

ENERGY MATTERS

A BioEnergetic Wellness Note from CanBeWell

Theme: Rethinking Mental Health Days

JULY 2025

Feature Video: ***Personal Day vs Mental Health Day***

There's a big difference between crossing off errands and recharging your energy. A true mental health day includes mindful rest, centering practices, and support tools that help you realign, not just recover.

**ENJOY THIS
SHORT VIDEO**



**WHAT WOULD
YOUR IDEAL
ENERGY-
RESTORING DAY
LOOK LIKE?**

Share This!

Distribute this flyer in your clinic, school, community board, or newsletter. *Let's help more people shift how they view mental health and energy care.*



BioEnergetic Wisdom of the Month

Quote: "Self-care is how you take your power back."
~ Lalah Delia

Try this: Take 3 deep belly breaths right now. Breathe in calm. Breathe out tension. Feel your body soften. That's bioenergetic awareness in action.

Resource Highlight: BioEnergetic Essentials (Free Download)

Explore this foundational CanBeWell guide to understanding energy, flow, and wellness in everyday life. Perfect for individuals, families, and community educators.



**DOWNLOAD
IT HERE**

BUILD YOUR WELLNESS FROM THE INSIDE OUT.

We've all been there—sitting in a medical waiting room, the seconds dragging, our thoughts racing. How would you like to turn your waiting room experience into a powerful space for healing?

Take a journey with Dr. Michelle Greenwell to learn how you can reframe your time spent in the waiting room, with her recent article entitled, '***The Waiting Room Effect: Stress or Healing? How You Use This Time Matters***'

READ IT HERE

