

Celebrating Women's Herstory Month

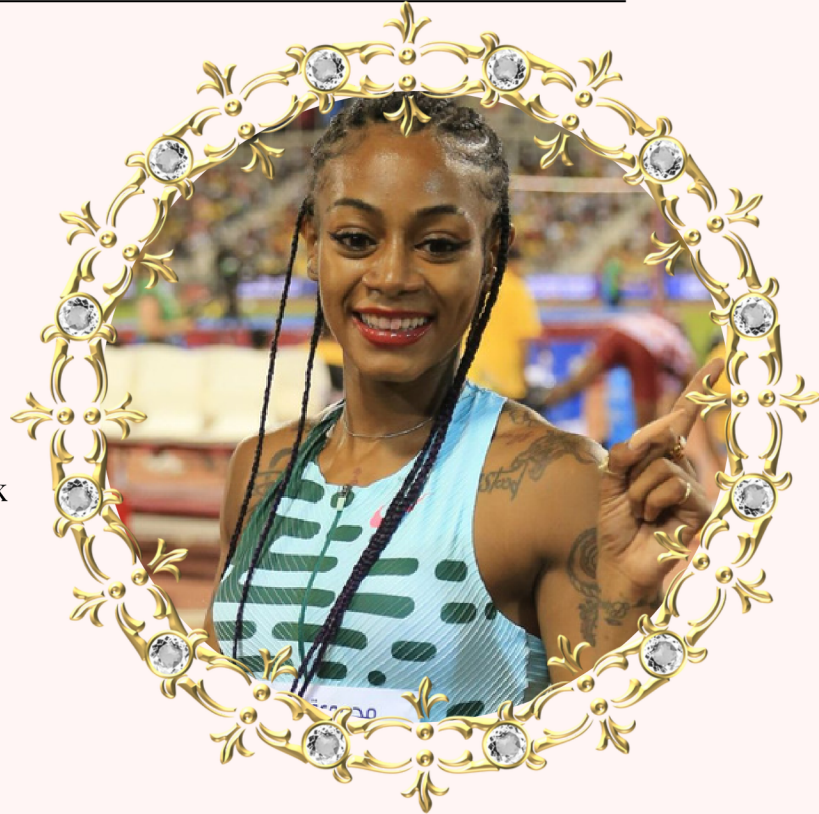
Embracing Tranquility Edition:

Woman of the Month: Sha'Carri Richardson's Inspirational Journey

As we honor Women's History Month, we shine a spotlight on the remarkable achievements of women who have left an indelible mark on history. Among them is Sha'Carri Richardson, a beacon of resilience and inspiration in the world of athletics.

Sha'Carri Richardson's journey to the pinnacle of track and field is one of unwavering determination and courage. Despite facing setbacks, including a suspension from the Olympics, Richardson displayed remarkable grace and resilience, owning her mistake and vowing to learn and grow from the experience.

Her resilience in the face of adversity earned her widespread admiration and respect from fans around the world.



In her own words, "I just want the world to know that I'm that girl. I'm that one that's going to shock the world."

Beyond her athletic achievements, Sha'Carri Richardson continues to inspire as a beacon of authenticity and empowerment. Her unapologetic self-expression and vibrant personality have resonated with audiences, particularly with young women who see her as a role model for embracing their uniqueness and pursuing their dreams fearlessly.

Richardson remains a symbol of authenticity and empowerment, encouraging others to embrace their uniqueness and pursue their dreams.

As we celebrate Women's History Month, let us draw inspiration from Sha'Carri Richardson's resilience and unwavering spirit, and honor the countless women who continue to break barriers and inspire change around the world.

Embracing Self-Love...



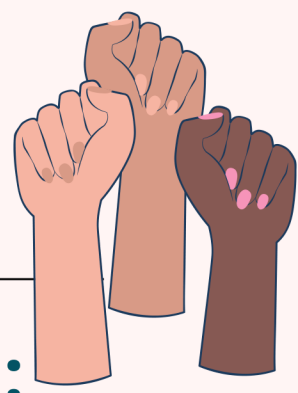
Embracing Tranquility Edition:

Steps to Self-Care.

Embracing self-love and practicing self-care are crucial components of maintaining mental, emotional, and physical well-being. Here are some steps you can take to cultivate self-love and incorporate self-care into your daily routine:



1. Seek Professional Help When Needed - Don't hesitate to seek support from a therapist, counselor, or mental health professional if you're struggling with your mental health or facing challenges that feel overwhelming.
2. Set Boundaries - Learn to say no to things that drain your energy and yes to activities that nurture you!
3. Prioritize Your Needs - Make time for activities that bring you joy and relaxation, whether it's reading, taking a bath, or spending time with loved ones.
4. Nourish Your Body - Eat nutritious foods, stay hydrated, exercise regularly, and get enough sleep to support your physical health.
5. Practice Mindfulness - Engage in mindfulness activities such as meditation, deep breathing, or yoga to reduce stress and increase self-awareness.
6. Express Yourself Creatively - Find ways to express yourself creatively, whether it's through art, writing, music, or dance. Creativity can be a powerful outlet for self-expression and emotional release.
7. Cultivate Healthy Relationships - Surround yourself with supportive people who uplift and encourage you. Let go of toxic relationships that undermine your well-being!
8. Practice Gratitude - Take time each day to reflect on the things you're grateful for. Cultivating an attitude of gratitude can shift your focus from what's lacking to what you already have.



Embracing Tranquility Edition:

Five actionable ways to empower women and girls

- Appreciate and validate women's self-expressions - If you come across a woman who has the courage to be vulnerable and tell the world her personal experience, let her know that you have heard and respected her story.
- Invest in a small woman-owned business - Get acquainted with driven female entrepreneurs and small business owners who are eager to accomplish their ambition of growing or expanding their company.
- Bring women into important conversations - According to a study, men dominate corporate meetings when it comes to speaking. During meetings, actively soliciting opinions from female coworkers is encouraged.
- Speak up for women's rights whenever possible - It's important to have a wide range of views and opinions on gender equality with your friends. We can all contribute to the fight for gender equality by doing our part.
- Teach women to be financially independent - A woman who is financially independent has her own income and can manage her own finances. So they are able to provide for themselves and have more control over their own lives.





Embracing Tranquility Edition:

Queen's Comments.

"To achieve optimal wellness, one must apply it towards every possible endeavor. You can apply a wellness approach towards your environment, community, career, belief systems, physical activities, self care, healthy eating, self esteem, and creative activities. Applying wellness in your everyday life will allow you to achieve your full potential and live with passion and purpose."



Erica Coleman

Owner and Founder of Embracing Tranquility:

During the last 15 years Erica has dedicated her life to the betterment of her community. She has served the community in a multitude of facets to include the judicial; homeless population and behavioral health. Erica has been a Certified Psychiatric Rehabilitation Practitioner since 2015. She aimed to assist the under-served population with developing skills that not only manage their mental health but also remove barriers in their lives that increase their independence. In 2020 Embracing Tranquility was born into an era of uncertainty, turmoil, losses in more ways than one. A time when everyone was searching for answers, healing and Peace.

Our purpose within our community is to strive for excellence on
PURPOSE!

