



Advocate Wellness Services

www.advocate-wellness.com

[Home](#) [What is behind this idea?](#) [Who is behind this idea?](#) [The Hybrid Schedule](#) [Our Location](#) [Our Monthly Fee](#) [Contact Us](#) [Mental Health Focus](#)

PSG - Wednesday Morning MH-WOD

SOME INTERESTING INFORMATION

Worst Mother's Day Gifts Survey (Photo website survey: Mixbook)

1. Weight loss products: 32%
2. Cleaning supplies: 30%
3. "How to Cook" cookbook: 15%
4. Self-help books she didn't ask for: 6%
5. Gift card to your favorite store: 6%
6. Chocolates from another holiday: 5%
7. Gas station flowers: 4%
8. Last-minute homemade coupon book: 2%

<https://www.app.com/story/life/style/shopping/2025/05/06/mothers-day-gifts-new-jersey-moms/83413809007/>

QUESTIONS TO ASK YOURSELF

If someone asks you where to make a new friend, what would you advise?

When you are in any type of pain, where is your most preferred environment to deal with it?

MORE RECOMMENDATIONS FROM STEVE'S OFFICE

1. **Guard Your Passion**: Heartbrokenness is a real thing and cannot be fixed all at once – build back over time.
2. **Strengthen Your Mind**: Identify if you / your choices are the reason that you are isolated and keep you that way.
3. **Care for Your Body**: Peace comes in many forms and ought not to be minimized for effectiveness.

AWS / PSG • 1626C WEST PEARL ST • STEVENS POINT • WI • 54481
EMAIL: STAFF@ADVOCATEWELLNESSSERVICES.COM PHONE: 715-544-0099