

# WDGS NEWSLETTER JANUARY 2025



From: WDGS Coaching YOU!!!



## • 2025 NEW YEAR WORD is RESTORATION for Every Month

Every person in this World has the potential to succeed in life and make positive contributions to society. I believe understanding we ALL need RESTORATION support from GOD, other adults, role models to glean from, mentors, encouragement from Coaches and some form of structured involvement as role models to create flourishing relationships as a support system.

**RESTORATION is defined as**

**the action of returning something to a former owner, place, or condition.:**

**"the restoration of Andrew's sight".**

**1. synonyms: repair, repairing, fixing, mending, refurbishment, reconditioning, rehabilitation, rebuilding, reconstruction, remodeling, redecoration, revamping, revamp, makeover, overhaul, redevelopment, renovation, modernization, updating, bringing up to date, upgrading, gentrification, updation, facelift, refurb, rehab**

**antonyms: neglect**

**2. the return of a hereditary monarch to a throne, a head of state to government, or a regime to power.: "the restoration of the Portuguese monarchy".**

**synonyms: reinstatement, reinstitution, re-establishment, reimposition, reinstallation, rehabilitation, return, putting back, replacing**

**antonyms: abolition**

**Let's kick start the New Year by  
Winterizing ❄️ Restoring  
our Immune System by Eating  
Stronger 💪**

Studies have found that maintaining proper HEALTH and protecting against INFECTIONS requires a STRONG & HEALTHY IMMUNE SYSTEM. Keeping the immune system working at its best level should start before the cold season. Although, any time we start is always a good time 🕒 to get started.



***Simple suggestions of ways to build up your Immune system***

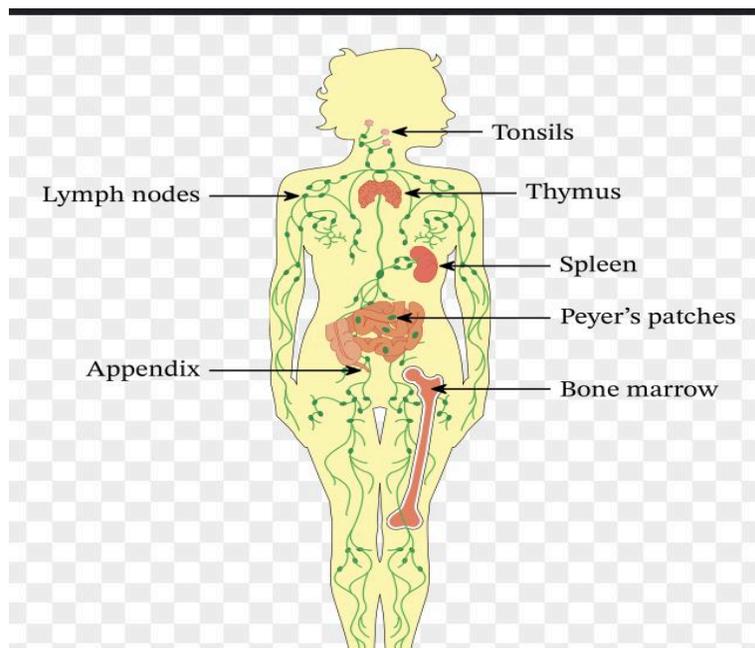
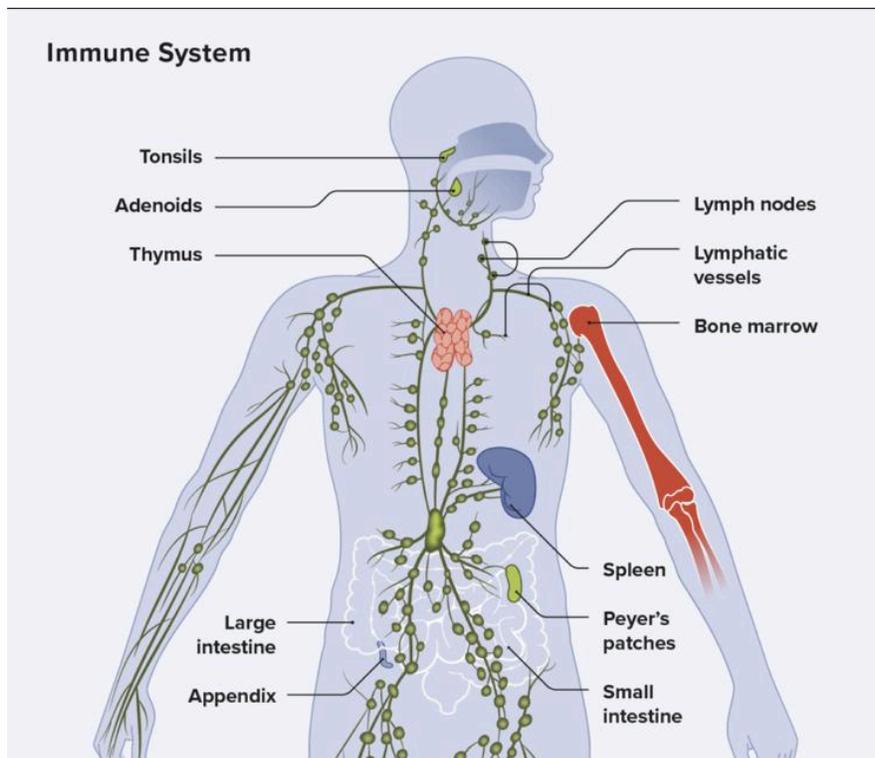


**Eat your Fruits & Veggies** ~ they are full of antioxidants such as vitamin B & C and phytonutrients. FOODS such as: **Spinach, Broccoli, Kale, Collards, Carrots, Garlic, Onions, Oranges, Lemons, Apples, Blueberries, Grapes, Chicken Soup or Chicken Broth** (I prefer organic Chicken Broth) and any other sources of



free-radical antioxidants fighting foods.

# Male & Female Body Points to note strengthening



## Manage Stress~by being RESTORED



Any level of stress, even in a short-term, can be "Toxic" to the immune system. Discover quick and easy ways to manage stress levels. A few known destressors may include: **Meditation, Deep Breathing Exercises, Listening to Music (that calms you), Enjoy working on your favorite hobby or Reading (Audio book if you desire to relax your eyes) the BIBLE is always a great relaxing read for me; especially the 4 Gospels~Matthew, Mark, Luke and John as well as James, which explains the purpose of patience.** 🙏😊

# note to self

-  You are doing the best you can
-  It is okay to ask for help
-  You are worthy and enough
-  It is okay to be not okay
-  Your boundaries are important
-  You are capable of amazing things
-  Your feelings are valid
-  It is okay if you are a work in progress
-  It is okay to allow yourself to heal



A Newsletter will not be complete without some FOOD FOR FEAST 😊 😁!  
HOMEMADE TUNA 🍷 with Baked chips



**CELEBRATE 🎉 RESTORING A NEW YOU!!!**

Remember to Reward YOU!~ Make a habit to not allow more than 14 Days to occur in your life without treating yourself for all your achievements big or small. I make a habit of taking myself on an ALFREDA DAY each FRIDAY! I do the things that bring me joy and relaxation.

Please: click the share button on your mobile device, and invite anyone you think would enjoy this Newsletter. Please SHARE on your FACEBOOK &/or MESSENGER. You can also share feedback with our team by leaving us your comments or suggestions section in our Website. [WDGS.org](http://WDGS.org) ←

**Contact WDGS today and Plan to have fun getting to know the NEW RESTORED YOU as we enjoy 2025!**

- God continuous Blessings for a GREAT 😊 & PROSPEROUS YEAR 🎉🥳! Psalms 23:3 "He=GOD, restores my soul; he leads me in the paths of righteousness for his name's sake."



**The WDGS Team♥ Thanks & Humbly Appreciate You Always!!!**