

The Empowered Woman's Newsletter

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

Good morning beautiful,

Let's be honest. " Self-care can feel like another task on the list, especially when you're already emotionally tired. But real self-care isn't about checking boxes. It's about noticing what you need in the moment and giving yourself permission to receive it.

This week, I'm sharing gentle summer rituals that feel nourishing, not forced. These aren't about spa days (unless you want one!).. They're about honoring your healing in soft, seasonal ways that work with your rhythm, not against it.

Summer Self-Care Ideas That Feel Like a Gift, Not a Job:

1. Take Your Healing Outdoors

Let the sun be your spotlight and nature your mirror. Go barefoot in the grass. Journal under a tree. Let the breeze remind you it's safe to exhale.

2. Nourish Yourself With Seasonal Simplicity

Think: watermelon for breakfast, mint and cucumber-infused water, or afternoon iced herbal tea. Small, sensual joys create a deep, calm nervous system.

3. Create a Cooling Evening Wind-Down

Use a chilled face roller, apply lavender oil behind your ears, and play calming music with the windows open. Let summer evenings become sacred.

4. Practice "Stillness Soaking"

Sit quietly near water, a lake, a pool, even a running faucet — and just *be*. Water has a way of absorbing what your body can't hold anymore.

5. Protect Your Peace Like It's SPF

Just like sunscreen, boundaries protect your emotional skin. It's okay to say no to draining invites or overscheduling. Rest is revolutionary.

Mini Practice: A 2-Minute Sensory Reset

- Close your eyes
- Take 3 deep belly breaths.
- Ask yourself: *What can I see, hear, feel, smell, and taste right now?*

Let it anchor you into *this* moment — the only one that matters.

From the Blog

New Post: [*My Top 12 Self-Care Essentials*](#)

Even 5 minutes a day can change your emotional state. This post walks you through simple ways to reconnect with yourself gently.

Affirmation of the Week

"I care for myself in soft, simple, and sacred ways."

Gentle Tools to Support Your Healing

Practical, purposeful resources to help you stay grounded, build trust in yourself, and move through your healing with clarity and intention.

 : [*"Wintering" by Katherine May*](#)

Even though it's about winter, this book is a gentle invitation to honor the seasons of your inner world, especially the quiet, slow, healing ones.

Why I recommend it:

Katherine May's storytelling is poetic and soothing, and her message is clear: it's okay to rest, retreat, and move at your own pace. It's perfect summer reading for women learning to honor softness over hustle.

 **Podcast: *The SelfHealers Soundboard***

Hosts: Dr. Nicole LePera & Jenna Weakland

Why I recommend it:

This podcast compassionately and accessibly blends nervous system education, emotional healing, and self-awareness practices. Each episode feels like a loving nudge back toward your inner calm and strength, perfect for summer walks, quiet evenings, or morning self-care rituals.

Try this episode:

"How to Create Safety in Your Body" (Episode 97)

This episode explores practical ways to feel physically grounded and safe in your body, perfect for summer evenings when emotional overwhelm can surface. If your body feels tense or your mind scattered, this episode offers soothing, trauma-informed tools to reset in real-time

Available on Spotify, Apple Podcasts, and most platforms.

 **App: *The Tapping Solution***

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:

This app makes emotional freedom tapping incredibly approachable, no experience needed. Whether you're feeling anxious, overwhelmed, triggered, or just need a moment of calm, the app offers guided tapping sessions tailored to specific emotions and healing goals.

Perfect for:

- Grounding before difficult conversations
- Soothing anxiety or overwhelm
- Cultivating calm and self-trust in the healing process

Many sessions are 5–10 minutes and feel like a nervous system “reset”, ideal for summer self-care when emotions can quietly surface.

[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)

Healing happens in the small, intentional moments, not just the big breakthroughs.

This *one-page Daily Check-In* is designed to help you gently pause, listen inward, and support yourself with compassion each day.

What’s inside:

- 4 Grounding prompts for emotional clarity
- A space to notice your body’s needs
- A simple affirmation to close with intention

Use it in the morning to set your tone, or in the evening to unwind and reflect.

[*Download your free Daily Check-In Worksheet here*](#)

Before You Go...

You don't have to earn your rest.

You don't need permission to care for yourself.

You are allowed to soften, even in the middle of your healing.

Take what you need this week. I'm here walking with you. With love,

Until next week, keep choosing you.

Angelia xoxo

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P.S. Haven't downloaded the Mid-Year Reset Ritual yet?

It's a beautiful way to reflect, realign, and move forward feeling deeply grounded.

Grab yours below:

[*Download your free Daily Check-In Worksheet here*](#)

Popular Blog Posts

Mid-Year Journal Prompts for Women Over 50: Reflect, Realign & Reclaim

How To Reclaim Yourself After An Abusive Relationship: 10 Steps To Empowerment

The Portable Blender I Can't Travel Without

50 Summer Bucket List Ideas For The Best Summer Yet!

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