

The Empowered Woman's Newsletter

For women reclaiming their strength, softness, and self-worth.

Good morning!

Can you believe we've already hit the halfway mark of 2025?

Not long ago, you might've been questioning your worth, shrinking to keep the peace, or pouring from an empty cup. But look at you now, still rising, showing up, and choosing yourself in quiet, radical ways.

This isn't about catching up or hustling harder. It's about coming home to yourself. Maybe you've taken your power back in small but mighty ways by resting without guilt, setting a boundary, or finally admitting what you need. That's a strength. That's growth.

This issue is your reminder that healing doesn't have to be loud to be life-changing. You don't have to prove your progress. You're already becoming the woman you were always meant to be.

Let's keep rising, with grace and fire.

With you always,
Angelia

Empowerment Spotlight

The Courage to Pause

This past month, I blocked off one afternoon a week not for errands, not for anyone else, but for myself. There were no emails, no noise, and no pressure to “use the time wisely.” I sat with my thoughts, wrote what was real, and just let myself be without performing.

And here’s the truth: it’s changing everything.

My nervous system is calmer. My clarity is sharper. My boundaries? Stronger.

Empowerment isn’t always about pushing through. Sometimes, it’s saying: “I matter enough to stop.”

So I want to ask you honestly:

Where are you overdue for stillness?

Where can you stop performing and start reclaiming?

Wellness Wisdom

Check In, Don’t Check Out

Mid-year is the perfect time to tune in, not with pressure but presence.

Wellness isn’t just bubble baths and green smoothies (though those are welcome).

It’s about checking in with what your body, mind, and spirit actually need right now, not six months ago, not someday when life finally slows down.

Here are three grounding questions to bring your wellness back into alignment:

- **What habits feel nourishing, not punishing?**
- **Where does my body feel tense, and what might that tension be trying to tell me?**
- **What would feeling supported in my routines, relationships, or rest look like?**

Remember: Wellness is not a destination—it's how you move through your day. A short walk, a slow breakfast, or saying no without explanation? That's wellness, too.

Healing Corner

What Safety Feels Like (For Real)

When you've lived through emotional abuse, your nervous system often gets stuck in survival mode, hypervigilance, people-pleasing, and second-guessing every decision. Even long after the chaos is gone, your body might still be waiting for the next hit of disappointment.

That's not failure. That's your body trying to protect you.

Healing starts when we redefine what *safe* actually feels like.

- Safe feels like not needing to explain yourself.
- Safe feels like slowness without guilt.
- Safe feels like trusting your own “no” without fear of fallout.

This week, try noticing the spaces or relationships where your shoulders drop and your breath deepens. That's your body saying: *We're home*.

You deserve to live in that kind of safety, not just survive around it.

Empowered Resources for Women 50+

Each of these is chosen just for you, resources that support healing, self-worth, and joyful living after 50:



Book: *“The Journey from Abandonment to Healing” by Susan Anderson*

Surviving through and beyond the five stages that accompany the loss of love.

 **Podcast:** *Terri Cole's Boundary Boss Podcast, Episode: "How to Build Self-Worth"*

If you've ever struggled with feeling "not enough" or finding your voice after emotional trauma, this episode is a must-listen. Terri unpacks the roots of low self-worth, how it shows up in everyday life, and how to start rewriting that inner script.

➡  **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:

The Empowered Woman's Mid-Year Reset Ritual

This mid-year ritual was created to help you realign with your truth, not your to-do list.

Inside you'll find:

- Reflective prompts to honor what you've reclaimed so far in 2025
- A body-based check-in to support emotional safety and ease
- Intentions that feel nourishing, not overwhelming
- Affirmations to anchor your power and presence

This Reset Ritual was crafted for women 50+ who are healing from emotional abuse, rewriting their story, and ready to move through the rest of the year with clarity, softness, and self-trust.

[*Download Your Free Mid-Year Reset Workbook Here!*](#)

Until Next Week...

As we move into the second half of the year, I hope you permit yourself to reset, not because you've fallen behind but because you're evolving.

You don't need to prove your worth.

You don't need to do more to deserve rest, joy, or peace.

You can shift, soften, and begin again—at any moment.

Thank you for being here, choosing to rise stronger, and walking this path with courage.

You're doing brave, beautiful work, more than you know. This season is yours to reclaim, not rush through.

Keep showing up for yourself in the ways that matter. I'm walking beside you.

Rooting for your healing, always,

Angelia xoxo

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