

Happy Mother's Day!!!

If you still have your mom with you, the way I do, cherish her, love her, spend time with her, talk everyday. I dedicate this to my loving mother, Maria Figueroa. A strong woman, a fighter, a go getter. I love you today and always mamita.

"My mother, my friend so dear
Throughout my life you're always near
a tender smile to guide my way
you're the sunshine to light my day"



My mom and I

Mother's day this year is
May 8, 2022

Happy Mother's Day

SELF CARE

Self love is the new relationship status. To feel free, to feel happy, to feel empowered, one must love themselves. Once you accept who you are and what your purpose is, you will become aware, you see clearer and the confidence starts to take over. Learn how to set boundaries, protect your energy, forgive yourself and live in the moment. Be proud of who you are. LOVE YOURSELF!



The Music Corner

Listening to music uplifts us. Music causes our brain to release dopamine. They say when you engage in music whether it's through listening, dancing or singing, it makes you feel happy and empowered. Here are my top

3 favorites:

Brand New Me by Alicia Keys

Can't Hold Us Down by Christina Aguilera ft. Lil' Kim

Self Love by Jayson Lyric ft. Nevaeh



Affirmation

I am worthy of being loved, cherished and celebrated

I am doing my best with what I have

I am fierce, loved and capable

DID YOU KNOW?

According to the World Health Organization (WHO), depression is the leading cause of ill health and disability world wide. Not diabetes, not physical injury or cancer. Very very scary. This is why mental health is so important. Especially in today's world. Please make sure you take care of yourself mentally, emotionally and physically. Sleep between 7 to 8 hours a night, workout at least 3x's a week and feed your body nutritional meals.

