



Live Your Life More Fully

I realized that my choices in behavior were not in alignment with what was most important to me; my own health and the health of my family. A.C.

Balance is one of the keys to happiness and fulfillment. Balance applies to all aspects of life—physical, mental and emotional. Being aware of when you are out of balance is important. This program provides you with tools and techniques to take action when the body signals you something needs to be adjusted. Take advantage of learning how to create balance in your own system to achieve greater flexibility, adaptability and health!

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

What you will gain:

- Learn how stress affects your mental, physical and emotional experience.
- Uncover and disengage from the negative impact stress has on your body and mind.
- Improve your health and overall sense of wellbeing.
- Enhance your relationships and reduce the stress that results from miscommunication.
- Bring more creative thinking to your plans and projects.



WELLNESS QUEST
COACHING

Donna L. Armentrout, LMT

OH LIC. 11335

Dayton Massage Connection LLC
dba **WELLNESS QUEST COACHING**
(937) 371-7906

✉ donna@dmcoho.com

Albrecht's four common types of Stress:

- Time Stress
- Anticipatory Stress
- Situational Stress
- Encounter Stress

Characteristics of Resilience:

- Sense of Humor
- Social Support
- Emotional/Body Awareness
- Ability to Solve Problems
- Willingness to be Flexible
- Willingness to Adapt
- Self-Control – Remain Calm
- Belief in Self – Practice Acceptance
- Optimism
- Implement Self-Care
- Find Your Purpose in Life

*Wellness is a Journey,
not a destination!*



*Promoting and
Supporting
a Healthy Lifestyle*



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Looking to live your life to the fullest?
Call to get more information or to schedule
your free 30-minute consultation.

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