

# 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 [\*\*10 Easy Mocktail Creations\*\*](#) 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\*](#)

✨ [Follow on Instagram](#)

✨ [Connect on Facebook](#)

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\*](#)

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[\*You Will Always Be the Villain in Someone Else's Story, And That's Okay\*](#)

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[\*Must-Read Books to Inspire and Empower Women Over 50\*](#)

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