



January 2026 Newsletter

Your Monthly Dose of Wellness, Growth, and Support



Building the Year You Want: Intentions Over Pressure

Dear friends,

January often arrives with a lot of noise, big goals, bold promises, and the pressure to “get it right” from day one. But the truth is, lasting change rarely comes from pushing harder. In actuality, it comes from slowing down, reflecting honestly, choosing intention over urgency, and most importantly consistency.

As you start 2026, we invite you to pause before you plan. To look back at what worked, what didn't, and what you want more in the year ahead, mentally, physically,

and emotionally. This is about building a year that fits **you**, not forcing yourself into someone else's version of success.

Throughout this newsletter, you'll find reflection questions focused on mental health, physical health, fitness, and nutrition. We encourage you to grab a journal, notebook, or even a single piece of paper and write your answers honestly. Writing things down helps create clarity, strengthens follow-through, and turns intention into meaningful action.

Every action you take is a vote to the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.

(James Clear)

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Mental Health Spotlight

🧠 Reflect Before You Reset



For some, 2025 was a year filled with growth, connection, and meaningful progress. For others, it was heavy marked by stress, loss, burnout, or emotional exhaustion. And for many, it was a mix of both. Wherever you land, your experience is valid.

As we move into a new year, it's important to remember that we are not powerless in shaping what comes next. Creating the year you want and deserve doesn't mean ignoring what's been hard. Sometimes it means gently addressing unresolved experiences from the past. Other times, it means giving yourself permission to imagine something new and exciting. Both paths require intention, self-awareness, and support.

Before setting new intentions, it helps to understand what your nervous system has been carrying. Reflection builds awareness, and awareness is the foundation for meaningful change.

Take a Moment to Gently Reflect

- What supported my mental well-being over the past year?
- When did I feel most calm, steady, or emotionally regulated?
- What situations or patterns increased my stress or anxiety?
- How did I usually respond when I felt overwhelmed?
- What coping tools helped, even in small ways?
- What emotional state do I want more of this year, peace, confidence, connection, ease?
- What is one small boundary or mindset shift that could support my mental health moving forward?

Why This Matters

There's no need to judge your answers. The goal isn't perfection, it's clarity. When you understand your patterns, you can choose different ones with compassion rather than force.

Moving Ahead With Intention

Reflection is the first step. Structure and support help turn insight into action. Remember taking steps, even small ones brings you closer to becoming who you want to be. Even when those steps don't sound impressive to anyone else, they matter!

If you're ready to move forward with clarity and purpose, we invite you to join our upcoming workshop, **Design Your Best Year Yet: Reclaim Your Focus, Energy, and Direction for 2026**. This psychologically grounded workshop is designed to help you turn reflection into a realistic, supportive plan — without burnout or pressure.

Through guided reflection, structured planning, and practical tools, you'll learn how to design a year that aligns with your values and supports your mental, emotional, and physical health.

[Reserve Your Spot Here](#)

Health Spotlight

Your body holds valuable information about what it needs but many of us learn to ignore it. This year, consider shifting from “pushing through” to listening more closely.

Take a Moment to Gently Reflect

- When did my body feel its best this past year?
- What physical symptoms showed up more often (fatigue, tension, pain, digestive issues)?
- How well did I rest and recover?
- Did I tend to push through discomfort or listen when my body asked for a pause?
- What habits helped my energy levels?
- What is one way I can support my physical health with more consistency this year?
- What does my body need more of right now?

Supporting your health doesn't require a full overhaul. Small, steady changes create safety in the body and safety supports healing.

The Importance of Sleep



Sleep is not merely a luxury but a fundamental pillar of good health. Its significance extends far beyond just feeling refreshed in the morning. Adequate sleep plays a critical role in maintaining physical, mental, and emotional well-being.

During sleep, the body undergoes essential processes such as tissue repair, hormone regulation, and memory consolidation. A consistent sleep schedule is closely linked to a stronger immune system, better cognitive function, and a lower risk of chronic diseases like obesity, diabetes, and heart disease.

Cardiovascular Health

A very large study found that cardiovascular events (like heart attacks and strokes) happen at higher rates in women who get less than 5 hours of sleep each night on average, or more

than 10 hours of sleep.

A separate study found that men who had a short sleep duration had a 4x greater risk of death than men with longer sleep durations. Sleep seems to have a fairly significant impact on our cardiovascular health.

Bone Density

Even our bones aren't safe from poor sleep. Less than 6 hours of sleep per night was associated with a decrease in bone mineral density. When the density of bones is lower, there is a greater risk of osteoporosis and bone fractures.

Blood Sugar Regulation

A lack of sleep is associated with a greater risk of diabetes. Short sleep duration has been associated with greater body mass and more abdominal adipose tissue (fat tissue), which could explain the diabetes connection.

Sleep also affects our hormones, particularly leptin, which regulates appetite. A single night of low sleep (<4 hours) can increase hunger the following day, and the subjects of that study consumed 559 more calories than they otherwise would have.

Immune Function

Researchers took 155 subjects and recorded their sleep habits for 12 days. Then they sprayed the cold virus up their noses. Those who got less than 7 hours were 3x more likely to get sick than those who slept 8 hours or more.

How to Sleep Better

1. **Consistency:** Try to wake up and go to bed at the same time every day, even on the weekends. Consistent sleep schedules help your body to maintain consistent circadian rhythms. Try to avoid sleeping in or excessive napping. A short afternoon nap is better for keeping consistent rhythms than going to bed early or sleeping in.
2. **Regular Exercise:** Exercise is known to improve the quality and quantity of sleep, reduce insomnia and even help with sleep apnea. It is best to exercise in the morning or afternoon, as exercising at night can keep you awake. It does take a few months of regular exercise to see an improvement in sleep quality.
3. **Limit Stimulants:** Caffeine can affect sleep 5-12 hours after consumption, depending on how quickly you metabolize caffeine. Alcohol makes people feel sleepy, but disrupts the sleep cycle, so the quality of sleep is reduced. Nicotine stimulates the nervous system. It is best to avoid using nicotine products right before bed.
4. **Be Aware of Light Exposure:** Try to expose yourself to bright sunlight as early as you can to decrease melatonin production. Try to get outside during the day when possible. Limit light exposure at night. If you have screens around before bed, turn on the blue light filters (Search Night Light or Blue Light in settings). Yellow light is less of an issue. Try to keep light levels low if you do wake up in the night.
5. **Build an Environment for Sleep:** The best environment for most people to sleep in is cool, quiet, comfortable and dark. Blackout curtains can help control light from outside.

A sleep mask (like the one attached) can also be helpful. White noise or earplugs can help mask or control noise. If your bed is uncomfortable, experiment with pillow toppers and pillows if needed.

Need More Help?

Naturopathic medicine and clinical counselling offer many, many options beyond what is listed here to help improve your sleep. If you would like one-on-one support, consider booking an initial appointment with our team at Reflective Soul Therapy & Wellness.

[Start My Wellness Journey Today](#)

Wellness Spotlight - Movement, Nutrition & Sustainability

When it comes to fitness and nutrition, sustainability matters more than intensity. The most effective routines are the ones that fit your real life.



Take a Moment to Gently Reflect

- What types of movement did I actually enjoy?
- When did exercise feel supportive instead of draining?
- What got in the way of consistency?
- Did I treat movement as self-care or self-pressure?
- How did movement affect my mood and stress levels?
- What kind of routine feels realistic for this season of my life?
- What is one gentle wellness goal I can commit to this year?

Don't worry if you find that last year was not a great year, perhaps you didn't workout as much as you wanted to, or eat well enough. Everyone struggles from time to time. Below, we've included tips and tricks to help set you up for success this year.

Goal Setting Without Self Sabotage



Many of us have tried setting goals only to feel discouraged when they don't stick. Research shows that repeated failure can actually make future follow-through harder. Your brain learns patterns quickly, and when promises to yourself don't turn into action, it starts to expect that outcome.

The good news? This pattern can be retrained.

Think of goal setting like planning a trip. You don't just show up at the airport without a plan. You decide where you're going, why it matters, and how you'll get there. Goals work the same way, they give direction and help focus your energy.

A simple, evidence-based approach includes three key steps:

1. Know your why

Choose one area you feel ready to work on and get clear on why it matters to you. Meaning fuels motivation.

2. Focus on behaviour, not just outcomes

Outcomes (like weight loss or finishing a race) are influenced by many things you can't control. Behaviour goals, actions you *can* control build confidence and consistency. Showing up is a win.

3. Break goals into small actions

Small, realistic habits practiced consistently retrain your brain to trust your commitment. Simple actions done often are far more effective than big plans that feel overwhelming.

When you reward follow-through on actions, not just results, you build momentum, self-trust, and lasting change. That's how goals stop feeling frustrating and start feeling doable.

Banana Cream Pie-Inspired Overnight Oats



(Recipe by Amanda Holstein from Eating Well Website)

Start your day with a breakfast that feels like a treat—these layered overnight oats offer a delightful blend of banana, cinnamon and a touch of vanilla to elevate the taste. Right before enjoying, a finishing touch of crumbled graham crackers adds a pie-like charm to this easy breakfast. For the best results, use ripe bananas—their skin should be brown in spots and they should feel a little soft when you squeeze them.

Chill Time: 8 hours

Serving Size: 4 Servings

Ingredients:

- 2 Medium Ripe Bananas, divided
- 2 cups old-fashioned rolled oats
- 1 3/4 cups whole milk
- 3/4 cups banana and cream strained (Greek-style) yogurt or whole vanilla strained yogurt, divided
- 2 1/2 tsp vanilla extract
- 1 tbsp chia seeds
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 2 graham cracker sheets, crushed (about 1/3 cups)

Directions:

1. Mash 1 banana in a medium bowl with a fork until no large lumps remain. Add oats, milk 1/4 cup yogurt, vanilla, chia seeds, cinnamon and salt; whisk until thoroughly combined, about 30 seconds.
2. Cover and refrigerate until the oats have absorbed the liquid and the mixture is thickened, at least 8 hours. Spoon about 1/3 cup of the oat mixture into each of 4 (8-ounce) jars; top each with 2 tablespoons of the remaining yogurt. Cut the remaining banana into ½-inch-thick slices; divide among the jars, arranging in an even layer over the yogurt. Top with the remaining oat mixture. Top with crushed graham crackers before serving.

Refrigerate for up to 4 days. Add crushed graham crackers just before serving.

Upcoming Events

January - New Year Course Launch



**Design Your Best Year Yet: Reclaim your Focus,
Energy & Direction in 2026**

We all do it, set ambitious goals in January, only to lose momentum by February. But this year can be different. If you're craving more clarity, structure, and balance in the year ahead, this workshop was designed for you.

So many people move through life feeling overwhelmed by responsibilities, disconnected from their goals, or unsure how to create routines that actually last. Research consistently shows that when we pair **intention** with **structured planning**, we experience better emotional regulation, higher motivation, and more follow-through. In other words: when you have a system, you create space for success.

That's why we're launching a brand-new program this year — a gentle but transformational course built around a **specialized planner** that helps you:



Get and Stay Organized

Learn how to structure your days and weeks in a way that supports *your* goals, not someone else's expectations.



Increase Productivity Without Burnout

Shift from frantic effort to focused action, using evidence-based strategies from psychology and habit-formation research.



Achieve Meaningful Goals

Move from “wanting” to “doing” with a planner that breaks your goals into small, achievable steps you can actually stick to.



Improve Work–Life Balance

Create clearer boundaries, reduce overwhelm, and build routines that make space for rest, joy, and connection.



Build New Habits & Keep Them

Use proven behavioural strategies that help habits stick not through willpower, but through structure and repetition.



Become the Best Version of YOU

This course helps you design a life that aligns with your values — so you feel more grounded, intentional, and fulfilled each day.

Why This Course Works

This isn't another “New Year, new you” push. It's a supportive, psychologically grounded program that teaches you how to create sustainable change — the kind that feels good, lasts longer, and brings you closer to who you want to be.

With guided lessons, and reflection prompts, and a planner built for real life (not perfection), you'll walk away with:

- Clear direction
- A strong sense of purpose
- A calm, organized mindset
- Routines that support your mental, emotional, and physical health

If you're ready for a year that feels intentional, balanced, and fully aligned with your best self, this course was made for you.

✦ **Registration is now open — limited spots available.**

Start the new year with clarity, confidence, and a plan that supports the life you're ready to build.

Educators: Dr. Ali McMillan - Naturopathic Doctor & Coleen Adderley - Registered Clinical Counsellor

Date: January 17, 2025

Time: 9:00 - 1:00pm

Cost: \$112.11 (Includes an incredible planner and all the supplies you will need)

[Reserve Your Spot Here](#)

Did You Know?

✦ **Practitioner Spotlight: Coleen Adderley,**
Registered Clinical Counsellor ✦



Coleen Adderley, is the Founder and CEO of Reflective Soul Therapy & Wellness. With over 25 years in healthcare, Coleen brings a rare depth of experience that spans Emergency Room nursing, acute and long-term care, oncology, mental health, education, and clinical research. This wide lens shapes a practice philosophy that looks beyond symptoms and focuses on the whole person.

At the core of Coleen's work is a clear mission: to build a mental-health-first, integrative practice that truly sets people up for success. She believes that when clients feel supported emotionally, psychologically, and practically, meaningful change becomes possible. Reflective Soul was created to be a place where care is collaborative, thoughtful, and tailored where clients don't have to navigate their healing alone.

Coleen works from a biopsychosocial perspective and integrates evidence-based approaches such as Accelerated Resolution Therapy (ART) (the most amazing therapy to heal from trauma, and so much more), CBT, DBT, somatic therapy, mindfulness-based therapy, solution-focused therapy, and Gottman couples therapy. Her style is warm, grounded, and practical, helping clients build insight, emotional regulation, and real-world tools they can use outside the therapy room.

She has a special passion for trauma recovery, burnout and compassion fatigue, emotional regulation, and helping people who feel stuck reconnect with purpose and direction. Coleen is also deeply committed to community care, volunteering with professional associations and supporting individuals and families impacted by ALS.

Whether clients are seeking therapy in person in Kelowna or virtually across BC, Coleen's goal remains the same: to help people feel empowered, supported, and capable of becoming the best version of themselves with the right care, at the right time, from a team that truly works together. Feel free to contact her as she can help guide you to find the clinicians that would be the best fit for you.

[**Book Appointment Now**](#)

**Confidence Without the Pressure to
Change Fast**



Confidence doesn't always come from looking back at how far you've come. Sometimes, it comes from having a quiet but clear sense of where you're going and trusting that steady progress still counts.

This way of thinking is about recognizing that you're actively moving toward a version of yourself that feels more aligned, more capable, or more like *you*, even if the shifts are subtle and slow. It's learning to trust the direction you're heading, not just the milestones you've already reached.

So much of the pressure around the New Year comes from the belief that change should be fast and dramatic a full transformation by February, or it somehow "doesn't count." But real, lasting growth rarely works that way. Sustainable change is built through small, consistent shifts over time. When you can name the version of yourself you're growing into, and notice the small steps you're already taking you're showing confidence in your ability to evolve gradually, not perfectly.

This week's gentle challenge:

Think about one quality or way of being that your future self has more of. Maybe it's stronger boundaries, more creativity, greater emotional honesty, or a deeper sense of calm. Notice the small actions you're already taking that move you in that direction, even if they feel insignificant. Then choose one tiny next step you could take this week to keep building toward that version of you.

A reframe for this week:

Instead of "I need to be completely different by January," try, *"I trust the direction I'm moving in, even if the progress feels slow."*

Try this today:

Ask yourself what one small choice the future version of you would make today. Maybe it's speaking up about something minor, truly allowing yourself to rest, or spending ten minutes on something that matters to you. Make that choice and let it count as part of becoming who you're already on your way to.

Closing Thoughts

As you begin this new year remember you are capable of more than you realize. With intention, patience, and self-trust, you can build the life that feels right for you. Progress doesn't need to be fast to be meaningful.

From all of us at Reflective Soul Therapy & Wellness, we wish you a Happy New Year and all the best for 2026!

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