

# Newsletter



New Year, New You (and New Ways to Avoid the January Blues!)

Hey Wonderful Women,

Can you believe January is already over? Seriously, where did it go? It feels like just yesterday we were making resolutions we've already broken (oops!). But hey, at least we made it through the month that feels like it lasts 3 years. And what better way to kick off the rest of the year than with a focus on wellbeing?

We're so excited to announce our monthly Women's Wellbeing Meetups! Think of it as your monthly dose of sanity, laughter, and a chance to unwind with other amazing women. We'll be sharing tips, tricks, and maybe even a few secret chocolate stashes.

Our first Wellbeing Day was a riot. We brought out the fancy massaging gadgets (because who doesn't want to feel like a pampered robot?), mixed it up with some holistic therapy, and even got our hands dirty making our own natural aloe vera face masks and lip scrubs. Some of us were definitely giving off "AI massage bot" vibes, but honestly, those gadgets were \*amazing\*. We zoned out completely, our temples getting a much-needed massage while listening to soothing bird sounds through our headsets. It was too chilly to venture outside (January, you're brutal!), but honestly, we were so relaxed, we didn't even care.



# TIPS

## The Power of Wellbeing for Your Mental Health

Let's talk about why wellbeing is so important, especially for our mental health. It's not just about bubble baths and face masks (although those are definitely perks!). Prioritizing our wellbeing is about nurturing our minds and bodies so we can better handle stress, boost our mood, and improve our overall outlook on life. When we take care of ourselves, we're better equipped to handle whatever life throws our way. Think of it as filling your own cup first, so you have plenty to pour into other areas of your life.

We can't wait to see you at our next meetup! More details to follow soon.

Stay fabulous,

The Women's Wellbeing Team

Wellbeing Tip #1: Embrace the "fake it 'til you make it" mentality. Even if you're feeling stressed, taking a few minutes to pretend you're on a tropical beach can actually help! (Okay, maybe not \*actually\*, but it's a nice thought.)

Wellbeing Tip #2: Laughter is the best medicine (after wine, of course). Find something that makes you giggle every day, whether it's a funny meme, a silly podcast, or just watching your cat chase its tail.

Wellbeing Tip #3: Schedule "me time." Seriously, put it in your calendar. Even if it's just 15 minutes to read a book or take a bath, you deserve it. And don't feel guilty about it! You're worth it.

If all else fails, this should make you laugh

"I'm trying to live in the moment. But the moment keeps reminding me of all the things I have to do later."

"My ideal self-care day involves a massage, a facial, and someone else paying for it."

"I'm on a new fitness regime. It's called 'Accepting my current state.'"

"I'm trying to find my inner peace. I think it's hiding with my car keys and my sanity."

"My spirit animal is a perpetually exhausted panda."

"I'm trying to live in the moment. But the moment keeps reminding me of all the things I have to do later."

