

Stronger Together

Weekly Health tips from your favourite Resilience Coach



Detach with love is Equanimity.

Observing without attachment is the ultimate health life skill.

Meditation practitioners often explore oneness. Being mindful vs mind-full. Thoughts are how the mind & heart communicate. The average person has 48 thoughts/min. Acknowledging this conversation allows us to understand Self. Equanimity is defined as mental calmness during chaos. Composure. Awareness, not indifference, of a situation to intentionally make a decision on how to respond. A response based on the connection between the mind & heart. Being a non-judgemental observer. Being a heart-led leader. Realising the subtleness between our external & internal world! Are you ready?!



CAUSE

Pause & remind yourself most external situations have nothing to do with you.



CONTROL

Pause & remind yourself the only thing to control is your thoughts & actions.



CURE

Pause & remind yourself to cleanse your heart & purify your mind.



MOVEMENT

30-min virtual classes
- HIIT/CORE/KIDS -
linktr.ee/jessicacorvo



WORKSHOPS

- NIGERIA: Being a Humanitarian after a pandemic
- USA: Moving Through Adversity



SELF-CARE

visit facebook.com/BTSADV for daily inspiration on ways to celebrate YOU! Self-Care always wins!

Respond or React

maybe these will inspire a pause...

“Nothing hits harder than life”: Famous conversation between father & son (Rocky Balboa). Life lesson to block out the harshness of our external world & focus within. Stay true to ourself. Take the “hits.” Build resilience. Do you allow others to change your perception of self? Do you believe in yourself?

It is what it is: Acceptance is easy in theory & difficult in practice. The challenge is to view events as an opportunity to learn about Self. See if you can acknowledge what is happening externally and observe how it is affecting you internally. How does my body feel? Less focus on why. More focus on how. Learn about Self.

W.A.I.T. (Why Am I Talking): Have you ever noticed how most situations fix themselves? When we react rather than respond, we tend to make a situation more complicated. Cultivate this awareness. Support a pause in your external world by challenging your inside world with W.A.I.T. I promise you, this is a powerful tool.

Mantra: *I am not my thoughts. I am the awareness behind my thoughts. Emotions indicate where I need to love myself. Time to turn inward.*



Dear Warriors,

So much love to you!! I know some days you feel like winning & other days you feel like failing. Me too! It's normal! We talked about foundational pillars to health: movement, nutrition & mental health. This week's newsletter is meant to inspire a deeper awareness of health: inner work. Step 1 in transformation is understanding the nuance (& connection) between our inner vs outer world. Spend the week as an observer. Try to invest 10 mins/day to simply be aware of your thoughts. Observe them. Almost like watching a movie. Next week, we will build on what to do. For now, just have an awareness of our “inner Hollywood”. Thanks for being part of the tribe! I'm cheering for you! xo Jess #StrongerTogether

(PS: Are you ready to Be The Change? Say YES!)

WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

“Jess!! I tried a Wall Angel in the bathroom. So much for privacy. My kids found me & asked, ‘Mom, why are your arms up?’ The first thing to come out of my mouth was, ‘I’m strengthening my back.’ My kids asked, ‘Why?’ My response was, ‘To get taller!!’ (They don’t understand posture). So now my kids are randomly doing Wall Angels around the house & telling their friends they are getting taller. Thank you for inspiring movement!” (picture not submitted with story so I decided to demonstrate a seated Wall Angel! HAVE FUN!)

*I encourage you to take pictures of our workout or practicing your favourite moves! Send your favourite wacky warrior moments to jessica.m.corvo@gmail.com

