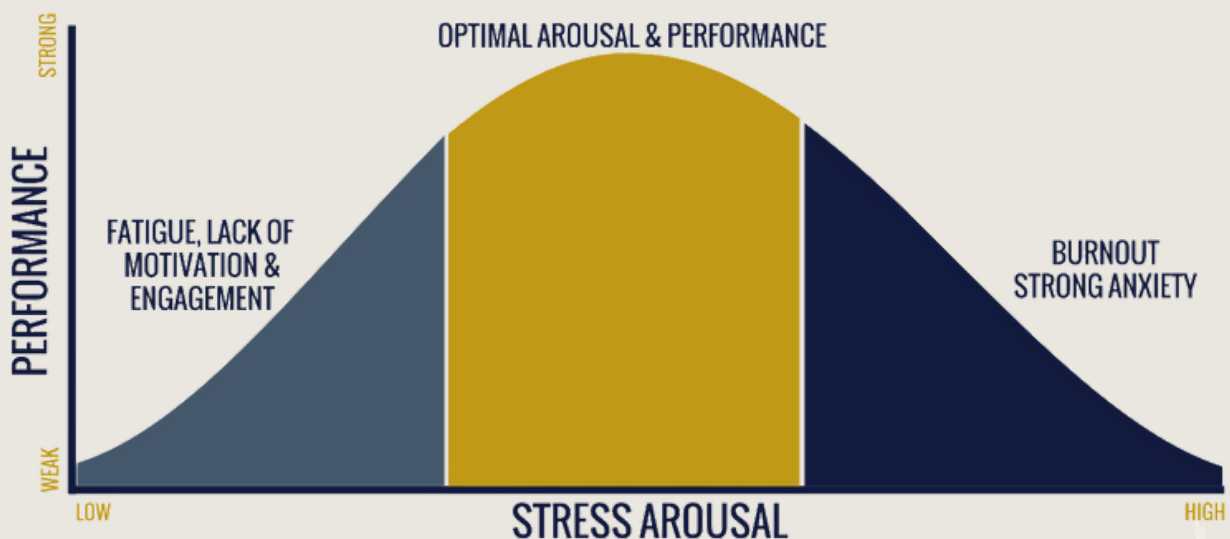
The business sector can greatly advantage from understanding the utility of eustress, and the potential to maximise the performance of employees while ensuring that they are not being overwhelmed by their given tasks. The balance between optimal arousal and performance was sketched out in the Yerkes Dodson law dating from 1908 (see the figure over page) and shows that beyond a certain threshold, performance can become impaired due to excessive anxiety. The Yerkes Dodson Law, which frequently appears in basic management texts, affirms that individuals can only really thrive under certain conditions. This balance often needs people to feel that their responsibilities are accessible yet stimulating, as opposed to overbearing hindrances. At its worst, according to Gavin & Mason (2004), job stress is felt when the demands of the work exceed the workers' belief in their capacity to cope. As such, research has shown the benefits of workplaces supporting the environment of eustress. Well-managed eustress can allow corporate interests to arise through the optimal performance of their employees.

Stress Arousal



One of the main problems with eustress in the business context, is that it has historically been misused and sometimes lacked monitoring of the workers' adjustment to their tasks and stressors. This is because - while anxiety is a key element necessary to any productivity - too much of it causes distress. Zero stress in a workplace may also be detrimental.

YERKES DODSON DIAGRAM



If employees don't feel challenged by the assigned tasks, boredom often arises (Brule & Morgan 2018). This can start a vicious cycle of dissatisfaction in which employees feel frustrated with their performance, with the work itself, and with themselves. This can lower self-esteem, and trouble the workplace. The lack of stimulation or 'stress' can cause boredom and depression in other areas of life too.

Some degree of arousal is needed for individuals to perceive their work to be worthy; a compromise is mandatory. Managers are encouraged to establish reasonable boundaries and schedules, cultivate a positive mindset, and support a healthy working space.

How you physically and mentally respond to a stressor depends on a range of factors, but mostly your mindset and the kind of lifestyle you live. A lifestyle adjustment may include adopting a better diet, exercising more, sleeping better and meditating regularly. These can change, minimise and even eliminate a stressor.

A top-down view of a Zen garden sand tray. The sand is light beige and has been raked into a series of concentric, wavy lines that form a large, irregular shape. Three smooth, light-colored stones are placed on the sand: one in the upper left, one in the middle right, and one in the lower left. The lighting is soft, creating subtle shadows and highlights on the sand's surface.

“WHEN LIFE GIVES YOU STRESS,
MAKE IT EUSTRESS, NOT DISTRESS”

~ SIDDHARTHA PURI



HOLISTIC WELLBEING AND WELLNESS IN THE WORKPLACE

Holistic health is an approach to wellness that simultaneously addresses the physical, mental, emotional, social, and spiritual components of health and wellbeing.

As a field of practice, holistic medicine draws from many disciplines to heal people, communities, and even the environment. In a workplace setting, this means healthier, happier and better performing workplaces and teams.

Dimensions of holistic wellbeing based on a Kinesiological approach to wellness include:

- Mental health parameters
- Emotional states, stability and resilience
- Physical body health and structure
- Biochemical factors, including nutrition
- Environmental factors, including pollution, light, toxins, social media and those around you
- Social aspects
- States of stress and anxiety, which are highly correlated with our environment and nutrition
- Gut health (work by Roberto Mazzoli and Enrica Pessione in 2016 show the vast majority of neurotransmitters are created in the gut)

Variety And Addressing Wellness In The Workplace

To properly address wellness in the workplace, a variety of options are necessary, with recognition that we are all unique with unique needs. This means that a Post-Covid cookie-cutter approach is not an option anymore, and variety is necessary so that different wellness options are on offer in businesses, including mindfulness, exercise, talk therapy and Employee Assistance Programs.

Although employees and business teams need variety, every person has one thing in common, and that is the physical and biochemical stress response in their body. As we all know, stress is commonly triggered in the workplace for a variety of reasons relating to both product or service delivery and interpersonal interactions.

Of course, stress itself is the body's response to any type of threat - real or perceived. A person's Automatic Stress Response triggers a range of chemical and even physical responses, all occurring rapidly and automatically. The key to mastering stress is to master perception. Fortunately, businesses can do a lot in this area to help mitigate employees stress response and it starts with the concept of safety. That's what the stress response was designed for in the first place, to keep us safe and out of danger. So, what key things make us feel safe at work? There are three main pillars that make people feel safe at work:

1. Clarity and clear communication
2. Feeling valued and understood
3. Feeling supported

When creating a safe environment, it is imperative to remember that there is no success without a safe space for employees to work in.



Creating A Culture of Psychological Safety

Creating a culture of psychological safety is key to all kinds of business success, including innovation, agility, and mental wellbeing. This is because it makes workers feel:


- Confident in taking calculated risks
- Comfortable learning new things
- Capable of pushing the limits of creativity

It also empowers employees to speak up when work-related stress becomes too much or when they're struggling with their mental health.

To establish a culture of safety and stability, managers should carefully and deliberately set expectations. This creates stability because when people know what's expected of them, they feel safe. In fact, research shows that employees who strongly agree that their job description aligns with the work they do are 2.5 times more likely than other employees to be engaged! There is also a much reduced chance for stress responses to take place if expectations are well established and known.

Read on for some great ways that managers can set expectations to improve employee engagement, satisfaction, wellbeing and productivity in the workplace .





"TREAT YOUR EMPLOYEES LIKE
AN INVESTMENT, NOT A COST"

- DAN SULLIVAN



RESILIENCE IN THE WORKPLACE

Businesses are dependent on staff members being successful at work, but it is not necessarily clear what that entails or requires. Many imagine that the key to success at work is intelligence or going above and beyond the demands of the role, such as working long hours or taking on extra commitments. However, in 2023 the workplace is characterised by staff cutbacks, deadlines, rivalry and change, meaning that success actually relies on an individual's capacity to cope and even thrive when faced with stress. In other words, modern businesses depend on workplace resilience.

Therefore, it is imperative that resilience is fostered in the workplace, particularly when it comes to supporting younger team members. With these less experienced employees, managers need to make the workplace a safe environment where they can make mistakes and ask for help. A good manager will hold space for younger employees to be uncomfortable as they grow in their roles and build resilience.

According to the Centre for Confidence and Wellbeing (2006), "the good news is that although some people seem to be born with more resilience than others, those whose resilience is lower can learn how to boost their ability to cope, thrive and flourish when the going gets tough." So, resilience can be learned and enhanced!

Read on for some of the traits you'll notice in a resilient employee, as well as ways to foster resilience in the workplace.

Connections & Trust

Resilient employees build strong connections and relationships with others, characterised by effective communication with active listening and responsiveness. A resilient worker will do what they can to help a colleague achieve success and is a team-player who will nurture work networks, consistently building trust with others.

Socialisation

Social support plays an important role in workplace resilience. It is beneficial to develop personal as well as professional networks, which can be a source of guidance and support during times of stress or simply to provide a nurturing relationship. Interestingly, resilient employees relish the social side of workplaces and don't take work environments too seriously, introducing an element of 'play' to the workplace which further fosters positive emotions amongst employees.

Perseverance

Grit is that fighting spirit that sets some employees apart. It can be defined as 'having the passion and perseverance to pursue your long-term goals'. Resilient employees display grit and perceive their work as meaningful, meaning they are willing to dig deep to achieve an outcome perceived to be valuable. This helps the individual to be better equipped to bounce back after setbacks or when work is stressful.





● Authenticity

By actively engaging in self-care and nurturing themselves after a stressful incident, however minor, resilient employees avoid 'burnout'. Above all, and at all times, these resilient individuals stay true to their 'real' self. They are authentic and behave in a way which is in alignment with their values and beliefs.

● Mindfulness

A characteristic of resilient workers is that they will monitor their own thoughts when they are under stress and duress. By acting mindfully, the employees who display resilience notice patterns in their thinking that may be impeding their chance at occupational success. This awareness promotes a capacity to cope with stress and unexpected challenges.

BUILDING RESILIENCE

Resilience in the workplace can be strengthened and enhanced by developing strategies that reduce vulnerability and susceptibility to stress amongst employees. It can also help employees to develop and nurture skills for reducing the impact that adversity in the workplace has on them. This may include, but is not limited to, practicing mindfulness, developing mental agility, and taking regular breaks from work to 'detach'. Read on for five key ways to help employees build resilience.

BUILDING RESILIENCE AT WORK

1



POSITIVITY

By taking a positive stance at work, employees are more able to adapt to adversity and hold on to a sense of control over their work environment. Putting energy and motivation into work, or, having 'vigour' – as described by Shirom (2004) – is also associated with building personal resilience. It is the 'opposite' of burnout, which is characterised by emotional exhaustion, tiredness and cognitive fatigue.

2



EMOTIONAL INSIGHT

Individuals with insight have a level of awareness about the full range of emotions they experience, from 'negative' through to 'positive'. They will consider the ramifications of their own reactions and behaviour and the effects their own actions have on others. Psychologically resilient individuals can be described as emotionally intelligent (Tugade & Fredrickson, 2004).

3



BALANCE

Individuals can build personal resilience at work by achieving a healthy work-life balance. This is especially challenging in the world we are living in. Technology can mean that employees may have access to work 24 hours a day, 7 days a week. In order to be able to bounce back from stressful situations, i.e. to be resilient, workers need to have the energy that can be easily depleted if a healthy work-life balance is not in place. Workers need time to relax, unwind and recuperate.

4



SPIRITUALITY

Having a sense of spirituality has been linked to developing resilience at work. This may be related to reducing vulnerability and the impact that adversity in the workplace has on the individual. Finding meaning in work, and feeling that this work is contributing to a greater good, can buffer against the effect of stress. It may also be because spirituality may lead employees to view even stressful situations as having positive aspects, and appreciating potential benefits.

5



REFLECTION

Becoming more reflective is another way individuals can build resilience at work. Being aware of possible 'triggers' to stress can provide individuals with the opportunity to prepare and gather resources so they are better able to 'bounce back'. If an employee knows that a particular circumstance will be especially challenging, they can then implement coping strategies, such as seeking support.

WHY RESILIENCE IS IMPORTANT

Resilience is a critical life-skill that has roots in the key to humankind's survival. The ability to cope with stress and unexpected challenges, and even to thrive in such situations, is adaptive. This is not news to anyone! What about the workplace? Why is resilience so important in the work environment?

For starters, workplaces are embedded with stress. Occupational stress affects personal and performance outcomes (Rees, Breen, Cusack, and Hegney, 2015). Furthermore, workplace stress is correlated with high levels of depression, anxiety and burnout.

As early as 1978, the effects of a stressful workplace were reported by Pines and Maslach, who introduced the term 'burnout' to describe a state whereby employees experience physical and emotional exhaustion, depersonalisation, and a sense of low personal accomplishment.

Burnout takes a heavy toll, both productively and economically. Burnout is associated with increased rates of absenteeism and reduced productivity – not to mention the negative impact it has on employees. Psychologically resilient employees are better able to cope with stress, and less likely to suffer from 'burnout'. Clearly this is of benefit to the employer!

Resilience has been associated with various positive states, including optimism, zest, curiosity, energy and openness to experience (Tugade & Fredrickson, 2004). These positive emotional states are of tremendous value to the workplace. In addition to the more immediate value of positive states, Fredrickson (2004) put forward the argument that positive emotions lead to 'thought-action repertoires' which then result in an urge to think/act in a certain direction.

To put this simply, the experience of positive emotions (fostered by resilience) can expand activity, open an employees' eyes to a range of possibilities, and increase the likelihood of more creative solutions for workplace behaviors (Fredrickson, 2004).

Positive emotions also serve as a 'buffer' against workplace stress (Tugade & Fredrickson, 2004). How? Well, positive emotions enable individuals to make positive appraisals of what otherwise may have been a stressful situation.

Also, those who experience positive affect are more likely to use problem-focused coping which is of great benefit in the work environment. When individuals feel more positive, they tend to also interpret seemingly ordinary events and experiences as positive. Thus, positive emotions foster positivity in the workplace.

Resilience is not only important for its impact on psychosocial factors such as burnout, adaptive workplace behaviors and buffering against workplace stress. Resilience has also been implicated in physical wellbeing. Tugade and Fredrickson (2004) found that "the psychological mindset involved with resilience is reflected in the body as well".

Naturally, if employees have better physical wellbeing, they will have a greater capacity to undertake their work, and – in turn – be better placed to further adapt to adversity! It is a win-win situation!



"Persistence and resilience only come from having been given the chance to work through difficult problems"

~ Gever Tulley



RESILIENCE
BUILDING;

ICE BATHING



The Ice Water Technique is a resilience-building exercise that involves submerging your face in a bowl of ice water for a short period.

If you have been to an Ease Wellness event, you may well have been introduced to ice-bathing, a lesson in resilience that brings with it a wealth of health and wellness benefits. These sessions are most often facilitated by the amazing Emma Shearman from Sisuu, and they are truly an experience to remember.

Ice-bathing is also known as cold plunge, cold water therapy and Dialectical Behaviour Therapy, or DBT. No matter the name or just how cold the water is, this is a therapy that has proven effective in treating various mental health conditions,

including borderline personality disorder, depression, anxiety, and substance use disorders. One of the critical techniques used in DBT is the Ice Water Technique, which is used to help individuals manage intense emotions.

The Ice Water Technique involves submerging your face in a bowl of ice water for a short period. The water's cold temperature creates a physical sensation that can help individuals become more present at the moment and reduce the intensity of their emotions. This technique is often used with other DBT skills, such as mindfulness and distress tolerance.

HOW TO: ICE WATER TECHNIQUE

While the Ice Water Technique may initially seem intimidating, it can be a powerful tool for managing intense emotions. Here's how to practice the Ice Water Technique:

1. Fill a bowl with ice water
2. Take a deep breath and prepare
3. Submerge your face in the water
4. Stay submerged 10-20 seconds
5. Slowly come up for air.
6. Take a deep breath
7. Repeat as needed



“Communication leads to community, that is,
to understanding, achievement and
mutual valuing.”

~ Rollo Reece May, Psychotherapist philosopher



FOODS



FOODS FOR RESILIENCE

Life involves an immense number of challenges, meaning we need the ability to deal with challenges quickly without long-term damage. Unfortunately, too many face adversity when health is already depleted, impacting capacity to cope and wellbeing.

When consuming the best foods for resilience, you are able to bounce back from events that may keep us down. Think of resilience in terms of a health bank account. You want to accrue a decent amount of savings!

There is a lot to consider when eating for resilience, but try to focus on the following key overarching factors:

- Stay hydrated
- Balance blood sugar
- Reduce inflammation
- Support the immune system
- Eat an overall nutrient-rich diet
- Fortify your brain and nervous system
- Cook food from scratch as much as possible

FOODS FOR RESILIENCE

1



SPINACH

Dark leafy greens such as spinach contain a payload of nutrients supporting health. They're a rich source of antioxidants that boost the immune system and reduce inflammation, like vitamins A, C and E. An array of B vitamins bolster energy levels. It also contains phytonutrients that have anti-cancer properties.

2



PUMPKIN

One of our favourite winter vegetables, pumpkin contains cucurbitacins, which halt the enzymes that lead to inflammation. They are also great sources of immune-supportive vitamins A and C.

3



MUSHROOMS

Medicinal and culinary mushrooms are some of the best foods for resilience for many reasons! They offer us a number of minerals and vitamins that support the nervous system and immunity, such as B vitamins and Vitamin D. They've been shown to have anti-cancer properties, plus they have unique immune-boosting and modulating polysaccharides called beta glucans that dial our immune system up or down as needed. We like using shiitake and cremini mushrooms in cooking and chaga and reishi as culinary adaptogens in teas, elixirs, and tinctures.

4



SALMON

Salmon is rich in omega-3 fatty acids, which are highly anti-inflammatory. Omega-3s, particularly EPA and DHA, are crucial for brain and nervous system development and our mood. It also contains protein for gut healing and repair, as well as Vitamin D for good immune function and autoimmune disease prevention. If you're trying to eat healthfully on a budget, canned sardines and anchovies are also a great choice.

5



EGGS

Eggs are an incredibly nutrient-dense source of protein, anti-inflammatory and blood sugar balancing omega-3 fats, and Vitamin D and Vitamin A for immunity, B vitamins for energy and sleep, as well as the antioxidant selenium. Since the brain is more vulnerable to oxidative damage, consuming antioxidant foods can help protect and preserve the brain. They also contain choline, a nutrient that supports the nervous system, improves mood, and helps produce neurotransmitters.

FOODS FOR RESILIENCE

6



BROCCOLI

Broccoli is easy to find at most grocery stores and contains many compounds that aid resilience. It has multiple nutrients that bolster bone health, like calcium, magnesium, Vitamin D and Vitamin K. It also contains fibre for good digestion, as well as antioxidants such as vitamins C and E. As a cruciferous vegetable, broccoli contains anti-inflammatory compounds and also help us with detoxification.

7



FERMENTED VEGETABLES

Fermented foods like pickles or sauerkraut are loaded with probiotics, which introduce favourable bacteria into the digestive tract and help to fortify the intestinal lining. As 70 percent of our immune system is found in gut tissue, fermented foods can help boost immunity. The fermentation process also increases the amount of nutrients and decreases phytic acid, a compound that inhibits our digestion.

8



BONE BROTH

Meat-based broths are rich in protein for repairing tissues, boosting immunity, bolstering energy and hormone balance – and contain health-building fats that support cell membranes, joint health, and the brain. They're also very simple to digest, hydrating, and rich in vitamins, minerals, antioxidants, and anti-inflammatory nutrients. Plus, it's so easy to enhance broths with more nutrition by adding vegetables, herbs, spices, sea vegetables, medicinal mushrooms, or culinary adaptogens.

9



SWEET POTATO

We absolutely adore this humble root vegetable because it has so many nutrients, including carotenoids that support eye health, Vitamin C for immunity, anti-inflammatory compounds, and a wealth of antioxidants like anthocyanins. Sweet potatoes help to support digestion, and their fibre content aids blood sugar levels.

10



ONION & GARLIC

These aromatic, sulfur-containing vegetables are rich in anti-inflammatory, anti-viral, anti-bacterial and anti-fungal properties that help us reduce pain, bolster immunity, support heart health and inhibit carcinogens. They are great for fighting colds and flus and are very budget-friendly.

FOODS FOR RESILIENCE

11



DARK CHOCOLATE

Chocolate can be an incredibly nutrient-rich food to add to your diet, depending on the type of chocolate you choose. Good quality dark chocolate is packed with antioxidants, bliss-inducing chemicals, magnesium for relaxation, bone health and heart health, and healthful fats that aid satiety, blood sugar balance, hormones, and vitamin and mineral absorption.

12



RASPBERRIES

This member of the berry family has a wealth of antioxidants, such as Vitamin C, and is an outstanding source of fibre. Raspberries have been studied for their anti-cancer properties, as well as their role in mitigating obesity, diabetes, and cardiovascular disease. Use raspberries in smoothies, smoothie bowls, homemade popsicles, kombucha, and, of course, you can always eat them straight up. If you don't like raspberries, there are many other berry varieties you can add to your resilience eating.

13



APPLES

We love apples because they are widely available, inexpensive, tasty, portable and last for awhile when stored properly. Apples are packed with Vitamin C and fibre, and they greatly benefit the cardiovascular system. Recent research shows that the polyphenols in apples help to support the beneficial bacteria in the colon and positively impact the gut microbiome, which is essential for digestive, immune and mental health.

14



AVOCADO

Avocados contain nourishing fats that help balance our blood sugar levels, mood and hormones, and support our nervous system function. They also have Vitamin B5, also called pantothenic acid, a stress-fighting B vitamin that helps us manage stress. Use avocado in classic ways like guacamole and avocado toast, or take advantage of the creamy texture and incorporate avocados into chocolate pudding or dairy-free ice cream.

155



GHEE

We are huge fans of ghee, which is a traditional food used in Ayurvedic medicine and Indian cooking. It's full of beneficial fats that can reduce the risk of cardiovascular disease, support digestion and help in maintaining a healthy weight. Ghee is very easy to make at home (and it's much less expensive!).

“Dietary patterns, as well as single nutrients and diet variety, have a significant effect on cognitive function and specific cognitive domains, such as memory and processing speed.”

*- Journal of Brain Health & Clinical Neuroscience,
Volume 14, 2020*



Bone *Rich & Nourishing* Broth

This 3-ingredient, one-pot recipe yields flavourful bone broth perfect for soups, sauces and more. Bone broth is incredibly beneficial nutritionally, being simple to digest and comforting. It is great for boosting the immune system, hydrating, and dense in vitamins, minerals, antioxidants and anti-inflammatory nutrients. It is also rich in protein for repairing tissues, bolstering energy and hormone balance, and contains health-building fats that support cell membranes, joint health and the brain. You'll also get a dose of gelatin for joint and skin health, and chondroitin, glucosamine and collagen for bone health! Try this beneficial pot of nutrition today, and feel free to mix up the recipes with different meat bones or try adding herbs for flavour.

INGREDIENTS

- Bones from a whole roasted chicken (including legs and wings)
- 12 cups (or 2880 ml) of filtered water
- 1-2 Tbsp (15-30ml) apple cider vinegar
- Salt to taste

METHOD

- Add bones to a large pot.
- Top with filtered water until covered.
- Season with salt and add apple cider vinegar.
- Bring to a boil, then reduce to a simmer and cover. Cook for at least 10-12 hours, or until reduced by 1/3 or 1/2.
- Strain and use or store.

Protein and gelatin rich goodness!



TRI-MAG

FEATURE PRODUCT: TRI-MAG RESTFUL NIGHT

We spend approximately one-third of our lives sleeping. So anything that can contribute to adequate and restful sleep is essential for optimising health.

For improved sleep, we recommend Designs For Health's Tri-Mag Restful Night powders that come in chocolate or lemonade flavours.

These nutritional and herbal formulations contain sedative properties to promote sleep and contain a customised blend of 3 sources of magnesium, plus a clinically studied Saffron extract and California Poppy to promote deep and refreshing sleep and support muscle relaxation.

Particularly in winter, we like mixing the chocolate Tri-Mag Restful Night into a delicious plant-based hot chocolate with macadamia milk, and nutrient-rich cacao approximately one or two hours before bed.

Email hello@katherineanderson.com.au to order yours today.



RESTFUL NIGHT

WELLNESS DAY



DETAILS

Ease Wellness invites you to our Wellness day at the Little B.I.G. House in Summer Hill on Sunday 24 September from 9:00 - 2:30pm. This day has been designed to educate and empower you to make positive lifestyle adjustments that can result in better health, happiness, and longer quality life expectancy. Designed with fun and connection at its heart our wellness day aims to nourish the body, mind, and spirit of our beautiful attendees with experiences, strategies, and techniques that help you live life productively and intentionally.

AGENDA

What's included in this exclusive wellness day:

- 9:00 - Arrival and Nourishing Breakfast
- 9:45 - Mindful Movement Session
- 10:00 - Healthspan & Longevity Workshop
- 11:45 - Breathwork Session
- 12:30 - Nutritional Lunch
- 1:15 - Women's Meditative Healing Circle
- 1:45 - Wrap up and Farewell

Mobile Massage therapist on site all day for relaxing seated massage experiences on tap.

READY TO ACHIEVE LONGEVITY AND WELLNESS THROUGHOUT YOUR LIFESPAN?

The cost to join us for the wellness day is \$444 all-inclusive. Places limited.

Contact Katherine Anderson to book. Email hello@katherineanderson.com.au or phone: 0404 252 692.



WOMEN'S CIRCLE & MEDITATION

Are you craving some time out for yourself, to be still and connect with your soul? Would you like to connect with and hold space for other powerful women?

We love helping you find ease and wellness in your life, and one of those ways is connecting you with amazing people, places and opportunities, like Jane Ainsworth and her truly lifechanging Women's Circle sessions.

Jane is a Mum, a Naturopath and a powerful Energy Healer. Each and every day, Jane guides women to love and honour themselves first, to listen to their heart and their intuition and live the life they truly deserve.

Jane's upcoming Women's Circle and Meditation course will give you nine life-changing sessions and opportunities to connect with yourself and the female spirit. We can't recommend this opportunity enough! It's another piece of the wellness puzzle that can help you on your journey to true health and happiness

To learn more, head to www.janeainsworth.com



WOMEN



WELLNESSES

Individual Sessions

In-clinic kinesiology and coaching

Corporate Workshops

Holistic health workshops for workplaces

Workshops for Schools

Addressing the pillars of health in youth

Community Workshops

Helping the community find wellness

Wellness Days & Retreats

Wellness days and special retreats

Women's Programme

Wellness program for busy professionals

Massage

Remedial and multi-sensory massage

Learn More

Visit easewellness.com.au or click [here](#)



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