

A warm, inviting photograph of a desk. In the foreground, a stack of three books is visible, with a pair of glasses resting on top. A wooden mug is placed on the books. To the right, a thick, textured brown blanket is draped over the desk. The background shows a window with soft light coming through. The overall mood is calm and focused.

Holistic Wellness

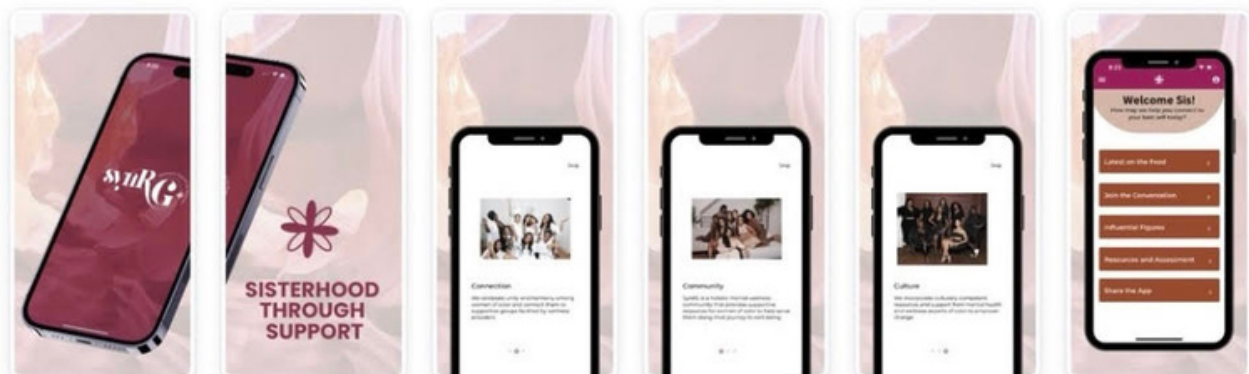
Reboot

www.revivewell.co

Are you ready to be Well Within?

Welcome to our Holistic Wellness Bootcamp tailored for women navigating mental and emotional challenges. As we step into the new year, it's an opportunity for a fresh start—a chance to revive and reboot your wellness journey from within. This transformative program is designed to provide a nurturing space where you'll explore holistic practices, empowering strategies, and supportive community connections. Together, we'll embark on a journey of self-discovery, focusing on mental, emotional, and physical well-being. Get ready to embrace a renewed sense of vitality and resilience as we pave the way for a healthier, happier you.

Join our mobile app community to share your journey!



Join our Holistic Mental Wellness Mobile app community: SynRG.

We provide a safe, inclusive and educational resource that emphasizes support and sisterhood for women along their wellness journey. Our app offers a sensitive space where you can find a variety of resources: book club, guided therapeutic exercises, and wellness sessions led by experts. We offer community to connect with a like-minded women who share your experiences, challenges, and triumphs. We believe in power of representation and self-care and our platform celebrates individuality and empowers us to prioritize mental well-being. With Synrg you can embrace your journey boldly & take your power back with support and sisterhood! **Our hope** is that you will share your journey and insights with our community as you heal and grow, that way others may come and learn along their journey.

Journal Prompts

DAILY CHECK-IN

Reflect on your mood, energy levels, and thoughts at three different points in the day. How did they fluctuate, and what patterns do you notice?

SETTING INTENTIONS

Write down three intentions for the week ahead—how do these intentions align with your long-term goals and values?

GRATITUDE JOURNEY

Reflect on three things you're grateful for today. Explore how acknowledging these elements impacts your overall well-being and perspective.

HOLISTIC SELF-CARE

Explore the various dimensions of your well-being (physical, emotional, mental, spiritual). Assess how you nurture each aspect and identify areas that might need more attention or balance.

MIND-BODY CONNECTION

Describe a moment when your mental state affected your physical health or vice versa. How do you strive to maintain a balance between your mental and physical well-being?

PHYSICAL ACTIVITY AND WELLNES

Reflect on your relationship with exercise. How do you feel physically and emotionally when you engage in physical activities?

MINDFUL EATING

Reflect on your relationship with food. How do you practice mindful eating, and what impact does it have on your overall well-being?

PERSONAL MANTRA

Create a personal mantra or affirmation that resonates with your goals, values, or aspirations. Explain why this mantra is significant to you and how it influences your daily life.

Gratitude: Cultivating Thankfulness

When you define your brand identity, you give prospective clients strong reasons to choose your services.

Define Gratitude

In your own words, describe what gratitude means to you. Consider the emotional and psychological impact of practicing gratitude in your life.

Importance of Gratitude

Reflect on why cultivating a sense of gratitude is important. Consider the potential benefits for your well-being and relationships.

Gratitude Practice

Commit to keeping a daily gratitude journal for the next week. Each day, write down three things you are thankful for. Reflect on how this practice affects your mood and mindset.

Understanding Self- care

When you define your brand identity, you give prospective clients strong reasons to choose your services.

Define Self-care

In your own words, describe what self-care means to you. Consider the various dimensions of self-care, including physical, emotional, and mental well-being.

Self- care Values

List three values or principles that guide your self-care practices. These could be related to relaxation, balance, health, or personal fulfillment.

Self-care Inventory

Reflect on different aspects of your life (physical, emotional, social, etc.) and identify specific areas where you need more self-care. Examples could include sleep, leisure, or relationships



Grocery Shopping List

PANTRY

Olive Oil
Salt & Pepper

HERBS

Garlic Powder
Taco Seasoning
Cajun Seasoning

PASTA & RICE

Brown Rice
Angel Hair Pasta

DAIRY

Butter
Cheddar Cheese

CONDIMENTS

Salad Dressing

PRODUCE

Spring Salad Mix
Bell Peppers
Onion
Brussel Sprouts
Red potatoes
Sweet Potatoes
Green Beans
Garlic cloves
Spinach
Cilantro
Tomatoes
Avocado
cilantro
lemon

MEAT, & FISH

Chicken breasts
Salmon Fillets
Shrimp
Sausage

Ground Turkey

CANNED FOODS

Pineapple Chunks
Diced tomatoes
Black beans

OTHERS:



WEEKLY MEAL PLANNER

MONDAY

FISH, ROASTED BELL PEPPERS,
BAKED POTATOES

TUESDAY

CHICKEN TACOS

WEDNESDAY

GARLIC SHRIMP
ANGEL HAIR PASTA

THURSDAY

SALMON, BRUSSEL
SPROUTS, SWEET POTATOES

FRIDAY

BAKED CHICKEN, RICE, SQUASH,
ZUCCHINI

SATURDAY

CAJUN SHRIMP SALAD

SUNDAY



WORKOUT PLAN



MONDAY

20 Jumping Jacks
20 High Knees
15 Butt Kicks
20 Squats
40 Crunches
X 3 Sets

15 Min walk

TUESDAY

10 Push up
20 Squats
15 Lunges
30 Crunches
X3 Sets

WEDNESDAY

30 Jumping Jacks
25 Squats
15 Lunges
50 Crunches
30 Sec Plank
x 3 Sets

10 Min walk

THURSDAY

20 Lunge Squat
25 Donkey kickss
20 Fire Hydrantss
35 Crunches
x3 Sets

FRIDAY

20 Push up
25 Squats
15 Lunges
50 Crunches
30 Sec Plank

SATURDAY

Walk One Mile

SUNDAY

Rest