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Monthly Newsletter

#6

KABELO MODIBA

DESIGN

MARKETING

VERDE LIVING

In this newsletter you can expect:

Why slowing down is a necessary practice

How environment influences mental clarity

Simple wellness shifts that fit into real routines

Designing habits that are sustainable over time

Creating Space to Slow Down

Modern life rarely encourages pause. Days are structured around efficiency, speed, and output, often leaving little room for rest or reflection.

At Verde Living, we believe wellness begins not with dramatic change, but with small, intentional shifts. This belief guided the development of our latest wellness initiative - one focused on creating space, both physically and mentally.

We noticed that many people associate wellness with adding more: more habits, more routines, more expectations. In reality, the most impactful change often comes from subtraction.

This project began with a simple idea: wellness should feel supportive, not demanding.

Internal
Communications
team x



Redefining Wellness Expectations

Wellness is often framed as an ideal rather than a practice.

Perfect routines, strict schedules, and constant self-improvement can unintentionally create pressure. We wanted to move away from that narrative and instead focus on what feels achievable.

By observing how people naturally rest, reset, and recharge, we began shaping a wellness approach rooted in realism rather than aspiration.



THE ROLE OF ENVIRONMENT IN WELLBEING

Our surroundings play a quiet but powerful role in how we feel.

Cluttered spaces can increase mental noise, while calm environments support focus and emotional balance. For this project, we explored how light, texture, and layout influence daily mood.

We focused on natural materials, gentle colour palettes, and adaptable spaces that serve multiple purposes without feeling overwhelming. Wellness doesn't require perfection - it requires intention.

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Building Sustainable Routines

Sustainable routines are flexible. They evolve as life changes. Rather than prescribing rigid practices, we designed suggestions that can be adjusted, paused, or revisited without guilt.

True wellness allows space for rest, change, and imperfection.



Choosing Less, Experiencing More

A slower lifestyle doesn't mean doing nothing. It means doing fewer things with greater awareness.

This project encourages mindful choices - choosing rest when needed, simplicity over excess, and presence over constant activity.

By creating space in our routines, we create room for clarity, creativity, and connection.

Warm regards,
Verde Living

Thank you for reading!



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