

Mental & Physical Well-Being For Entrepreneurs: A Wellness Workshop

Transform Your Mindset
In 5 Minutes Using
Your Phone!:
BETH RIDLEY

15-Minute Chair Yoga
For Busy People:
CYNTHIA AKEY



Healthy Eating For
Healthy Entrepreneurs:
STEPHANIE
KRUBSACK

Meditation To De-stress
& Disconnect From
Distractions:
CAMELIA KESSACI

BETH RIDLEY: Founder/CEO The Brimful Life

Beth believes everyone has the potential to live fully by embracing a positive mindset. That's why she combined her 25 years of corporate leadership experience with her expertise in positive psychology and diversity and inclusion to create The Brimful Life, a career and culture wellness company. Through speaking, workshops, consulting and her podcast series, Beth helps professionals thrive in their careers and helps leaders create inclusive and inspiring organizational cultures. From start-ups to Fortune 100 companies, Beth has led strategy, sales, training, operations, diversity and inclusion and client experience functions across the globe in five different countries. She is a graduate of the University of Virginia, Tufts University and Columbia University. She lives in Whitefish Bay with her husband and three kiddos. Beth lives a brimful life by running, speed skating and watching cooking competition shows on TV which is ironic because she really hates to cook.

<https://www.thebrimfullife.com/>

5 Ways to Boost Positivity with Your Phone

By Beth Ridley

Emails, notifications and, of course, the urge to scroll, scroll and scroll some more. Our phones are a huge source of distraction that not only leads to stress and anxiety, but also takes us away from focusing on what truly matters – being mindful and building relationships with those right in front of us.

No matter their downsides, phones are here to stay, so rather than giving into their evil ways, we need to harness the power of technology for good. There are so many ways phones can improve our lives.

Research shows that incorporating positive [psychology practices](#) such as mindfulness, gratitude and appreciation into our daily lives leads to increased self-esteem, improved relationships, and overall positivity. This leads to people having greater focus, improved decision-making and more creative thinking.

By using your phone to incorporate positive psychology practices, you can create routines to improve your habits and boost productivity.

5 Happy Phone Habits a Day

Here are five easy ways to use your phone for good, not evil:

- **Mindfulness** – Focusing your thoughts to be present in the moment rather than worrying about the past or the future will help anxiety and reduce stress. Try adding 15 minutes to your calendar each day for the upcoming week to practice mindfulness. Phone apps like Calm or Headspace can help guide you.
- **Practice gratitude** – Being thankful and showing it are key to higher self-esteem and empathy for yourself and others. Email yourself what you're grateful for to read when you get to work or keep a gratitude list on your phone in your notes app to reference daily.
- **Invest in relationships** – A sense of belonging with others helps bring meaning to life. Take just a few minutes out of each day to text three friends or colleagues to let them know you are thinking of them and wishing them well.
- **Invest in experiences** – We're all busy, but making time to spend with friends helps keep us connected with one another – something you can't get through connecting on social media. Text or call one friend you haven't seen in a while to set up a coffee date, or invite them to a regular get-together through your calendar app!
- **Focus on your strengths** – Everyone performs better when they zero in on their strengths rather than their weaknesses. Email yourself one strength and one idea for how to use it during the day to read when you get to work. Set a reminder in your phone to do this!

To receive ideas and inspiration to live a brimful life directly to your inbox, join my [newsletter](#).

CYNTHIA AKEY: Owner - Personal Trainer/Yoga Instructor Cynergy

Cynthia Akey is a certified Yoga Instructor, Personal Trainer, and Wellness Coach with 20 years of corporate experience in digital marketing and graphic design.

<http://www.cynergy-wellness.com/>

PRESENCE. PURPOSE. PRACTICE.

Chair Yoga

Try this daily practice of chair yoga in the comfort of your home or office. A non-wheeled chair replaces the yoga mat and becomes an extension of your body.

Regular practice will improve your posture, mobility, flexibility, and breath capacity, all while reducing stress and tension. Move better, breathe better, feel better – be present and more energetic.



Cynthia Akey is a health, fitness, and wellness professional. As a certified yoga instructor, personal trainer, and wellness coach, she offers a welcoming, accessible, and purposeful approach to yoga and fitness.

BOOK ME FOR YOUR NEXT MEETING OR EVENT!



Tadasana
Back, Shoulders



Forward Fold
Back, Shoulders



Cat Stretch
Back, Shoulders,
Chest, Abs



Dog Tilt
Back, Shoulders,
Chest, Abs



Knee to Chest
Hips, Back



Hamstring
Hips, Back



Figure 4
Hips, Low Back



Figure 4 Twist
Hips, Low Back



Side Bend
Side body, Hips,
Shoulders, Wrists



Prayer Twist
Back, Hips
Shoulders



Cowface Arms
Shoulders, Arms



Eagle Arms
Shoulders, Arms

CYNTHIA AKEY: Owner - Personal Trainer/Yoga Instructor Cynergy

Chair Yoga with Cynthia Akey / Cynergy Wellness LLC

MINDFUL BREATH

Without changing the breath, observe your breath pattern. Notice the length and rhythm of inhalation/exhalation, temperature as well as the sensation of abdomen/chest rising and falling.

CONSCIOUS BREATH

(BELLY OR DIAPHRAGMATIC BREATH)

Place hands on belly, just below navel. Exhale completely compressing by using abs strength. Inhale allowing the belly to expand outwards and sideways. Repeat 5 times.

BARREL BREATHING & MOVEMENT

Clasp your hands and circle your arms as though you were hugging a barrel. Start with hands in your lap. Inhale: raise hands up and over head. Exhale: lower hands to lap. Repeat 3-5 times.

BUTTERFLY BREATHING & MOVEMENT

Place hands behind head with fingertips a base of head. Inhale: squeeze shoulder blades together stretching the chest. Exhale: bring chin to chest, round into the upper back, bringing the elbows together. Repeat 3-5 times.

NECK STRETCHES

Platter hold

- Neck Rolls - ear to shoulder
- Neck Twist – turn side to side
- Neck Stretch – chin to chest

BACK STRETCHES

- Cat / Dog
- Side Bend
- Forward Fold
- Simple Twist – hand on opposite knee

SHOULDERS & ARM STRETCHES

- Shoulder Rolls - fingertips on shoulders – circle
- Arm Raises – raise overhead; clasp hands, stretch wrist upwards; clasp hands behind hips and drop chin to chest
- Eagle Arms – twist arms together
- Cowface Arms – zipper stretch
- Prayer Hands – isometric wrist stretch

HIP & LEG STRETCHES

- Knee to chest
- Figure Four / Figure Four with twist
- Hamstring Stretch – extend leg

As heard & seen on

WJMM
89.7

FOLLOW ME!



FB: @cynergywellness

IG: @Cynthia.akey

CAMELIA KESSACI: Intuitive Coach & Yoga Instructor

Camelia grew up thinking that intelligence is a mental skill. From a very young age, she was interested in learning and improving her intellect. Knowledge was her refuge. She wanted to find answers in education and studying, particularly in math and science. She went into an engineering school and ended up graduating as a chemical engineer and afterwards received a master's in environmental engineering. All of that was done back in North Africa and Europe. She later started focusing on spiritual growth and helping others intuitively as a professional when she moved to the US. The tools that are important in her practice is what we call meditation and body movement (yoga), healthy eating, artistic expression, spending time in nature, and much more. Her career is not only a job, it is a lifestyle, and she is honored to be able to cross paths with you and share what she does in order to help you.

<https://www.cameliakessaci.com/>

Meditation:

If you look up the etymology of meditation, you will find that the English meditation is derived from Old French meditacioun, in turn from Latin meditatio from a verb meditari, meaning "to think, contemplate, devise, ponder". In addition, the Tibetan word for meditation "Gom" means "to become familiar with one's Self" and has the strong implication of training the mind to be familiar with states that are beneficial: concentration, compassion, correct understanding, patience, humility, etc. Meditation is, indeed, the study and exploration of the inner world.

Benefits of Meditation:

Meditation helps the mind focus. A focused mind is a powerful mind. It helps to recenter. Recentering leads to having true purpose. It helps to free the individual from unnecessary limitations and old patterns. It refreshes their perspective by bringing more awareness into what truly matters. And most of all, it helps the meditator become compassionate toward themselves and therefore toward others.

Practice of Meditation:

One of the most powerful practices of meditation is to use it to destress and disconnect from distractions.

If at any time during the day or the week, you begin noticing that you are not feeling great, that you may be stressed, tired, or overwhelmed. Consider that one of the big reasons may be that you lost your focus. If you feel that it's the case, you can immediately do these 8 simple steps to get your focus back:

- 1- Set your intention to recenter
- 2- Take three slow conscious deep breaths while bringing your attention to how you are breathing. Inhaling through the nose and exhaling through the mouth.
- 3- Let go of the image you have of yourself, of the outside world, zoom out for a moment and allow yourself to take a short break from your life.
- 4- Bring your attention to your body. Picture your body shrinking in size. Becoming as small as possible until you visualize yourself as a little dot in space. Notice how you feel.
- 4- Bring your energy back to what truly matters to you by asking: "what matters to me right now?" Allow a few minutes of stillness and deep breathing to listen, observe and feel. Embrace what you receive.
- 5- Come back gently to your body, and allow it to grow back to its natural size while breathing in and out.
- 6- Keep in mind any answers that you got for the question that you have asked yourself earlier.
- 7- Inhale in and exhale out and gently open your eyes.
- 8- If you have a few extra minutes. Take some notes about your experience and what you have learned.

This quick meditation is designed to help redirect your attention in a productive way. Focusing on what can grow in your life and letting go of what doesn't. Finding clarity and purpose for the rest of your day. And if you can practice this short meditation on a daily basis, you will find that you will have better results in dealing with the external world.

Focus allows freedom and power of decision. Therefore it is key to joy.

STEPHANIE KRUBSACK: Founder/CEO Purevant Living

Stephanie's creative experience began 16 years ago as an editor-in-chief for a magazine and later building personal websites and content through food and travel blogging at skarfait.com. She soon offered services to other companies, including chef work for healthy food initiatives for businesses and menu creation in Prague, while also developing marketing and branding skills to help promote a product or service. Naturally drawn to the wellness and eco realms, she wanted to create a platform to bring awareness to these amazing products and services that help each of us live our best lives, while keeping the environment in mind. Purevant Living was created as a collaborative network of all woman creatives that help companies develop brand identity, to promote the product or service through logo and web design, creative content, social media management, podcasting, and hosting wellness events and workshops. Purevant Living stands for health, wellness, the environment, and giving back to the community.

<https://purevantliving.com/>

Superfood Staples For Your Kitchen



Ashwagandha

- Type of ginger, can reduce stress and cortisol levels, lower blood pressure levels

Cacao

- More antioxidants than blueberries and calcium than cow's milk, high source of iron, anti-depressant

Moringa

- Fights inflammation, protein-comparable to eggs, vitamins A & E, calcium, antimicrobial

Spirulina

- An algae that grows in both salt and fresh water, protein, magnesium, B3

Maca

- Peruvian vegetable like broccoli, regulates hormones, increases fertility, boosts mood, lowers blood pressure

Beet root

- Lowers blood pressure, helps digestion, improves muscle oxygenation during workouts

Protein Bite Recipes With Superfoods



Chocolate Chip Cookie Dough Bites

¼ c dark chocolate chips
1 tbsp almond butter
1 c almond flour
3 tbsp date paste
½ c oat flour
3 tsp vanilla
¼ tsp salt

Fudge Bites

2 tablespoons date paste
1 tsp almond extract
2 tsp cacao powder
½ c almond butter
¼ c almond flour
1 tbsp honey

For more recipes visit: <https://skparfait.com>

Healthy Eating For Healthy Entrepreneurs



Planning ahead

- Overnight oats & chia seeds for an easy breakfast
- Salad prep (keep hemp and sunflower seeds in a reused glass salad bottle in fridge door to easily pour on a salad)

Travel

- Bring honey, coconut oil, and oatmeal packets for breakfast when staying at a hotel, using the coffee maker for hot water
- Always bring a travel coffee mug, which doubles as coffee mug and a water bottle when on the plane or in the car

Restaurants

- Mushrooms, avocado, chickpeas, pumpkin or sunflower seeds are a go-to replacement for protein
- Order multiple sides to create your own meal

Recipes

- Dressing: tahini, olive oil, white wine vinegar, stone ground mustard, nutritional yeast, salt & pepper
- Superfood drink: 1/2 tsp ea cacao powder, moringa, wheatgrass, maca, 1/4 tsp ea spirulina, chlorella, ashwaghandha: add to 8 oz cashew milk, 1/4 tsp mint extract, 2 tsp maple syrup

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WEEK



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