

# The Empowered Woman's Newsletter

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

Good morning!

If you've ever wondered, "Am I really healing?" you aren't alone. It is one question many people have asked themselves.

Let's get real for a moment: healing doesn't come with a finish line or a checklist. It's a layered, ongoing process that unfolds differently for every woman. If you're showing up, doing the work, and giving yourself grace — *that's healing*.

This week, I'm sharing some of the exact practices, insights, and tools that are helping me (and my clients) stay steady, grounded, and empowered. I hope you'll find something here that speaks to exactly where you are right now.

Let's keep rising together.

## 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

The Rise of "Self-Compassion Practices" in Trauma Recovery

Lately, experts are emphasizing self-compassion as a *non-negotiable* in trauma recovery. Research shows that women who practice self-compassion experience reduced anxiety, improved body image, and better emotional regulation.

It's not about "letting yourself off the hook," it's about treating yourself the way you'd treat your dearest friend.

**Tiny practice:** Each morning, place your hand over your heart and say:

*"I am doing the best I can today. My healing is valid."*

## Healing Corner

Tips & Tricks That Are Working For Me

Lately, I've been leaning into these simple yet powerful routines:

- **The 3-3-3 Grounding Rule:** Name 3 things you see, 3 things you hear, and 3 things you feel. Instant calm during overwhelm.
- **Mini Movement Snacks:** 5-10 minutes of movement (gentle stretching, walking, breathwork) scattered throughout the day.

- **Evening Self-Check:** Asking myself nightly: *"What did I do today that supported my healing?"*

Small, doable actions build steady momentum.

## 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 Body Keeps the Score" by Bessel van der Kolk*

This remains one of my most recommended books for understanding how trauma lives in the body, and how we can reclaim our healing power.

 **Podcast:** *"The Place We Find Ourselves" hosted by Adam Young, LCSW*

This podcast offers trauma-informed conversations around emotional abuse, attachment wounds, and healing from childhood and adult trauma. Adam explains complex trauma concepts with compassion, clarity, and practical application, which is perfect for women doing deep healing work.

*Why I recommend it:*

Gentle, validating, and full of “aha” moments that help connect the dots between past wounds and present healing.

[Available on Apple Podcasts, Spotify, and most major platforms.]

 **App:** *Aura: Meditation & Sleep*

Aura offers personalized meditations, affirmations, sleep stories, CBT-inspired coaching, and mood tracking, all curated to your current emotional state. It's gentle,

beautifully designed, and trauma-sensitive, making it perfect for women navigating emotional recovery.

*Why I recommend it:*

Aura is like having a pocket-sized support system, calming, encouraging, and full of tools to help manage anxiety, regulate emotions, and cultivate daily self-compassion.

[Available in the App Store and Google Play.]

🌸 **Community:** Follow me on [Instagram](#) for daily inspiration, tips, and encouragement. Let's grow together!

## Free Resource:

Take a Mid-Year Pause (You Deserve It)

As we move through 2025, it's easy to get caught up in what still needs to be done. But tasks don't measure healing; it's felt when you return home to yourself in the quiet moments.

That's why I created the **Mid-Year Reset Ritual**, a gentle guide to help you realign with your truth, not your to-do list.

Inside you'll find:

- Reflection prompts to honor your healing progress so far
- Body-centered check-ins to create emotional safety
- Supportive intention setting that nourishes (not overwhelms)
- Affirmations to anchor you in your power

This ritual is for women 50+ healing from emotional abuse — women rewriting their stories and choosing softness, clarity, and self-trust for the rest of the year.

**You don't need to start over; you just need to realign.**

[Grab Your Reset Ritual Here!](#)

## Reader Q & A

**Q:** “How do I know if I’m making progress in my healing?”

**A:** Progress isn’t always linear. Look for subtle signs: pause before reacting, set a boundary you once avoided, and show yourself more kindness. These quiet victories are proof you’re rising.

### Gentle Reminder

*You’re not behind. You’re not broken.*

*You’re on a brave journey. Every step counts.*

## Before You Go...

Remember: healing isn’t about doing it perfectly, it’s about staying present, choosing softness, and showing up for yourself one gentle step at a time. You’re doing beautifully, even on the days it feels messy. I’m so honored to walk this journey with you.

Until next week, keep choosing you.

Angelia xoxo

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## My Nervous System These Days:

### Before & After healing:



Overthinking every text



Saying yes to things I didn't want to do



Carrying guilt for resting



Letting other people's moods control my peace



"Not my circus, not my monkeys."



Protecting my peace at all costs.



Resting without guilt.



Blocking drama like a full-time job.



# Popular Blog Posts

***5 Limiting Beliefs That Keep Women Over 50 Stuck and How to Release Them***

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***My Top 12 Self-Care Essentials for Women Healing from Emotional Abuse***

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***The Portable Blender I Can't Travel Without***

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***50 Summer Bucket List Ideas For The Best Summer Yet!***

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