

SB WELLNESS GROUP

Monthly Newsletter | March 2025

SBwellness



**MONTHLY
MOTIVATION TO A
HEALTHY LIFESTYLE**



Your Monthly Self-Care Work

National Nutrition Month

Breaking Free

Overcoming Self-Sabotage Patterns

WELCOME TO OUR MARCH ISSUE



In this month's issue, we are focusing on overcoming **Self-Sabotage** and setting yourself free from limiting beliefs. Self-sabotage often stems from fear, self-doubt, learned behaviors or past trauma.

This month we want to inspire you to identify and break free from these patterns.

It is time to challenge those negative thoughts and beliefs that are holding you back from living the life you desire.

Change and success has to start with you. Believing in yourself is half the battle. So get ready to get out of your own way and move confidently towards your goals.

You can beat self-sabotage by becoming aware of your behaviors and beliefs about yourself, and challenging them when they stand between you and your goals.





Your Monthly SELF-CARE Work

Self-Reflection Journal:

Write down one self-sabotaging behavior

What is typically holding you back or slowing your progress down? (e.g., procrastination, negative self-talk).

Identify the Trigger: When does this behavior show up? What emotions or situations bring it out?

Reframe the Narrative: Replace self-doubt with a positive affirmation. Example: Instead of “I always mess things up,” say, “I am capable of learning and growing.”

Action Step: List one small action you can take to counter this habit and move toward success.

By making small shifts in mindset and actions, you create a foundation for lasting confidence and self-growth.

SELF CARE
ISN'T
SELFISH

It's time to get out of your own way.
Move beyond self-sabotaging
behaviors and beliefs.



National Nutrition Month[®]

FOOD CONNECTS US

Let's Celebrate Good Nutrition this Month! Food can nourish us in so many ways. Let's connect with food.

Each year during March, we celebrate National Nutrition Month[®], which is a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics.

The theme for National Nutrition Month[®] 2025 is Food Connects Us, which highlights the connection between health, access, traditions and food across all stages of life.

Food can connect you to your culture, your families and your friends. Every time you share a meal, it is an opportunity to learn and develop a healthy relationship with food.

A good meal has the power to impact your health, memories, traditions, and seasons. You can learn about the preparation, who made the food, and where the ingredients were sourced. When you begin to cherish these aspects of eating, you begin to make healthier connections with the food you eat and how it impacts your health in all stages of life.

This month we encourage you to prepare more of your own meals and snacks. To take back more control over the ingredients and the amounts used. Keep a focus on healthy eating habits for life.

Explore different foods and the connection between the cultures they stemmed from. Visit a farmer's market and ask about how the food was grown or raised. Connect with your friends and loved ones over nourishing meals and snacks.



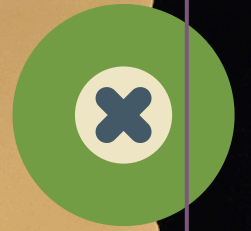
BREAKING FREE

OVERCOMING SELF-SABOTAGE PATTERNS

Whatever it is that is holding you back from reaching your potential can be changed. It's time to **BREAK FREE**.

We all have goals, dreams, and aspirations, yet sometimes, we find ourselves stuck in a cycle of self-sabotage. Whether it's procrastination, negative self-talk, or fear of failure, these habits prevent us from reaching our full potential. Start today noticing when you are blocked by these cycles of self-doubt. You can begin changing the pattern with positive self-talk and realistic goal setting. More articles, seminars, and articles on this topic in the coming months.





“Fear is the
brain’s way
of saying
there is
something
important
for you to
overcome.”

- Ginny Dye



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*"The only limits you have are the
limits you believe."*

- Wayne Dwyer

