



HEY, HOW ARE YOU?
LET US KNOW: (240)790-8104

EMBRACING TRANQUILITY EDITION:



As summer winds down, the energy of a new school year begins to build and we're embracing it with excitement! In this month's issue, we highlight the importance of emotional well-being, celebrate the powerful contributions of Black-owned businesses and honor the legacy of Women's Equality Day. This month is all about starting strong, whether that means refreshing your wellness routine, showing up for your community, or simply getting back into the swing of things.

We're especially looking forward to our Back-to-School Family Cookout on Saturday, August 24 at 2:00 PM, a day filled with food, games, music, and giveaways to help our families kick off the school year with confidence and support. You won't want to miss it!



Steady Heart, Strong Mind

Everyday Tools for Navigating Emotions

Emotions can rise and fall like waves. Sometimes they bring peace, and other times they feel intense or overwhelming. Learning how to move with your emotions, rather than getting stuck in them, is key to building emotional well-being.

Feel It to Free It

Suppressing emotions doesn't make them go away. When you give yourself permission to feel, you begin the process of release. Try saying what you're feeling out loud or writing it down. It helps to name it so you can work through it.

Find Your Center

When emotions start to take over, pause and reconnect with yourself.

- Place your hand on your heart.
- Take a slow breath in through your nose, and out through your mouth.
- Repeat a calming phrase like *"I am safe"* or *"This will pass."*

Move the Energy

Strong emotions can create tension in the body. Try gentle movement like walking, stretching, or dancing to release that emotional energy and restore balance.

Anchor in the Now

Bring your attention back to the present moment.

- Use the 5-4-3-2-1 grounding technique
- Hold something cold like an ice cube or splash water on your face
- Focus on one object in the room for 30 seconds

Speak Kindly to Yourself

Your inner voice matters. Try shifting self-judgment to self-support.

Instead of "Why am I like this?" say,
"I'm doing my best" or
"This is hard, and I can get through it."

Stay Connected

When emotions feel heavy, don't carry them alone. Talk to a trusted friend, family member, or a professional. Being heard can bring relief and strengthen your support system

Create a Routine of Calm

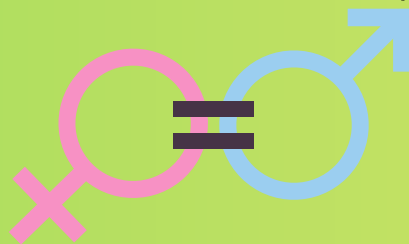
Small daily rituals can bring stability. Light a candle, keep a journal, take mindful breaths, or sit in a quiet space. These habits give you something steady to return to during stressful times.

You don't need to avoid emotions to have peace. You just need tools that help you move through them.

With a steady heart and a strong mind, you can build emotional strength that supports you through both calm and chaos.



Commemorating the Fight for the Vote, and Beyond



Each year on August 26, we observe Women's Equality Day to honor the historic certification of the 19th Amendment in 1920, which granted women in the United States the right to vote. This milestone came after decades of tireless advocacy by generations of suffragists, activists, and everyday women who demanded equal participation in democracy.

While this day marks a significant achievement in the fight for gender equality, it also reminds us that the journey did not end in 1920. Many women especially women of color, continue to face barriers when it comes to voting and civil rights long after the amendment's ratification.

"The way to right wrongs is to turn the light of truth upon them." - Ida B. Wells

Women's Equality Day is both a celebration and a call to action. It invites us to reflect on how far we've come, recognize those whose voices are still marginalized, and recommit to equity and inclusion in all spaces—at the ballot box, in workplaces, in education, and in leadership.

What You Can Do Today

- **Learn and Share**

Read up on the history of the women's suffrage movement, especially the contributions of Black, Indigenous, and other women of color whose stories are often left out. Share what you learn with others.

- **Support Women-Owned Businesses and Organizations**

Economic empowerment matters. Choose to support businesses, nonprofits, and initiatives led by women, particularly those from underrepresented communities.

- **Speak Up and Show Up**

Use your voice to advocate for policies that promote gender equity, reproductive rights, fair pay, and workplace protections. Attend local meetings, vote in all elections, and encourage others to register and participate.

- **Mentor and Uplift**

Whether you're in a leadership role or just starting out, support other women. Offer mentorship, share opportunities, and celebrate their wins.

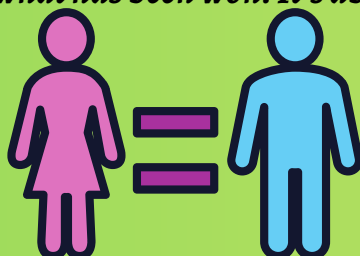
- **Practice Everyday Equity**

Question gender bias when you see it. Create inclusive environments at home, at work, and in your community. Use inclusive language and be mindful of whose voices are missing from the conversation.

- **Take Care of Your Voice**

Emotional and mental well-being are essential for sustained advocacy. Practice self-care and rest when needed so that you can stay engaged for the long haul.

Women's Equality Day is not just about what has been won. It's about what still needs to be fought for. We will keep pushing forward, together.



Celebrating Black Excellence During National Black Business Month

This August, in honor of National Black Business Month, we are proud to be able to recognize Embracing Tranquility a space rooted in healing and empowerment. As a Black-owned business, Embracing Tranquility embodies the spirit of community care, wellness, and intentional support.

Supporting Black businesses isn't just about economic empowerment, it's about investing in spaces that uplift culture, create opportunities, and foster holistic well-being.

With trauma-informed care, culturally competent services, and comprehensive programs such as our Psychiatric Rehabilitation initiative, Embracing Tranquility empowers individuals to reclaim independence and resilience.

Beyond clinical services, they invest back into the community through life skills training, peer support, and crisis intervention, fostering healing, growth, and connection. Also Accredited by the Joint Commission and honored as a Best of Laurel mental health provider

What Embracing Tranquility Does

- Offers culturally competent, trauma-informed, and person-centered mental health services tailored to underserved communities
- Runs a Psychiatric Rehabilitation Program (PRP) supporting children and adults in achieving independence through skill-building in life skills, employment readiness, financial literacy, and social integration.
- Prioritizes staff training and well-being to ensure quality care and a supportive environment for both clients and professionals

Giving Back & Building Community

Embracing Tranquility serves beyond therapy:

- Facilitates crisis intervention, nutrition education, interpersonal skills, and computer literacy, empowering individuals in all facets of daily life
- Promotes community integration and peer support, creating space for resilience, healing, and shared growth.
- Trusted by the community for creating safe, accessible spaces for mental health care, Embracing Tranquility continues to break stigma and meet people where they are, both emotionally and culturally.

In celebration of National Black Business Month, we proudly would like to spotlight **Arthur Behavioural Healthcare Services**, a Black-owned mental health practice based in Laurel, MD. Founded and led by Dr. Gloria Fosu, DNP, CRNP, PMHNP-BC, the clinic offers psychiatric evaluations, therapy, and medication management for adults navigating depression, anxiety, trauma, addiction, and more.

With a focus on culturally competent, trauma-informed, and person-centered care, Arthur Behavioral creates a safe, supportive space where healing is accessible and stigma-free. They also offer both in-person and telehealth options, making care flexible and community-focused.

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A Time to Prioritize You. Mind, Body & Soul

August is National Wellness Month

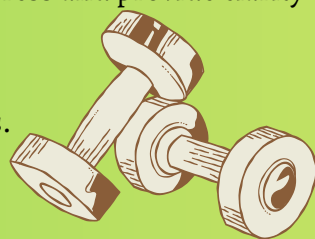
National Wellness Month encourages us to focus on self-care, build healthy routines, and commit to habits that support total well-being. Whether you're just getting started or looking to refresh your routine, here are simple ways to invest in your wellness this month and beyond.

Mind Matters

- Practice Mindfulness: Take 5–10 minutes a day to breathe deeply or meditate.
- Limit Screen Time: Especially before bed. Disconnect to recharge your brain.
- Set Boundaries: It's okay to say no. Protect your time and energy.
- Talk it Out: Journaling or talking with a trusted friend or therapist can relieve stress and provide clarity

Physical Wellness Tips

- Move Daily: Stretch, walk, dance, or try a short workout. Any movement counts.
- Hydrate: Aim for 6–8 glasses of water a day to support energy and focus.
- Sleep Well: Stick to a regular sleep schedule and aim for 7–9 hours a night.
- Nourish Your Body: Add more fruits, vegetables, and whole grains to your meals
- Check In with Yourself: How are you really feeling today? Name it without judgment.
- Gratitude Practice: Write down 1–3 things you're thankful for each day.
- Do What You Love: Make space for hobbies and joyful activities, even in small ways.
- Connect with Others: Call a friend, send a message, or join a local group that shares your interests



Heart and Soul Check-In

Stay in touch with your emotions and what brings you joy

- Pause and ask yourself how you're really feeling today
- Write down one to three things you're grateful for
- Make time for hobbies or things that bring you joy, even for a few minutes
- Reach out to someone you care about and stay connected



Build a Wellness Routine

Start small, consistency matters more than perfection.

Try this weekly starter plan:

- Monday: 10-minute walk outside
- Tuesday: Try a healthy new recipe
- Wednesday: Journal for 5 minutes before bed
- Thursday: Call or text someone you care about
- Friday: Take a screen break for one hour
- Saturday: Do something creative
- Sunday: Reflect on your week and set one small goal for the next



Wellness is not a luxury. It's survival. Take care of yourself this month, one small habit at a time.

Embracing Tranquility Family Cookout



Back-to-School Edition



Date: Saturday, August 24, 2025

Time: 2:00 PM

Join us for an afternoon of fun, food, and family as we celebrate the upcoming school year! Our Back-to-School Family Picnic is a chance to connect, recharge, and prepare together for a successful start to the fall.

- Free school supplies & giveaways
- Games and activities for all ages
- Food, music, and community bonding
- Wellness resources and info tables
- This event is open to clients, families, and the community, all are welcome!
- Let's send our kids back to school feeling supported, confident, and celebrated.



Hosted by Embracing Tranquility building wellness, one family at a time.



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Director's Corner...



Erica Coleman CPRP Founder/ Director

"Be patient with yourself. Self-growth is tender; it's holy ground. There's no greater investment." –Stephen Covey