

# The Empowered Woman's Newsletter

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

Good morning!

This week, I want to give you a gentle reminder:

**Joy isn't just the destination. It's part of the path.**

After emotional abuse, many of us learn to brace for the worst. Joy can feel unfamiliar, even unsafe. But what if joy isn't something you have to chase or wait for? What if it's already within reach, in everyday moments, you're learning to trust again?

Let's talk about how we begin to let those moments in.

## Reflect & Reconnect

**Prompt of the Week:**

“When was the last time I felt a flicker of joy, and did I let myself feel it fully?”

You don't need to journal a full page. Even a pause and a few honest words can create space to reconnect with yourself.



## Wellness Wisdom

### **Joy nourishes your body, not just your spirit.**

Neuroscience tells us that even a brief moment of joy, a laugh, a warm memory, or a sense of calm can ease tension in the nervous system, reduce inflammation, and support deeper sleep.

This week, try adding joy to your wellness routines:

- Add music to your morning stretch
- Turn off notifications during meals
- Step outside for a few deep breaths and notice what's blooming

Let your healing include what feels good, without guilt.

# Healing Corner

**Joy after trauma is not forgetting what happened; it's remembering who you are.**

You may not feel ready to embrace joy every day. That's okay. Start by noticing it, not forcing it.

A smile that catches you off guard.

A moment when you feel safe in your own company.

A flash of hope when you least expect it.

Healing invites you to create room for these moments without needing to explain them to anyone, even yourself.

You deserve beauty and lightness again. Slowly. Honestly. On your terms.

## Tips About Life: ♡

- live in the moment
- balance work and life
- don't hold grudges
- embrace a growth mindset
- take action ♡
- be grateful everyday
- be courageous and responsible
- life is not a competition
- improve your social skill ♡



# Empowering Resources

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...

Sometimes we wait for everything to be “fixed” before we let ourselves enjoy life again. But the truth is, joy can sit right alongside the hard stuff.

You don’t have to feel 100% healed to enjoy a quiet morning, laugh at something silly, or feel proud of how far you’ve come.

This week, I hope you give yourself permission to notice what feels good, even if it’s just for a moment. That moment matters.

Rooting for you, always,

*Angelia xoxo*

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# Popular Posts

*Why It's Never Too Late to Start Over*

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*Mid-Year Wellness Reset: 7 Proven Strategies to Rejuvenate Your Life*

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*55 Easy Snacks to Make on Busy Weekdays*

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