



Three Science-Backed *and* Faith-
Forward Practices For Peace,
Purpose, and Renewed Energy

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Thank you for your interest in the *“Three Science-Backed and Faith-Forward Practices For Peace, Purpose, and Renewed Energy”* guide.

The research is clear: despite implementing many wellness practices, people still feel anxious, overwhelmed, stressed, exhausted, and disconnected.

Why Many Wellness Routines Fall Short

- Most modern approaches focus on *physical* and *emotional* health but neglect the *spiritual* dimension, which is an essential component of holistic wellness.
- Integrating spiritual practices (faith in spirit, divine, love, source, nature, or universe) provides a solid foundation for overall well-being, allowing other wellness habits to flourish.



Below are three simple practices that merge science-backed lifestyle *and* spiritual approaches that will make your current routine more effective and help you move from feeling overwhelmed, anxious, and exhausted to finding a sense of **peace**, **purpose**, and **renewed energy**.

1) PRAYER



- **How to Practice:** Pause, take some deep breaths, and think about connecting to a higher presence (spirit, divine, love, or universe — use what feels right for you). Choose one of the example prayers below or use your own to express gratitude, set intentions, ask for support, and/or affirm your trust in being supported and loved. Close with gratitude and mindful breathing.
- **Science:** Prayer reduces stress and anxiety, promotes relaxation, and fosters a sense of meaning through several biological mechanisms, including cortisol reduction and activation of the “rest and digest” component of the nervous system. The positive effects of prayer are generally experienced when practiced with a trust in a *loving* higher power.

- *“Thank you for this day, the breath in my body, and the opportunity to grow. I am grateful for the gifts that surround me.”*
- *“I open my heart and mind to peace and guidance. May I be present in this moment, receptive to wisdom and comfort.”*
- *“Please help me release any worries I am carrying. Fill me with peace, courage, and hope. Guide my thoughts and actions toward kindness, for myself and others.”*
- *“I trust that I am supported and loved. I am open to healing, growth, and joy. I am exactly where I need to be.”*



2) AFFIRMATIONS

- **How to Practice:** Each morning, before a mirror, in the car, or anywhere you'd like, repeat positive statements three times (see below for examples), breathing deeply between repetitions.
- **Science:** Positive affirmations reduce anxiety by repeatedly activating brain regions involved in positive emotion and self-worth, lowering stress hormones and boosting neurotransmitters like dopamine and serotonin. This rewires neural pathways to replace anxious thoughts with calmer, more optimistic ones.

I trust in the divine plan for my life.

I am supported, protected, and loved by a greater force.

I am a vessel of divine love, spreading compassion and kindness.

My faith in a higher power brings me peace and strength each day.

I surrender my fears and doubts to the wisdom of the divine.

*I am connected to the infinite energy of "source", which flows through
and empowers me.*

I inhale peace and exhale worry.



3) NATURE CONNECTION

- **How to Practice:** Spend time outdoors (walking or sitting), and intentionally engage your senses: observe sights, feel textures, listen to sounds, and notice scents. Reflect on how you feel afterward.
- **Science:** Time in nature reduces anxiety by lowering stress hormones, activating the “rest and digest” component of the nervous system, and decreasing neural activity linked to rumination and negative thought patterns.

Sight

Notice five things you can see: colors, patterns, or movement.

Touch

Pause to feel four different textures: tree bark, leaves, or stones.

Hearing

Listen for three distinct sounds: birds, wind, or distant water.

Smell

Identify two scents: flowers, earth, or fresh air.



Hi, I'm Amanda. I am an enthusiastic (sometimes mediocre) mama, wife, author, speaker, and wellness enthusiast. I am a less-than-mediocre cook.

While my resume would indicate a Doctor of Pharmacy degree from Purdue, a residency at Johns Hopkins, a fellowship at Eli Lilly, and about 2 decades in pharma/biotech - the reason I do what I do now can't be found in my resume: that is, a 25-year battle with Major Depressive and Generalized Anxiety Disorders, a 2-year stint of terrifying exhaustion and hopelessness, and a lifetime's search for peace.

Eight years ago, during a particularly dark time, I stumbled upon a faith that launched me into a fulfilling adventure of self-discovery and growth, which *finally* delivered the peace and wellness I'd been chasing my whole life.

In the years between, I left my corporate job and dove into spiritual, wellness, and neuroscience training. I knew I wanted to work with others to implement evidence-based lifestyle *and* spiritual practices to optimize their wellness journey and bring true peace, purpose, and renewed energy to their lives.

It worked for me, and I have ALL THE FAITH it will for you as well.

Click [HERE](#) to schedule a 20-minute call with me!

Thank You!



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