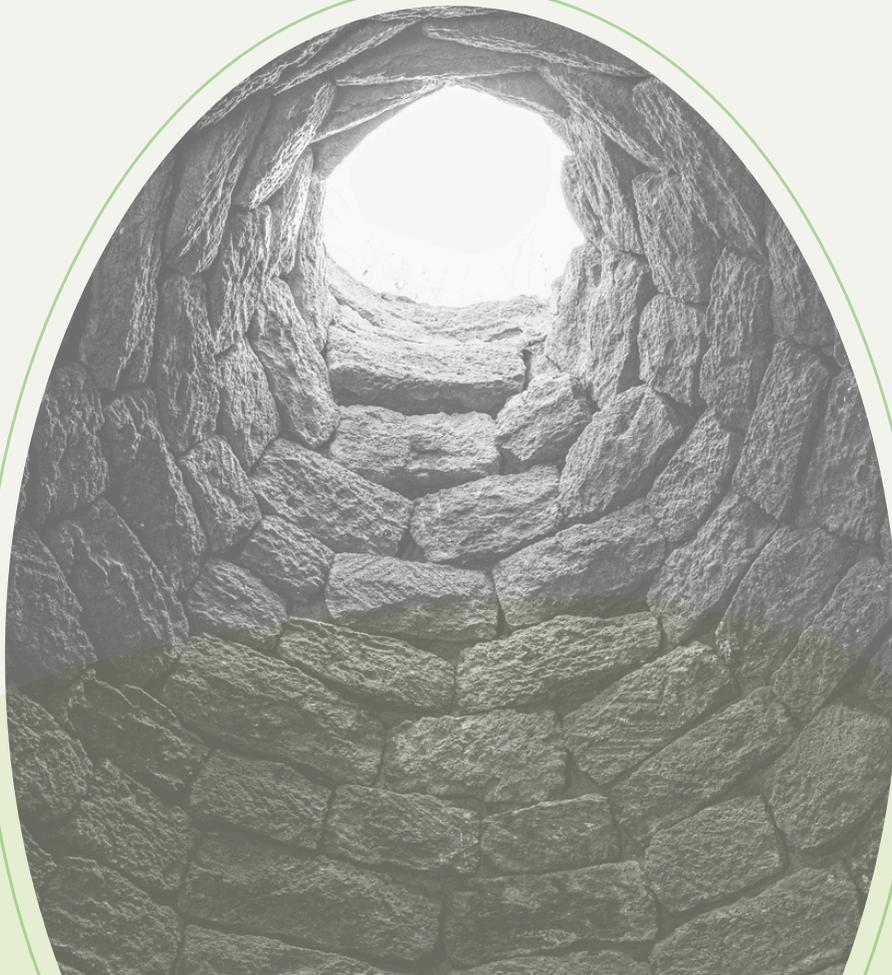




STILL STANDING. STILL WELL.

A faith-forward wellness guide for remaining whole under pressure.

www.thewellness-architect.com



WELCOME

You're here because pressure showed up—but so did God.

If you're reading this, chances are you had the year I did; a season full of testing your gangsta, your peace, your body, those raggedy relationships, and above all your FAITH.

Trust me, I get it. This guide wasn't birthed from an Almighty mountain, but in real time; a real GHETTO time, under pressure, in uncertainty, but choosing wellness anyway.

I want you to know that my choosing wellness wasn't because life was giving "soft", I stayed well because of dirty words like surrender, align, trust, and so on.

Not perfectly. Not dramatically. Just consistently.

This guide doesn't ignore the pain or minimize the hardships, instead, it's about learning how to stay whole while facing what's REAL. If this year stretched you, tested you, or forced you to slow down and reassess, you're in the right place.

So pull up a chair, take a breath, and take your time as you walk through this with me.



The Wellness Architect

WHAT THIS GUIDE IS FOR AND, HOW TO USE IT...

The guide is a personal journal of things I did to remain well while under pressure this year. Its for the moments when you're doing all that you can do, and the outcome is still unclear. For when your faith feels less like a feeling and more like a decision you make again and again.

(This is not therapy or deliverance, but can have similar effects depending on how you receive the information.)

Inside, you'll find a framework built on three practices...

- Surrendering what was never yours to carry
- Aligning your thoughts, rhythms, and responses with truth
- Trusting God with the outcome while staying faithful in the process

THIS IS WELLNESS ROOTED IN STEWARDSHIP, NOT STRIVING.

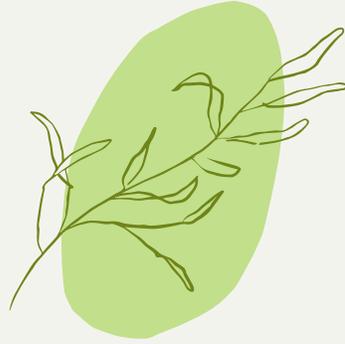
Move through at your own pace.

Pause often, as you read.

After each section, consider asking yourself:

- What am I still holding that God hasn't asked me to carry?
- Where do my thoughts need realignment today?
- What would trust look like in action, not just intention?





SURRENDER

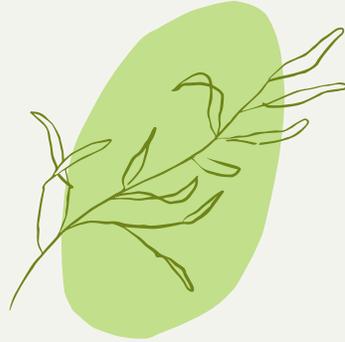
1. NAME THE PRESSURE WITHOUT PARTNERING WITH IT

I stopped pretending things were fine — but I also stopped letting the pressure define the outcome. Wellness begins with honesty that doesn't spiral into hopelessness. I acknowledged the weight of the season, then reminded myself that difficulty does not equal defeat.

Practice:

- Name what's hard without predicting the future.
- Say: "This is heavy — and God is still holding us."





SURRENDER

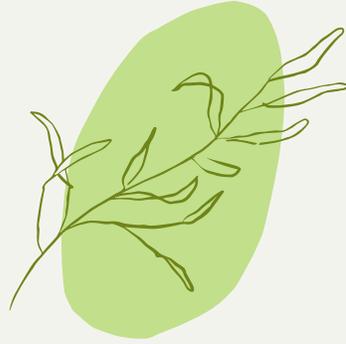
2. SURRENDER CONTROL DAILY, NOT DRAMATICALLY

Surrender wasn't a one-time prayer. It was a daily decision to stop managing outcomes and start stewarding obedience. I released what I couldn't fix and trusted God with what I couldn't see.

Practice:

- Each morning, ask GOD: "What is mine to carry, and what is Yours?"
- Release the urge to over-explain, over-pray, or over-control.





ALIGN

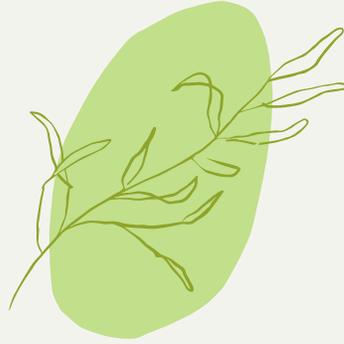
3. ALIGN WITH TRUTH, NOT FEAR

Alignment meant recalibrating my thoughts, routines, and reactions around God's character, not anxiety. Peace followed alignment, not the other way around.

Practice:

- Replace fear-based thoughts with scripture-anchored truth.
- Choose rhythms that regulate your body and quiet your spirit.





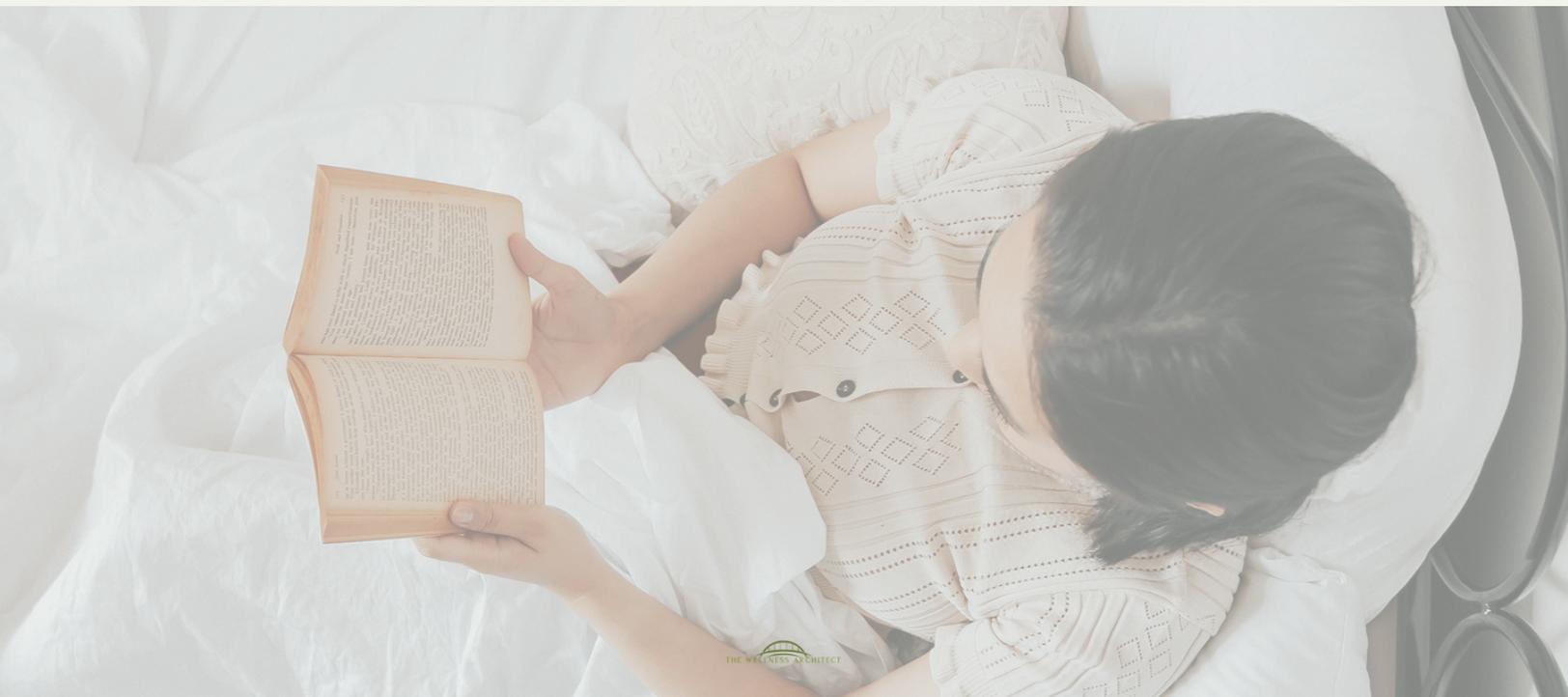
TRUST

4. TRUST GOD WITH THE OUTCOME, STAY FAITHFUL IN THE PROCESS

Trust didn't mean I stopped caring. It meant I stopped striving. I stayed faithful to what God asked of me and trusted Him with the rest.

Practice:

- Focus on obedience, not results.
- Let gratitude, not outcomes, become your evidence of trust.





BEFORE YOU GO

Remaining well under pressure is not accidental.
It is evidence of grace, obedience, and God's care at work in your life.

If you are still standing, that matters.
If you are still well, that means something.
Let this guide be a reminder that you don't have to sacrifice your peace
to survive hard seasons. You can stay grounded, faithful, and whole
while moving forward.

You're not behind.
You're being sustained.

Be Well!