


Receive our latest health and wellness practices with Your Healthy Monday Refresh newsletter.

Link to our sample newsletters below and [subscribe to our mailing list](#) for a new selection of Healthy Monday practices every Monday morning.

YOUR HEALTHY MONDAY REFRESH

Refresh Your Mindset




CLEAR THE WAY TO REFRESH YOUR INTENTIONS
This week, gently ease stressful feelings and anxiety as your positive thoughts can break through.

- Take long, deep breaths and visualize calm and confidence.
- Identify a thought that causes you stress and consciously reframe it. Writing further and further away with each breath.
- When your mind often wanders, breathe and be present for the moment, asking how you can be more intentional.

An unhappy thought is like an overcast sky, preventing positivity from breaking through into our lives. This Monday, allow rays of happiness to shine by setting healthy and positive intentions for the week.

[Read more.](#)

Make Time to Move It




This Monday, ink it in!
Schedule fitness into your "to-do" weekly routine.

Exercise is vital to a healthy life. But, it can be difficult to make time for it with a busy schedule. This week we share some ideas to fit fitness into your daily routine. Motivate yourself this Monday to make time for a workout – and continue throughout the rest of the week.

YOUR HEALTHY MONDAY REFRESH

Reduce Stress with these Self-Care Practices




START THE WEEK WITH SELF-CARE
Prioritizing self-care is important. Try these simple tips to reduce stress and improve your mood and energy.

- GET A WALK**
Get outside and walk for 10-15 minutes.
- TAKE A BREAK**
Take a 5-minute break every hour.
- YOGA MOMENT**
Practice a simple yoga pose for 5 minutes.
- TAKE A MIND BREAK**
Take a 5-minute break from screens.
- CALL A FRIEND**
Call a friend for support.
- SLEEP**
Get 7-9 hours of sleep.

Now, more than ever, it's time to practice self-care and destress. This Monday, disconnect from stress with some quick self-care tactics for a happier you.

[Read more.](#)

Keep Your Body Happy with Chair Yoga




STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.
Try these three easy exercises.

Yoga is relaxing. Plus, it helps stave off stress and anxiety, builds strength, improves cardiovascular health, and curbs low-back pain. Start your week moving with some chair yoga poses on Monday.

YOUR HEALTHY MONDAY REFRESH

Whip Up a Healthy Meatless Monday Meal with a Few Simple Tricks




COOKING HACKS FOR TASTIER PLANT-BASED MEALS

- Massage Kale for Tender Salads
- Press Tofu for "Meatier" Texture
- Add Peanut Butter to Chili
- Chill Coconut Milk for Easy Whipped Cream

Culinary secrets exist, and they can elevate your cooking from good to give-me-seconds. Dinner may never be the same after you start adding a tablespoon of smooth peanut butter to your chili, a splash of soy sauce to your tomato sauce, or a touch of vinegar to soups and stews.

[Try these cooking hacks today.](#)

Cook Up a Sweat with these Kitchen Workouts




Burn calories, not toast.
Satisfy your hunger for exercise with a kitchen-inspired workout.

You don't need a gym to fit in a workout; you've got all the equipment you need right in your home kitchen. Even a brief kitchen workout can help you maintain a consistent fitness regimen that you can later expand upon.

YOUR HEALTHY MONDAY REFRESH

Strength Training with What You've Got on Hand




Get thrifty with your fitness.
Transform any household item into workout weights.

You don't need a treadmill, weights or a squat rack to build muscle at home; with a little creativity, you can fashion a number of household items into fitness gear.

[Learn what kitchen items you can use for a great core workout.](#)

Embrace Your Inner Strength



BE YOUR CONFIDENT SELF
Research shows the more you believe in your ability to accomplish something, the more likely you'll be able to accomplish that thing.

The more you identify yourself as and behave like a confident person, the stronger and more capable you'll feel.

[Try out this mindfulness practice to build your self-confidence.](#)

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