

WELLNESS

ISSUE NO 55

\$28

NOW

Health & Wellness Magazine July 2025

FOCUS ON
PEACEFUL LIVING

15 HEALTHY
RECIPES

STRESS
MANAGEMENT

FINDING
BALANCE IN
EVERY ASPECT
OF YOUR LIFE
DAILY ROUTINE
AND
MINDFULNESS
PRACTICES

Staying Mindful in
a Busy World



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Letter from the Editor

Welcome to the first issue of Wellness Now. This magazine is dedicated to helping you find peace, balance, and energy in your daily life. In a world that moves quickly, we all need reminders to slow down, breathe, and care for ourselves. These pages are filled with simple practices you can try right away. Here's to your journey of wellness.



Focus on Peaceful Living

Intro

In today's fast-paced world, peace often feels like a luxury. With constant notifications, long to-do lists, and endless noise from our surroundings, many people assume peace means escaping or disconnecting completely. But peaceful living isn't about isolating yourself from the world. It's about creating small, intentional moments of calm within your daily routine — moments that allow you to breathe, reflect, and reconnect with yourself. Peace isn't found outside of you; it's something you cultivate within.



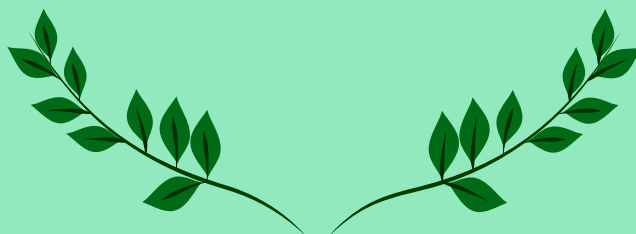
Creating Peace at Home

Our homes can either drain us or restore us. When you walk through the door at the end of the day, do you feel relief or more stress? A peaceful home doesn't require perfection, but it does benefit from thoughtful choices.

“PEACE IS NOT THE ABSENCE OF NOISE, BUT THE PRESENCE OF CALM WITHIN YOU.”

Peaceful Communication

Peace doesn't only live in your environment; it also shows up in the way you interact with others. Practicing peaceful communication means slowing down, listening fully, and responding with intention rather than reaction.



Stress Management That Works

Physical Techniques

1. Breathwork
2. Stretching
3. Walking



Mental Techniques

1. Journaling
2. Reframing
3. Visualization



Lifestyle Techniques

1. Sleep
2. Nutrition
3. Boundaries



**“STRESS IS INEVITABLE. STAYING
STRESSED IS OPTIONAL.”**

Stress relief doesn't have to be complicated; it's about finding small tools that fit into your routine and using them consistently.



2-Minute De-Stress Routine

1. Sit comfortably and close your eyes.
2. Drop your shoulders away from your ears.
3. Inhale slowly through your nose for 4 counts.
4. Exhale through your mouth for 6 counts.
5. Repeat this cycle five times.
6. Whisper to yourself: “I am safe. I can handle this moment.”

Staying Mindful in a Busy World

Intro

Life today is louder, faster, and busier than ever before. Between work deadlines, family responsibilities, and the constant buzz of notifications, our minds often run on autopilot. Mindfulness is the antidote.



Mindful Micro-Moments

You don't need an hour-long meditation session to practice mindfulness. You can weave it into small pockets of your day like mindful walking, mindful listening, and mindful eating.



Using Gentle Reminders

In a busy world, it's easy to forget to pause. Gentle reminders can help bring mindfulness back into focus. These can include visual cues, phone reminders, and objects of awareness.



Turning Routines into Rituals

Your daily routines already exist — brushing your teeth, washing dishes, commuting. By doing these activities with awareness, you can transform them into calming rituals.



Finding Balance in Every Aspect of Your Life



**“BALANCE IS NOT
SOMETHING YOU FIND,
IT’S SOMETHING YOU
CREATE.”**

Balance is less about perfect symmetry and more about alignment. It’s about noticing what needs attention and adjusting gently, like steering a ship. When your life feels balanced, you don’t feel pulled in every direction — you feel centered, steady, and able to respond to challenges with calm.

Work-Life Balance

Work can give us purpose, structure, and financial security. But when it takes over, stress and burnout follow. Creating boundaries around work is one of the most powerful ways to restore balance. Set limits, take breaks, and define success realistically.



Health Balance

A balanced life also includes caring for your physical and mental health. Without it, everything else suffers. Focus on movement, nutrition, and rest.

Daily Routine & Mindfulness Practices

Morning Mindfulness

How you start your morning shapes the tone of your entire day. Instead of reaching for your phone, create a mindful ritual that energizes and centers you. Hydrate > Breathe > Set and Intention.



A Sample Peaceful Daily Routine

- Wake up, hydrate, breathe, and set an intention.
- Take a mindful 2-minute stretch.
- Eat lunch without distractions.
- Reflect on one good thing about your day.
- Disconnect from screens before sleep.

Midday Reset

By midday, stress, fatigue, or distractions often creep in. A mindful reset can restore your focus and energy. Stretch > Mindful eating > Pause to observe



Evening Wind-Down

Evenings set the stage for rest and recovery. Instead of scrolling on your phone until bedtime, try a peaceful evening routine. Dim the lights > Journal > Disconnect

Closing Reflection

As you close this magazine, take a deep breath. Ask yourself: What is one peaceful practice I can carry into this week? Write it down, and let it guide you. Wellness begins with one small choice, made today.



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