



# Mind Body Education

## Holistic Success Hub - Resources

### Infographic Template for Wellness Topics

*Design clear, beautiful, and shareable wellness infographics that educate and attract your ideal clients.*

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#### **Purpose of an Infographic:**

Infographics simplify and visually present information in a way that's easy to digest and appealing to share. They're ideal for Instagram, Pinterest, blogs, and client resources.

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#### **Infographic Structure Template**

##### **1. Title/Header (Top Section)**

Keep it bold, short, and benefit-focused.

*Examples:*

- "5 Signs You're Emotionally Overwhelmed"
  - "3 Grounding Exercises for Stress Relief"
  - "Understanding the Mind-Body Connection"
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##### **2. Brief Intro or Statement (Optional, 1–2 Sentences)**

Set the context with a short, warm message.

*Example:*

“Stress affects more than just your mood—it impacts your body, sleep, and energy. Here’s how to recognize the signs.”

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### **3. Main Content (Use Icons or Visual Blocks)**

Break your content into bite-sized points. Aim for 3–6 key items with short, clear captions. Use icons or visuals for each.

**Template for a 5-point infographic:**

◆ **Point 1 – Label**

Brief description (1–2 lines)

◆ **Point 2 – Label**

Brief description (1–2 lines)

◆ **Point 3 – Label**

Brief description (1–2 lines)

◆ **Point 4 – Label**

Brief description (1–2 lines)

◆ **Point 5 – Label**

Brief description (1–2 lines)

**Example Topic:** “5 Ways to Reconnect with Yourself”

1. Nature Time – Spend 15 minutes outdoors without distractions
  2. Journaling – Write down how you feel right now
  3. Movement – Try gentle stretching or dance
  4. Deep Breathing – Practice slow, rhythmic breaths
  5. Digital Detox – Unplug for an hour each day
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### **4. Conclusion or Gentle Reminder (Bottom Section)**

Offer a closing message that’s empowering and encouraging.

*Example:*

“Small actions lead to big shifts. Start with one step today.”

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### **5. Branding/Contact Info (Footer)**

Include your name, website, Instagram handle, or logo so viewers know where to learn more.

*Example:*

@mindbodyeducation | [www.mindbodyeducation.info](http://www.mindbodyeducation.info)

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### **Design Tips:**

- Use calm, harmonious colours that reflect your brand
  - Choose easy-to-read fonts
  - Leave white space for clarity
  - Use a tool like Canva (with pre-built infographic layouts)
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### **Bonus Idea:**

Turn each infographic into a carousel post or printable for added value.