

WELCOME TO

# Doing Well

*So glad you're here!*

## November is American Diabetes Month

November is American Diabetes Month®, but this isn't a time to celebrate. It's a time to rally against the diabetes epidemic; **1.4 million** people will be diagnosed with diabetes this year. Get smart about the risks and diabetes prevention. Learn how small health changes can lead to big results, for you or a loved one.

If you are already living with diabetes (newly diagnosed, type 1 & 2, other) check out the latest information and resources to help you to manage your journey with diabetes. Diabetes is not a death sentence.



### TAKE CHARGE OF TOMORROW - PREVENTING DIABETES HEALTH PROBLEMS

Tips to get started:

- Manage your blood glucose, blood pressure, and cholesterol levels
  - knowing your numbers and whether you are at healthy standards is key
- Take small steps toward healthy habits
  - plan healthy meals, get physically active, get enough sleep, etc.
- Take your medicine on time
- Reach or maintain a healthy weight
- Take care of your mental health
  - learn healthy ways to cope with the stress of diabetes
- Work with your health care team

# Programs



## Real Selfcare: The Program

Based on the book by Pooja Lakshmin M.D., a board-certified psychiatrist, this 8-week program challenges the individual to consider the differences between 'real' and faux self-care. While one method is more escapist and, in the moment, real self-care requires the complex work of unapologetically choosing you.

Additionally, by participating in a group program you are working with people on a like journey and cultivating a community of support. We will come together to discuss the modules and exercises in a safe space, benefiting from the opportunity to share and learn from each other.

Take eight weeks of valuable time to find out what exactly is 'real' self-care, identify areas where you need to give yourself more, and develop your personal care plan.

Next program starts November 16, 2023:

## Relationship Savvy - how savvy are you?



Just as wellness crosses into just about every aspect of our life, so do relationships. Relationship Savvy is programs, events, group discussions, and coaching. It is the variety of ways in which to foster the best possible relationship with others and even ourselves. [Click here](#) to check out the different programs and free assessments available.

## New Service:

### Uncomfortable Conversations Coaching

Difficult conversations are a part of life. Whether it's with a family member, friend, colleague, or customer, there will be times when you need to have a conversation that's uncomfortable or challenging.

But these conversations don't have to be a nightmare. With the right skills, you can learn to have difficult discussions in a way that's productive and respectful.



# Real Self Care

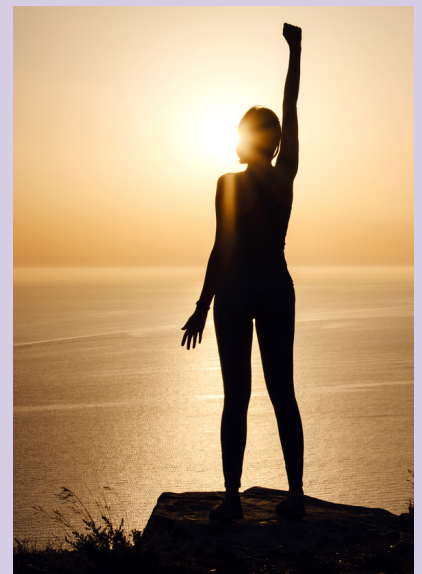
## FOUR PRINCIPLES OF REAL SELFCARE

**1. Importance of Boundaries** – Personal boundaries are the limits and rules we set for ourselves within relationships. A person with healthy boundaries can say ‘no’ to others when they want/need to. Additionally, they are aware of and can communicate their boundaries to others.

**2. Compassionate self-talk** – Self-compassion is the practice of being kind and understanding towards ourselves, especially when we make mistakes or are struggling. It involves recognizing that everyone is imperfect and that suffering is a part of life. When we are self-compassionate, we are able to accept ourselves, forgive ourselves, and support ourselves through difficult times.

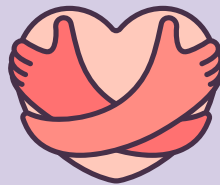
**3. Identifying what really matters** – As you establish boundaries and remove the things that you don’t want, sometimes you struggle with figuring out what we do want. What we want is an exercise is identifying our values and aligning the way we live with those values.

**4. An Assertion of Power** – Personal power is the ability to influence your own life and the world around you. It is your sense of self-worth, confidence, and agency.



## Free Resource Spotlight

### SELF-CARE CHECK IN



In support of our ‘Care Conversations’ launch and the topic of Self-care, I am sharing the Self-Care Assessment.

[DOWNLOAD ASSESSMENT HERE](#)

## Are you ready to join the journey?

A journey to your best, well self!

@coachcynthia4life | info@iwell4life.com

[WWW.IWELL4LIFE.COM](http://WWW.IWELL4LIFE.COM)

# Upcoming

**Monday, November 6th**



## **My Style Mondays\* – with Yolanda Taylor**

I had the pleasure of sitting down with Yo Taylor of [At The Style Table, LLC](#). She interviews woman business owners about how what any individual person's life/business intersects with style, which is her business.

\*My Style Mondays are chats about careers, business, organizations, hobbies, passions and how STYLE plays a role.

[Video Recording Link](#)

---

**Monday, November 13th**  
7pm – 7:45pm EST

## **The Essential Community**

How to audit and/or build your personal support community for love and life.

Support is essential; however, many people don't understand how beneficial and helpful having/being supportive is. Download the free "Personal Support Community Exercise" to get better insight, and then join the conversation.

[Access to download and 'live' information here](#)

---

**Wednesday, November 15th**  
7pm – 7:45pm EST

## **Relationship Savvy: The Best Dating Sites for People Over 40**

We're going to share the top 5 ranked dating sites for people over 40 and how you might make them work for you. Additionally, we want you to come and share what sites have worked for you and any other tips or tricks to navigate online dating. Register below to receive the Zoom link.

[Register Here:](#)

---

**Thursday, November 16th**

(Starts)  
Modules will be sent weekly on Thursdays; the live group session will be the following Wednesday

## **Real Selfcare: A Program for Lasting Restoration**

Take eight weeks of valuable time to find out what exactly is 'real' self-care, identify areas where you need to give yourself more, and develop your personal care plan.

[Learn more here.](#)

---

**Thursday, November 30th**

Brambleton Library, Room A  
22850 Brambleton Plaza,  
Brambleton, VA 20148

6:30 – 8pm

## **Care Conversations with Cynthia & Jocelyn**

### **Topic: Hormonal Imbalance**

- Nutritional & homeopathic approach
- Hormone imbalance and emotional and mental wellbeing

[\*\*REGISTER HERE\*\*](#)