

Email 1 (of 8 - 18pg. original doc.)

Subject: **3 Steps to Calm the Chaos**

Hi [name],

Self-isolation and social distancing don't have to take a toll on your physical, mental, and emotional health.

With all of the negativity in the media today, I figured you could use some good news. You can improve your immunity, quality of sleep, and have an overall strategy for staying calm and healthy during this time.

And guess what - You've already taken the first step!

CONGRATULATIONS! YAY YOU!

By opening this email, you've taken the very first step toward regaining control and finding calm during the global crisis that is COVID-19.

Over the next 5 days, here's what we're going to do:

1. Change your mind
2. Trust your body
3. Take back control

I'm going to show up in your inbox every day to show you how to find calm and regain control. In fact, tomorrow, I'm going to show you a quick and easy way to set your mind straight when it comes to finding stability even when everything around you seems so off-balanced.

Make sure you catch tomorrow's email with the subject line: **Change Your Mindset in Less Than 10 Seconds a Day.**

If you're wondering who I am and how I know enough to teach you the strategies that will help you navigate these chaotic times, let me give you the short version:

First of all, the ancient practice of Ayurveda literally translates to "the science of life" and is a sister to the widespread practice of yoga. I have been studying and

practicing this health and wellness lifestyle for over a decade and officially became an Ayurvedic Health Counsellor in 2019. To date, I have helped over one-hundred people experience balance and find peace in their everyday life, pandemic or not.

I want to make sure that you're getting the best possible information, so I need you to do two important things.

1. Click [here](#) (linked) to join my Facebook group where you'll not only find a supportive community of like-minded people but you will also find more tips and tricks to get well and stay well.

2. Hit **reply** and tell me what your biggest obstacle is in finding calm through the chaos.

Yep, I read ALL the replies, and it's really important to me to hear what's keeping YOU from finding hope and relief.

Remember, tomorrow, I'll send you an email with the subject **Change Your Mindset in Less Than 10 Seconds a Day** so that you can learn a quick and easy way to set your mind straight when it comes to finding stability even when everything around you seems so off-balanced.

Be well,

[Signature]

P.S. Here's the link, again, to join my Facebook group ([linked](#)). And be sure to hit **reply** and tell me what your biggest obstacle is in finding calm through the chaos.

P.P.S. If you know anyone else who could use a break from the stressful changes that are happening all around us then please forward this email to them and tell them to hit **reply** to let me know how I can help!

*There is strength in numbers;
We're in this together;
Let's keep our community strong!*

