



Grilled Zucchini  
Salad with  
Bruschetta and  
Herbs

*Check out this recipe from Jenny!*

# SWMI Health Matters

Functional Medicine & Holistic Wellness Center

May 2025

Mental Health  
Awareness Month

## Be kind to YOURSELF!

### May Mindful Moment: Come Back to Yourself

*In the rush of our everyday lives, it's easy to lose touch with how we're really feeling. This simple check-in is your invitation to pause, breathe, and gently return to yourself. Take a moment. Find a quiet space. Inhale deeply through your nose... and exhale slowly through your mouth.*

#### Step 1: What's happening within me right now?

Ask yourself:

- ❖ How am I feeling emotionally? (Happy, anxious, numb, peaceful, overwhelmed?)
- ❖ How does my body feel? (Tired, energized, tense, calm?)
- ❖ What thoughts are running through my mind right now?

Try not to label anything as "good" or "bad." Just observe. You're not here to fix—just to notice.

#### Step 2: What do I need right now? Tune into yourself with curiosity and compassion.

Ask:

- ❖ Do I need to rest? Move? Connect? Be alone?
- ❖ Do I need to speak kindly to myself? To say no to something? To say yes?

Often, your body and heart already know the answer—you just have to ask.

#### Step 3: How can I offer myself kindness today?

Just one gentle act. Choose something simple:

- ❖ A cup of tea with no distractions
- ❖ A short walk outdoors, even if it's just around the block
- ❖ Saying "no" without apology
- ❖ Putting your phone away for a moment of quiet
- ❖ Speaking to yourself the way you would a dear friend

Kindness toward yourself isn't selfish. It's the foundation for showing up fully in your life.

You deserve space. You deserve care. You deserve a moment to simply be.



### Powerful Food for the Brain

- ☐ Fruits:
  - ✓ Blueberries
  - ✓ Bananas
- ☐ Leafy Greens:
  - ✓ Spinach
  - ✓ Kale
  - ✓ Swiss Chard
- ☐ Fatty Fish:
  - ✓ Salmon
  - ✓ Mackerel
  - ✓ Sardines
- ☐ Nuts & Seeds:
  - ✓ Walnuts
  - ✓ Pumpkin Seeds
  - ✓ Chia
  - ✓ Flax

### FREE Community Event



**Menopause**  
It's a Movement!

**BATTLE CREEK - MAY 12**

Learn more about this natural phase of life in a safe and supportive environment!

**WK Kellogg Co & Kellanova Headquarters**  
1 Kellogg Sq, Battle Creek, MI 49017

Event is from **5:15-7:30 PM**  
Doors open at **5:15 PM**, Conversation begins at **5:45 PM**

Is there a topic that you're interested in that has not been talked about? Please email [info@swmihealthmatters.com](mailto:info@swmihealthmatters.com) with your ideas or questions! We love hearing from you!!