



REVEL
PRIVATE WEALTH

Revel's Top 10

Women's & Mental Health Awareness Month

When it comes to our health, aside from eating a healthy, balanced diet and exercising regularly, one size does not fit all. Women can benefit from paying attention to certain health needs over others throughout their lives, especially when it comes to our mental health.

We asked experts from San Juan Capistrano, and surrounding Orange County cities, to weigh in with some of their top women's physical and mental health tips for women in all stages of adulthood.

*I'm interested in women's health because I'm a woman.
I'd be a darn fool not to be on my own side.
-Maya Angelou*



Anne-Marie Lockmyer, Grief Specialist

1 "Deep grief is messy and has no orderly timelines or stages. Grief reflects our love. We must give ourselves grace, as it often is harder and longer than we imagine. People around us may not understand. Support is vital for recovery. Don't take the journey alone. So much help is available—podcasts, books, coaches, counselors, support groups, and websites."

2

"Most people can't understand how painful it is to lose a close loved one until it happens to them. People may unintentionally hurt a griever's feelings. They usually have no idea what to say, are so uncomfortable with our pain, and try to do something to fix it when they can't - which can lead them to say or do something that hurts. It helps to remember how we looked at people grieving before losing our loved one. And to give people grace and look at their intentions."



Jennifer Reza, LMFT, Licensed Therapist

3 "No is a complete sentence. As caring, giving, nurturing, creatures it's ingrained in us to say "yes" and take on more, even when our plates are already full. Give yourself permission to say NO. Set that boundary you've been struggling to assert. You will likely feel guilty. And that's ok. But self-forgiveness is key and your mind, body and spirit will always be grateful for the gesture."

4

"Balance is key. As women, we're so great at juggling all the things, it's actually our superpower! However, imbalance is a natural byproduct and is often hard to sustain. Take a moment to reflect and ask yourself, "where is there imbalance in my life?" Set an intention and prioritize tasks that help rebalance the scales."

5

"Trust the Science. Recent years of research and data have radically informed daily practices for maintaining a healthy state of mind, body and spirit. Writing down gratitudes, journaling, meditation, and yoga nidra are a few of many protocols that are proven to have life-long impact. Pick one that resonates with you and start small. Every little effort goes a very long way."



Lori Kahn, Certified Integrative Coach

6 "BREATHE! By consciously and intentionally sitting and focusing on our breath, we deepen our ability to be present in our lives and in our relationships. There are many different breathwork practices to help focus the mind on the breath and deepen the practice, but starting with 3 minutes a day or even 3 deep breaths to start the day will make a difference."

7

"BODY CARE! A daily practice of caring for our bodies is a way of acknowledging and honoring it as a key figure in the quality of our lives. For some, simply sitting outside and feeling the air, the sun and listening to the sounds is enough to feel rejuvenated. Walking, jogging, swimming, playing a sport, whatever your body loves to do but is only given a chance to do once a week or on vacation, should be on your "to do" list every day. This also includes feeding the body the things that give it energy, not eating or drinking things that don't! See it as an opportunity to care for yourself, the way you would care for those you love."



Patrice Courteau, MA, LMFT, Divorce Coach

8 "Notice how many variations of green are in nature. Notice the shape and delicate design of leaves on trees and plants. Wake up early to see the dawn as often as you can to begin your day."

9

"Breathe in deeply the lovely smells of your coffee, tea or hot chocolate before you take your first sip. Take time to read something inspiring to your soul for at least 5 minutes a day. Create and display your own art for your living environment."

10

"Connect with a friend. Compliment someone in your world today. Smile, and then breath in deeply through your nose and exhale through your mouth. REPEAT THIS LIST again and again."

Resources



Anne-Marie Lockmyer, Grief Specialist

Anne-Marie Lockmyer is a grief specialist and award-winning author who works with people worldwide on healing after loss and offers life-changing widow retreats.



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www.GriefAndTraumaHealing.com



Jennifer Reza, LMFT, Licensed Therapist

Jennifer Reza holds a Master's degree in Counseling Psychology (MFT) and boasts over 15 years of experience as a mental health therapist. Currently, she serves as a private practitioner in Southern California.



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Lori Kahn, Certified Integrative Coach

Through The Ford Institute for Integrative Coaching, Lori coaches individuals, couples and families in conscious communication, with a foundation in mindfulness, self awareness and self inquiry practices to develop a deeper understanding about our personal history, beliefs and patterns that cause us to feel and behave the way we do.



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www.TheMindfulLifeWithLoriKahn



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