Welcome to The Empowered Woman Weekly Newsletter!

To the Woman Who's Ready for Her Comeback,

I'm Angelia, and I'm so glad you're here. If you've ever felt like midlife was a season of loss or invisibility, I want you to know: this is your *comeback story*.

I know the journey of healing after emotional abuse isn't easy. I've walked it too—through divorce, self-doubt, and the slow rebuilding of my body, mind, and spirit. But I also know this truth: you are powerful and worthy, and it is never too late to create the life you love.

Let's make this chapter one of healing, empowerment, and joy *together*.

Empowerment Spotlight

5 Ways to Reclaim Your Power After Emotional Abuse

- **Recognize the Lies** Let go of the old stories that say you're not enough.
- **Speak Kindly to Yourself** Replace negative self-talk with affirmations like "*I am enough. I am worthy.*"
- **Set Boundaries Without Guilt** Protect your peace, energy, and time.
- **Find Your Circle** Surround yourself with voices that lift you.
- **Take One Bold Step Forward**—Say yes to something that feels a little scary. Growth lives outside your comfort zone.

Wellness Wisdom

Simple, Sustainable Steps for Feeling Your Best

Wellness isn't about chasing perfection. It's about nourishing your body, mind, and spirit *at every age*. Here are some gentle reminders for your journey:

- **Add, Don't Restrict** Focus on *adding* nourishing foods like colorful veggies, lean proteins, and healthy fats.
- Prep for Success Try small steps like chopping veggies in advance or batch-cooking protein for the week.
- Drink Mindfully Sip on something fun and healthy! Try these <u>10 Easy</u>
 <u>Mocktail Creations</u> for a refreshing way to celebrate life without alcohol.
- **Give Yourself Grace** You don't need to "do it all" to be healthy. Small, consistent choices add up.
- **Nourish Your Soul** Take a natural walk, breathe deeply, and rest. Wellness is about feeling *whole*.

For more, check out: *How to Start Eating Healthy Without Stressing Yourself Out*.

Healing Corner

Your Permission to Heal

Healing is not about fixing what's broken but remembering your wholeness.

Here's a gentle reminder for your heart this week:

"I release the weight of the past and open my heart to the possibilities of today."

Take a moment to breathe deeply and let this affirmation settle into your soul. You are healing, and every step forward—no matter how small—is worth celebrating.

Reflection Prompt

What's one small step this week to honor my healing, set a boundary, speak kindly to myself, or rest without guilt?

Pause, take a deep breath, and let this reflection guide you through your week.

Empowered Resources for Women 50+

Your healing journey is unique; you don't have to walk alone. Here are a few empowering tools to support your growth, confidence, and well-being in this beautiful season of life:

Book: The Gift of Imperfection

A must-read on embracing vulnerability, self-compassion, and living a wholehearted life.

Podcast: The Midlife Feast

Real talk on health, hormones, and happiness for women over 40 and 50—hosted by women who get it.

→ App: *Insight Timer*

Free guided meditations, sleep music, and mindfulness practices for daily grounding and emotional healing.

Community: Follow me on *Instagram* for daily inspiration, tips, and encouragement. Let's grow together!

Free Resource: Download Your Self-Care Check-In PDF

This simple, printable tool is designed to help you reconnect with your body, mind, and heart, one gentle step at a time.

Inside you'll find:

- Space to reflect on how you're really feeling—emotionally, mentally, and physically
- A prompt to celebrate your wins, no matter how small
- An area to set a kind, achievable intention for the week
- A reminder that your well-being *matters*, you deserve to thrive, not just survive

This *Self-Care Check-In* was created *especially* for women 50+ who are healing from emotional abuse, reclaiming their power, and learning to nourish themselves in every way.

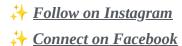
Download Your Free Self-Care Check-In PDF Here

Until Next Week...

Until next time, remember:

You are worthy. You are resilient. You are writing your *comeback story*, one step at a time.

Read the Blog



I'm so proud of you, and I'm here for you every step of the way.

With love and gratitude,

Angelia xoxo

Popular Posts:

How to Age Gracefully: 10 Habits Every Woman Should Embrace

You Will Always Be the Villain in Someone Else's Story, And That's <u>Okay</u>

Must-Read Books to Inspire and Empower Women Over 50

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