

A Beautiful Life

Magazine

*The
Self Care
Issue*

2026



Table of Contents

- 5 From the Publisher's Desk**
- 6 Rebuilding Yourself After Burnout**
- 7 The Power of Self Care**
- 8 Take Laughter Seriously**
- 10 Self Care Through Frequency**
- 12 Self Care as Sacred Intervention**
- 14 Self Care is Beautiful**
- 16 Self Care - Past-Present-Overlooked**
- 18 Self-Care is Not Selfish**
- 20 Seeds for Change**
- 24 Self Care - Your Personal Journey to You**

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From the Publisher's Desk

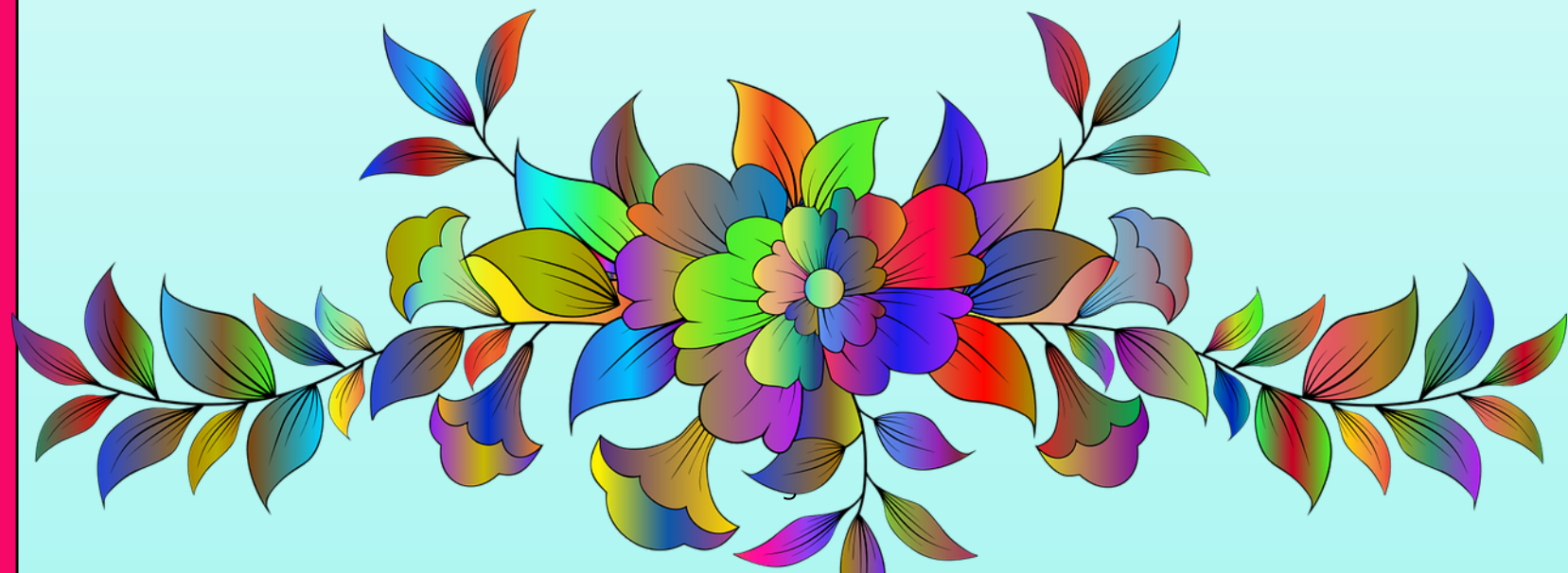


Welcome to Our Self-Care Issue
In a world that constantly asks us to give more, do more, and be more, self-care is no longer a luxury. It is a necessity. This issue is a gentle reminder that caring for yourself is one of the most important things you can do for your health, your relationships, and your sense of purpose.

Within these pages, you will find thoughtful reflections, practical advice, and inspiring stories designed to help you slow down, reconnect with yourself, and restore balance in your life.
We hope this issue encourages you to pause, breathe, and remember that your well-being matters.

Ronnie

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Rebuilding Yourself After Burnout



Burnout doesn't usually happen overnight. It builds slowly, often after long periods of stress, overcommitment, and putting everyone else's needs before your own. At some point, exhaustion replaces motivation, and even the things you once loved can begin to feel overwhelming. When this happens, rebuilding yourself is not about pushing harder. It is about healing and restoring balance.

The first step in recovering from burnout is acknowledging that you need rest. Many people try to power through exhaustion, but true recovery begins when you give yourself permission to slow down. Resting your mind and body allows your energy to gradually return.

Another important step is reassessing your priorities. Burnout often reveals areas of life that are no longer aligned with your well-being. This can be an opportunity to set healthier boundaries, reduce unnecessary commitments, and make space for what truly matters.

Rebuilding after burnout also means reconnecting with the activities that bring you joy. Simple things like spending time in nature, journaling, reading, or enjoying quiet moments can help restore a sense of calm and purpose.

Most importantly, be patient with yourself. Healing from burnout takes time. Progress may come slowly, but every small step toward balance and self-care is part of rebuilding a healthier, more sustainable life.

Burnout may feel like the end of your energy and motivation, but it can also be the beginning of a new chapter—one where your well-being finally becomes a priority.

The Power of Self-Care *Small Habits That Change Everything*

Self-care is often misunderstood as something indulgent or occasional, but in reality, it is one of the most important investments we can make in our well-being. True self-care is about nurturing your physical, emotional, and mental health so you can live with greater balance, clarity, and resilience.

One of the simplest self-care practices is learning to slow down. In a world that constantly demands productivity, taking time to rest is not laziness, it is restoration. Whether it is stepping outside for fresh air, enjoying a quiet cup of tea, or taking a short walk, these small pauses allow your mind and body to recharge.

Another important aspect of self-care is setting healthy boundaries. Many people feel pressure to say yes to every request or obligation. Protecting your time and energy is essential. Saying no when necessary creates space for the things that truly matter in your life.

Caring for your body is also a foundational part of self-care. Simple habits such as drinking enough water, eating nourishing foods, getting enough sleep, and moving your body regularly can significantly improve how you feel each day. These small choices add up over time and support long-term health.

Equally important is nurturing your emotional well-being. Journaling, meditation, prayer, or talking with a trusted friend can help process thoughts and emotions. Taking time to reflect allows you to understand yourself better and build a stronger sense of inner peace.

Finally, self-care means honoring who you are. It is about recognizing your needs, respecting your limits, and giving yourself the same compassion you would offer to someone you love.

When practiced consistently, self-care is not selfish. It becomes a powerful foundation for a healthier, more balanced, and more fulfilling life.



Take Laughter Seriously:

It's too important to leave to chance



alleviate anxiety and tension. Moreover, it stimulates circulation and aids muscle relaxation, which can help reduce some of the physical symptoms of stress.

Research has shown that laughter can boost the immune system by increasing the production of antibodies and activating immune cells. This makes the body more resistant to infections and diseases. Additionally, laughter increases pain tolerance by releasing endorphins, which act as natural painkillers. These benefits underscore the potential of laughter as a complementary practice in promoting holistic health.

Laughter Yoga: A Path to Wellness

Laughter yoga was developed in the mid-1990s by Dr. Madan Kataria, an Indian physician who recognized the therapeutic potential of laughter. It involves a series of playful exercises designed to stimulate laughter, combined with deep breathing techniques from traditional yoga. The practice is typically conducted in groups, where laughter is initiated as a physical exercise and soon becomes genuine and contagious.

For yoga practitioners, laughter yoga offers a refreshing addition to traditional practices. It enhances the benefits of yoga by incorporating the joy and spontaneity of laughter, fostering a sense of community and connection among participants. The playful nature of laughter yoga encourages practitioners to let go of inhibitions and embrace their inner child, leading to a profound sense of liberation and joy.

Incorporating Laughter Yoga in Education

School teachers can greatly benefit from integrating laughter yoga into their classrooms. Children are naturally inclined to laughter, and incorporating

structured laughter sessions can create a positive and engaging learning environment. Laughter yoga can help reduce stress and anxiety in students, improve their focus and concentration, and enhance their social skills by promoting teamwork and cooperation.

Teachers can introduce short laughter yoga sessions during breaks or as part of physical education classes. These sessions can include simple exercises like clapping rhythms, playful chants, and laughter games that encourage students to express themselves freely. By fostering a joyful atmosphere, laughter yoga can contribute to a more harmonious and productive classroom environment.

Benefits for Daily Life and Beyond

Laughter yoga can be a valuable addition to anyone's daily routine. It requires no special equipment and can be practiced anywhere, making it an accessible and versatile tool for enhancing well-being. Incorporating laughter yoga into daily life can help individuals manage stress, improve mood, and boost overall health.

For those interested in becoming laughter yoga leaders, training programs are available to equip individuals with the skills and knowledge needed to guide others in laughter yoga sessions. As a laughter yoga leader, you can inspire others to embrace joy and positivity, creating a ripple effect of happiness in your community.

Free online laughter club

As you embark on your laughter-filled journey, consider joining Cathy's Chuckle Club, a free online laughter club that has been spreading joy and wellness for over 5 1/2 years. Every Tuesday at 9:30 AM Eastern Time, we gather for 30 minutes of fun and self-care, embracing the transformative power of

laughter. Whether you're a seasoned laughter yoga enthusiast or new to the practice, Cathy's Chuckle Club offers a welcoming space to connect with others and experience the uplifting benefits of laughter. Register in advance and become part of a community that takes laughter seriously, because laughter is too important to leave to chance. Join us and let laughter light up your life. Details at <https://www.cathysclub.com/>

Conclusion

Laughter is a powerful force that can transform lives, and laughter yoga offers a structured way to harness its benefits. Whether you're a yoga practitioner, school teacher, or simply someone seeking more joy in life, laughter yoga provides a pathway to enhanced well-being and connection. By incorporating laughter into your daily practices, you can cultivate a more joyful, resilient, and fulfilling life. So, why not take a deep breath, let out a hearty laugh, and embark on this joyful journey today?



Cathy Nesbitt is a Health and Wellness Advocate dedicated to promoting joy and vitality through laughter and energy techniques. Cathy is a certified Laughter Yoga Teacher appointed Laughter Ambassador in 2017 by Dr. Kataria. She incorporates tapping, brain gym, and other healing modalities to help people get out of stress and into joy. <https://www.cathysclub.com/>

<https://www.youtube.com/@CathyLaughter>



Self-Care

Through Frequency

Self-care is often spoken about as something we should do, a routine to keep, a practice to stay committed to, another way to take care of ourselves. Yet some of the most nourishing forms of care ask very little of us. They begin with pausing, with listening, with allowing.

Have you ever thought of music as a self-care practice?

I have used intentional sound-healing frequencies to manage emotions, reduce stress, and support my mental well-being for years. They help me stay grounded in everyday life.

Everything in nature moves in rhythm. Breath rises and falls, the nervous system shifts between activity and rest. Music moves as sound waves, not in straight lines.

When our cells align with a frequency that feels supportive, this is sometimes described as resonance—a space where the body can remember its own sense of balance.

At its simplest, this kind of self-care is about listening. A sustained tone, a soft harmonic

soundscape, or a subtle vibration through sound may be enough. There is nothing to figure out or accomplish. The body responds in its own way, often through small, quiet shifts—a breath that deepens, a place of tension that eases, a feeling of settling back into oneself.

I came to understand this during a period of ongoing knee pain. Rather than trying to fix the discomfort or push past it, I began listening quietly to gentle sounds, including a low-frequency tone known as 174 Hz. Without expectation, I noticed the pain easing. It did not disappear right away, but my body relaxed around it.

Sound can be especially supportive because it bypasses the thinking mind. We do not need to understand frequency for it to meet us. Much like music, which can stir memory or emotion without explanation, sound-healing frequencies work through direct experience. Listening to calming music can offer comfort during times of stress, transition, or emotional fatigue—when even well-meaning self-care practices can feel like too much.

Self-care through music may support:

- Emotional balance
- Stress reduction
- Mental well-being
- Relaxation responses
- A sense of healthy boundaries
- Focus and cognitive clarity

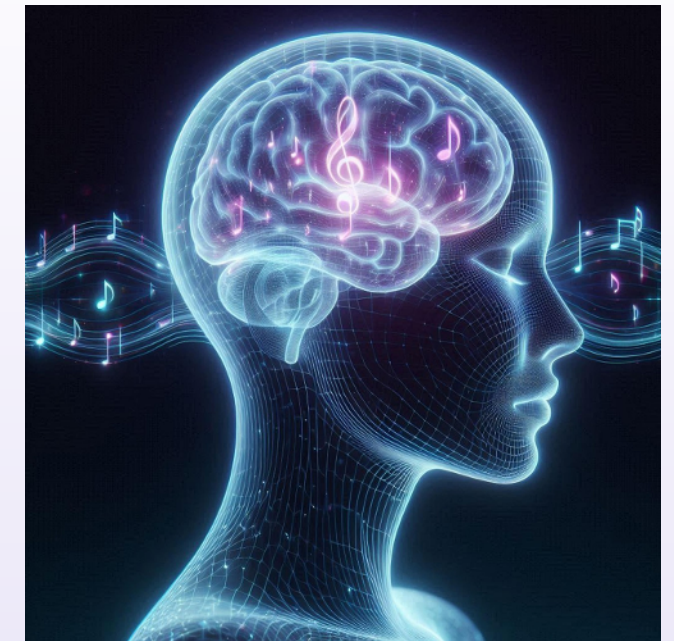
What makes frequency-based self-care different is that it is not about fixing what feels wrong. It does not depend on diagnosis or outcomes. Instead, it is relational. It begins with a simple, quiet question: What does my body need right now? The answer may change from day to day.

Sometimes music brings calm. Other times, it brings awareness to what is ready to soften or move. Both are gentle forms of care.

Everyone marches to their own drummer, and each nervous system responds differently. What feels grounding for one person may feel neutral for another. Frequency invites curiosity rather than rules, allowing each person to listen and adjust based on their own experience.

In a culture that often equates healing with effort, frequency offers another possibility, that support can be gentle, and that the body already knows how to respond when given time and space.

Scan to continue your journey into the healing power of frequencies at Sonic Apothecary Library.



Linda Sylvester
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Self-Care as Sacred Integration



Honouring the Four Levels of the Self

True self-care is not a checklist... It is not a bubble bath or a day off (though those can be lovely).

At its deepest level, self-care is the conscious integration of your whole being.

The human self is multidimensional. We are not just a body, or a mind, or a collection of emotions. We are an intricate tapestry of four interconnected levels:

The Physical Body

The Emotional Body

The Mental Body

The Spiritual Body

Each represents an essential dimension of who we are. When one is ignored, the others feel the strain. When all four are honoured, something extraordinary happens: we feel whole.

The Four Bodies in Harmony

Think of these four levels as equal pillars supporting your wellbeing.

The **physical and mental bodies** are often associated with structure, action, logic, and doing.

The **emotional and spiritual bodies** are connected to feeling, intuition, meaning, and being.

In many modern lifestyles, we overdevelop one side while neglecting the other.

Some of us live primarily in the physical and mental realms ...

productivity, performance, responsibility. We may unconsciously believe emotions are weakness or spirituality is impractical. Over time, this creates rigidity, burnout, and disconnection.

Others may lean heavily into the emotional and spiritual dimensions ... deep feeling, intuition, energy work ... yet struggle with grounded action, boundaries, or practical structure. This can lead to overwhelm or spiritual bypassing.

Neither approach is wrong. They are simply incomplete.

Wholeness requires integration.

Why Self-Care Is Essential, Not Optional

Self-care is not indulgent. It is intelligent.

According to the World Health Organization, self-care plays a vital role in promoting health, preventing disease, and supporting resilience in the face of illness and stress.

Research consistently shows that effective self-care can:

- Reduce anxiety and depression
- Lower stress and improve resilience
- Increase energy and vitality
- Reduce burnout
- Improve relationships
- Enhance overall life satisfaction

Practices such as regular movement, restorative sleep, meaningful connection, and a sense of purpose have even been associated with increased longevity.

But beyond the science lies something even more profound: Self-care is how we return to ourselves.

Healing the Wounded Level

Each one of us carries experiences that have impacted at least one of these four bodies.

A traumatic breakup may wound the emotional body.

Chronic stress may exhaust the physical body.

Self-doubt may distort the mental body.

Loss of faith or meaning may distance us from the spiritual body.

Healing does not require perfection... It requires awareness.

When you identify which level is calling for attention, your

self-care becomes precise and powerful rather than generic and surface-level.

You stop asking, "What should I be doing?"

And instead ask, "Which part of me needs tending?"

That question changes everything.

Creating a Self-Care Plan That Evolves With You

There is no universal template for self-care. It must be created by you, for you.

Here is a compassionate framework to begin:

1. Assess Your Current Landscape

List the major areas of your life ... work, relationships, health, creativity, spirituality, family. Notice where you feel nourished and where you feel depleted.

2. Identify Your Stress Patterns

What repeatedly drains you? Where are you overextending? What emotions are asking for attention?

3. Match the Need to the Body

Is this physical exhaustion?

Emotional overwhelm?

Mental overthinking?

Spiritual disconnection?

Target your self-care accordingly.

- Physical care may include rest, movement, nourishment, medical support.
- Emotional care may include journaling, therapy, heart-centered conversations.
- Mental care may include learning, boundary-setting, cognitive reframing.
- Spiritual care may include meditation, time in nature, ritual, prayer, reflection.

4. Take One Small Step

Transformation begins with one conscious choice. You do not need to overhaul your life overnight.

5. Schedule What Matters

Self-care must move from intention to calendar. When you

honour your needs consistently, you function with greater clarity, creativity, and resilience.

The True Goal: Integration

Self-care is not about escaping your life... It is about inhabiting it fully.

When the physical body feels supported, the emotional body feels safe.

When the emotional body feels heard, the mental body relaxes.

When the mental body softens, the spiritual body can speak.

And when all four are working together, you experience something powerful: Alignment.

From that place, you do not just survive your days ... you live them with intention, presence, and quiet strength.

A Gentle Reflection for You

If you pause for a wee moment right now and place a hand over your heart, ask yourself:

Which level of my being is asking for my attention today?

That is where your next act of self-care begins!!



Moira Hutchison

Moira is an Intuitive Coach & Mentor, Meditation Teacher and Tarot Card Reader, she has developed a special formula which is crafted to unleash your full potential, guide you towards harmony, balance, and effortless success as you embrace and embody YOUR unique path to thriving!!

www.WellnessWithMoira.com





Self-Care is Beautiful

Is your body your home? Are you really living in your body as a place to thrive and enjoy life in, as your vehicle, your souls chariot? Being in our physical bodies, receiving and giving ourselves support from a physical action level elevates us to an experience of soul in body and makes us feel alive! Embodiment, being in your body tending to your physical, mental, emotional needs, your feelings and personal growth shine a light on igniting your inner strengths and lift you up each and every day. I propose we do this from a place aligned with beauty of the natural world and ourselves as an intrinsic aspect of nature.

The Navajo or Diné Native American people of the Southwestern United States have and live a concept and way of living called Hózhó sometimes referred to as "The Beauty Way". It is a foundational worldview of experiencing the world and life around us as truly beautiful. The key principles of living with balance, harmony and well-being of all living things in relationship to oneself others and the environment.

I offer the awareness of this enlightened concept, Hózhó as a guiding way to experience self-care. The felt sense that we and the world around us are truly beautiful. To live a good life we need support and encouragement. We need structure and balance to be our best. How do we achieve this balance and positive support each and every day? How do our emotional states inform our needs and challenge our edges of growth? When we experience self-expression, rest and relaxation we feel good.

Practices that calm down your nervous system and put you in your own creative power are rejuvenating. Enhancing your experience of beauty through your natural senses with easy aligning of beauty and harmony with the things you do for your self-care elevates your mindset to enjoying these actions. What do you need to feel cared for?

What are the things you can do for your self-support? What are the things that you need to outsource? Do you need to laugh more, dance more, walk in nature, exercise, meditate, relax more? Some of the things that have helped me recently are buying a book of puns because I was feeling like I needed to laugh more. Some of my go to's for self care are laying on my red light therapy mat, getting a facial, a massage, swimming, walking in nature, taking flower essences. We all have our own unique needs that make us feel cared for. Some of the best ways

to keep balance from the inside out are through journaling writing both fears and gratitudes and just free writing; getting out what's inside helps us to align and understand what we really want.

Outsourcing some of our self-care practices can be instrumental in experiencing the mirror of loving support. Massage therapy, hypnotherapy, energy healing, and flower essence therapy are just a few beautiful ways of receiving care. Can you give yourself permission to receive the support you are yearning for?

When we do "self-care things" we create and establish trust in ourselves. Seeing what is missing in our lives, what we long for and need to stay balanced and comfortable each day. At the same time having the recognition that we don't need to do it all ourselves. Those who have the most success in stabilizing self-care routines are people that make it a habit. Make a plan for yourself. Think about what nourishes your body mind soul and spirit.

I have a very special hypnotherapy client who uses the metaphor of navigating through life like a ship's captain. During her hypnotherapy sessions we go through voyages of renewal all the while honoring her own navigation systems that take her through her days of work, family, and life. Always navigating with her own wisdom. Therapeutic Hypnosis helps her activate the helpers and the crew of her ship that are ever-present and innumerable. These helpers guide her along the way. There are often new places, people, and situations to navigate, and also the same places and people. Continuing to chart a course forward while feeling good and balanced, all the while. Making decisions about the best actions and activities that keep her balanced and even keeled each and every day through stormy weather and sunny days. I offer this as a self-care map. What keeps you stable and balanced, daily, weekly, monthly, and yearly, when thinking about your own unique cycles?

Flower essences and flower essence therapy are wonderful supports for your emotional systems and your soul's home in your body. This is a no-harm helper. Flowers have evolved with us; they are beautiful messengers for soothing and repairing our human emotional states.

May your own choices in self-care help your unique embodied beauty bloom like a flower!

Claire Miriam Ostrovsky

Claire Miriam Ostrovsky is a Hypnotherapist, Craniosacral Therapist, and Flower Essence Therapy Practitioner with a background in advanced bodywork since 2003, based in beautiful Tucson AZ. Witnessing the most potent healing transformations in my client's body and soul has been a great blessing of my healing arts practice for 23 years and counting. Please reach out if I can assist you on your healing path.

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SELF CARE

Past - Present - Overlooked



If you are reading this, you are living in the most advanced age of Self-Care that caters exclusively to the modern women of today, none of which was available to our mothers and grandmothers in their lifetime. This is my story of Self-Care practices that I witnessed as a teenager growing up in South America.

My mother, Yvonne, made a career of self-care for women. She was what I would call a self-care guru in those days because she was one of a kind in the self-care industry when it was in its infancy. With cosmetics, she made women look and feel beautiful from the inside out. She gave them confidence to face life and its many ups and downs to look beautiful and confident.

She was passionate about women caring for themselves, in an era when women's emotional needs were overlooked due to the lack of much needed support systems we have today. Grief and trauma support was non-existent, Spas and retreats, counselling and therapy were not available. Women had to find ways to help themselves. Therefore, those who could afford it, depended on the only industry catering to women at that time which was the Cosmetic Industry.

Past Self-Care: Self-care was not even an expression known to women of the 50s and early 60s. I heard it from my mother, who would tell her clients, 'You must care for your skin and face. Her mission was to see all women taking care of themselves, and that became her life's mission. Self-care for that generation of women was to eat well, sleep well, dress well, and take care of their skin to always look good.

Without the resources women have today, they had to find whatever was available to bring them through their challenges, and Helena Rubenstein's wide range of beauty products helped. Looking back with mature eyes, I saw

their strength and resilience. I saw the spirit of feminine warriors who never gave up and who stood beside their sisters in times of great pain and suffering. I saw my mother offering women a way to not only take care of themselves, she gave them hope and confidence to face the world boldly. With confidence, they healed from loss, trauma, and grief. Time, and their own warrior spirit became their healer.

Taking care of their skin and face was their ultimate act of self-care. Their choices were few, yet they used what was available and made it work in their favour. They had found a way to heal themselves on the physical level. That was therapeutic self-care.

Present: Today, the Self-Care industry is one of the largest money generating businesses in the world. It is wonderful that women today view self-care as an essential part of their health regimen and are dedicated to ways of caring for their bodies, minds and emotions.

My daily self-care regimen in the summer months is simple, yet very powerful. It is my battery, and I have so much energy for the rest of the day. I greet the new day outside; barefoot on the earth in my back yard. I love Earthing myself, and allowing the energy of the earth to flood my entire body. With my eyes closed, I focus on the Sun to the East and allow the sun's life-giving energies to send its healing energies to my eyes and my entire face for about 5 minutes. Then I get ready for my day ahead.

Self-care for me also includes weekly exercise classes consisting of Zumba, Chair Yoga, and BolyX dance. Movement and fun, which is very therapeutic for my mind and body. I love having a massage, and I try to never miss my daily Meditation and Reiki practice, even if the only time is late evening before going to bed. That practice is where I find a deep inner stillness that my mind and body crave.

I would love to hear about your self-care, because we can all learn from each other.

Self-Care for Mind, Body and stuck Emotions - The Self-Care Therapy that I would recommend to women of all ages to experience, at least once in their lives, is called A Journey. You can take a Physical Journey or an Emotional

Journey and see what comes up that needs to be released. For me my first Journey allowed me to release the pain I held deep within my body that my cells held for 30 years when my younger sister died in a car accident. I am sharing my experience as a recipient of having experienced many Journeys for my personal healing and during my training to become a Practitioner. Also the lives I have witnessed, changed by a very simple and supportive technique called A Journey!

That very first Journey released and healed my left thigh. I had come to believe I had cancer in that part of my body; when in fact it was my cells rebelling at supporting me for 30 years. My doctor kept telling me 'Sharon, it is all in your head.' Actually; it was all in my cells!

Image holding trauma and grief for that length of time! A 64-year-old client shared that she was experiencing bouts of unexplained anger. Deciding to try the Journey Therapy, she got an answer to her unusual behaviour. She shared how at age 7 while visiting relatives in another city, upon returning home learnt that her beloved grandfather had died. At the time she grieved to the extent her family thought she might die herself. Finally, after all those years, now living in Canada, she was able to release the pain and trauma she had held in her body.

Our body protects us in ways we cannot imagine. I do not have a medical degree of any kind. I like to think of myself as a healer working with the guidance of my guides and the angelic realm to assist women heal their body, Mind and Spirit in order to live to their full potential.

The Journey is a powerful healing therapy that every woman should gift themselves at least once. As women, we experience grief, loss, trauma, divorce, deception, betrayals, and the list of what life often sends to try us and strengthen us is long. As women warriors, we must support each other because it is the women who will turn our world around. It is the women who will lead. Release those stuck emotions of loss and grief waiting to be released and healed, and regain your Power

Wishing you a Life filled with Optimum Health, Purpose, Passion and Joy!

Sharon de Ryck

Mentor, Speaker, Journey Practitioner, Reiki Master, intuitive, Animal Communicator

Mentoring Women from stuck to navigating their lives with Purpose and Passion!

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Self-Care Is Not Selfish:

How Healing Your Relationships Heals Your Life



Self-care has become a popular conversation in recent years. We hear about rest, relaxation, and taking time away from the demands of life. While these are important, there is a deeper dimension of self-care that is often overlooked; one that has the power to transform not just how we feel, but how we live.

That dimension is our relationships.

Many women carry invisible weight: emotional exhaustion, unresolved conflict, broken trust, unspoken expectations, and the constant pressure to hold everything together. We give to

our partners, our children, our families, our careers, and our communities. We show up, we support, we nurture. But often, we do so at the expense of ourselves.

And then we call it strength.

But what if true self-care is not just about stepping away, but about healing what is draining us?

The truth is, some of the greatest sources of stress, anxiety, and burnout are rooted in our relationships. Miscommunication, lack of boundaries, emotional disconnection, and

unresolved pain can quietly erode our well-being over time. You can rest your body, but if your heart is unsettled, your spirit will remain tired.

Self-care, in its truest form, is emotional and relational.

It is the courage to pause and ask:

What is hurting me?

What am I holding onto?

What am I afraid to say?

It is choosing to address the difficult conversations we have been avoiding. It is learning how to communicate with clarity, honesty, and respect. It is recognizing that love alone is not enough; relationships require skills, intention, and care.

Healing your relationships begins with healing yourself.

It starts with self-awareness; understanding your triggers, your patterns, and your emotional responses. It requires self-respect, honoring your needs, your values, and your voice. And it demands self-leadership; the ability to take responsibility for your growth, rather than waiting for others to change.

This is not always easy work. In fact, it can be uncomfortable. But it is necessary.

Because when you begin to heal internally, everything externally begins to shift.

You communicate differently.

You set healthy boundaries.

You choose peace over conflict.

You respond rather than react.

And most importantly, you begin to build relationships that are rooted in mutual respect,

understanding, and emotional safety.

Self-care is not about perfection. It is not about having all the answers or fixing everything overnight. It is about making a conscious decision, every day, to prioritize your emotional well-being.

Sometimes, self-care looks like rest.

Sometimes, it looks like saying “no.”

And sometimes, it looks like having the hard conversations that lead to healing.

You deserve relationships that nourish you, not deplete you.

You deserve to feel heard, valued, and understood.

You deserve peace, not just in moments, but in your daily life.

When you begin to care for yourself at this deeper level, you don’t just change your relationships; you change your life.

Because a healthy relationship with yourself sets the standard for every other relationship you will ever have.

And that is where true self-care begins.



Janet Russell is the Founder and CEO of 360 Degree Turnaround Coaching. She helps individuals and couples restore, transform, and strengthen their relationships through communication, trust, and emotional healing. Her mission is to empower women and families globally to build healthy, fulfilling, and lasting relationships.

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Seeds for Change: Honouring Loss for Personal Growth

Over the years, through my articles in A Beautiful Life Magazine, I have had the privilege of exploring themes of loss, healing, and personal growth alongside readers exploring change and healing within their own lives. Seeds for Change brings these reflections together in a thoughtfully curated book set designed to support individuals as they begin to look more closely at the emotional experiences shaping their lives.

In my work as an Advanced Grief Recovery Method Specialist, I often meet people who feel restricted by unresolved emotional pain or who are struggling in the aftermath of sudden or unexpected loss. Meaningful change rarely begins with action; it begins with awareness. Seeds for Change guides readers into this important exploratory phase, helping them recognize when something within them is asking for life to feel different. This book represents that first step: awareness.

Seeds for Change is written for women who are doing their best yet somehow still feel stuck. It is for those who sense their lives could be different but are unsure where or how to begin creating the change they long for. While women of any age can benefit from these readings, midlife often invites a natural pause: a season of reflection in which past experiences are examined, priorities reassessed, and future direction approached with greater intention.

Many women may be surprised to discover that what they are experiencing is, in fact, grief. Grief is a normal and natural human response which extends far beyond the loss of a loved one. With more than forty life experiences capable of creating feelings of loss or grief, it is common for us to overlook why life may no longer feel as fulfilling as we would like it to be.

This unique, guided awareness book set introduces a gentle framework for exploring what grief really is, how it can shape our lives, and how unresolved emotions may be living beneath the surface. Through reflective reading and thoughtful exploration, readers are invited

to slow down and notice what may have been quietly carried inside for far too long.

Seeds for Change and its Companion Journal work together to create space for personal reflection and emotional honesty. Focused articles are paired with guided journal prompts, allowing for deeper reflection. Rather than simply reading about emotional wellbeing, readers can choose to become active participants in their own awareness, integrating insight into everyday life in ways that feel practical, self-directed, and grounded in real-world application.

The material is carefully organized into a clear and easy-to-follow format while respecting personal autonomy. There is no prescribed order or expectation to move at a particular pace; each reader is free to engage with the journey in whatever way feels most supportive and aligned.

Many of us were taught to suppress difficult emotions, to move forward quickly, or to carry grief in silence. Yet emotions left unacknowledged do not disappear. They continue to influence our relationships, our reactions, and our overall sense of wellbeing. When emotions remain unprocessed, we often react automatically to life's challenges, keeping our nervous system in a prolonged state of stress. As awareness grows, we gain the ability to choose our response with greater patience, clarity, and compassion toward ourselves and others.

Seeds for Change and its Companion Journal offer a caring space to gently turn toward what may have been set aside and to honour our losses with kindness rather than judgement. Through reflection and awareness, what once felt heavy can now begin to soften, allowing understanding to emerge naturally and at a pace that feels comfortable.

Awareness is often the quiet beginning of change. If you sense that something within you is ready to be understood more fully, Seeds for Change offers a place to begin.

WAYS TO USE THIS BOOK SET

As an educational resource grounded in clarity
In a field where misinformation is widespread, this book offers a reliable foundation for understanding.

As a framework for deeper personal reflection

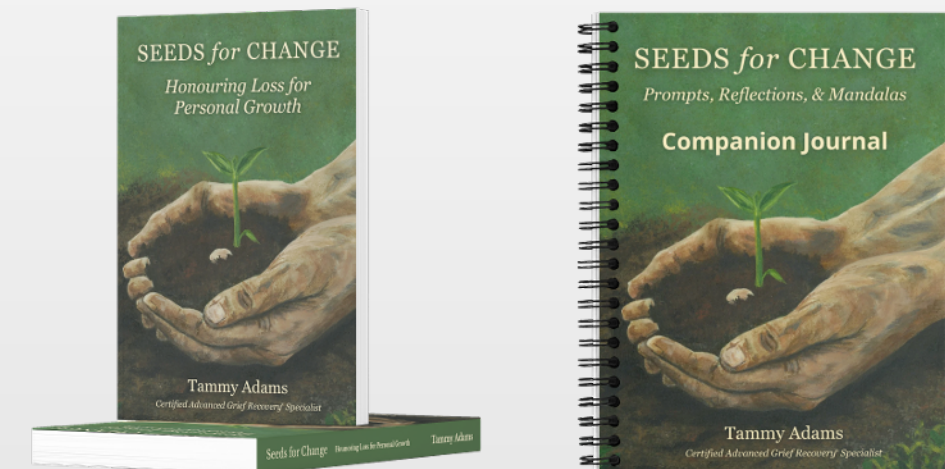
Read and reflect on how each topic has influenced your experiences, beliefs, or choices, and what insights may emerge for you.

As a structured guide for intentional change

Work through the articles and the Companion Journal prompts to support the awareness and personal growth.

As a meaningful way to support someone in grief

Share this book as a compassionate resource when someone you care about is navigating loss.



Tammy Adams is a Certified Coach Practitioner and Advanced Grief Recovery Method Specialist supporting individuals across Canada through online services. She holds certifications in The Grief Recovery Method® and Personality Dimensions™, is a Reiki Master, and has earned a degree in Human Services. Tammy's work focuses on helping individuals better understand emotional loss, build awareness, and move forward with greater clarity and compassion.

To learn more about Tammy's work or explore her publications and services, visit:

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In Purpose & Passion: The Rise of the 50+ Entrepreneur – How to Launch, Lead and Thrive, seasoned entrepreneurs share their journeys of reinvention, resilience, and bold new beginnings. Through personal stories and practical advice, this collaborative book celebrates the power of experience and proves that the second half of life can be the most innovative chapter yet.



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Creating Space for the Life You Actually Want



Many people move through life carrying more than they realize. Responsibilities grow, schedules fill up, and the days begin to feel rushed. Work, family obligations, and everyday tasks take priority. Weeks turn into months, and months turn into years of simply keeping up. Somewhere along the way, many people realize they are living a life that feels crowded but not necessarily fulfilling.

The life we truly want rarely appears by accident. It begins with something simple that many of us forget to create. It begins with space.

Space gives us the ability to think clearly and reconnect with what matters most. When our lives are constantly full, there is little room to reflect or make thoughtful decisions. Everything becomes reactive rather than intentional. We move from one obligation to the next without asking whether those obligations actually align with the life we want to build.

Creating space allows us to step out of that cycle.

For many people, the process begins by slowing down. Even small moments of quiet can help us notice what is working in our lives and what is not. A walk outside without a phone, a few minutes with a journal, or an afternoon that is not fully scheduled can provide a sense of clarity that is often missing from busy days. When the noise fades, our thoughts become easier to hear.

This is often when important questions begin to surface. What do I truly want more of in my life?

What parts of my life bring me energy and meaning? What parts leave me feeling drained? These questions are not always comfortable, but they are necessary if we want to live with intention.

Creating space often requires us to let something go. Not every commitment deserves to stay in our lives forever. Some responsibilities remain simply because they have always been there. Some expectations belong to other people rather than ourselves. Learning to release what no longer supports us can feel difficult at first, but it is often the very thing that opens the door to something better.

This does not always mean making dramatic changes. Sometimes the most meaningful shifts are small ones. It might be protecting one evening a week for yourself. It might be stepping away from a commitment that no longer aligns with your priorities. It might simply mean giving yourself permission to rest without guilt.

Over time, these small acts create room in both our schedules and our minds.

Space also allows us to rediscover parts of ourselves that may have been quietly waiting in the background. Many people spend years meeting the needs of others and forget about their own interests, creativity, or ambitions. When life slows down enough to allow reflection, it can be surprising to remember what once brought joy. Reading, writing, gardening, painting, learning something

new, or simply spending time in nature can reconnect us with parts of ourselves that felt lost in the busyness of life.

Another important aspect of creating space is learning to protect your energy. The modern world constantly asks for our attention. Emails, notifications, social media, and endless information streams can easily overwhelm us if we allow them to. Being intentional about when and how we engage with these demands can make a significant difference in how we experience our days.

Sometimes creating space means setting boundaries. It may mean saying no when something does not feel right. It may mean protecting quiet time without apologizing for it. Boundaries are not about shutting people out. They are about making sure our time and energy are spent on the people and activities that matter most.

When we begin creating space, something interesting happens. Our lives start to feel lighter. Decisions become clearer. We begin to notice opportunities that we once overlooked because we were too busy rushing past them.

Space allows creativity to grow. It allows new ideas to form. It allows relationships to deepen because we are no longer constantly distracted. It allows us to approach our lives with thoughtfulness rather than exhaustion.

It is also important to remember that creating space is not something we do once and then forget about. Life naturally becomes full again over time. New responsibilities appear, and unexpected challenges arise. Maintaining space is an ongoing practice that requires occasional reflection and adjustment.

The goal is not to remove every responsibility from our lives. Responsibilities are part of living a meaningful life. The goal is to ensure that the things filling our days actually reflect our values, our priorities, and the kind of life we want to experience.

The most meaningful lives are rarely the busiest ones. They are the ones that leave room for reflection, connection, creativity, and rest. They allow space for growth and change. They make room for the moments that matter most.

When we create space, we give ourselves the opportunity to design a life that feels authentic and fulfilling. Instead of simply reacting to whatever comes next, we begin making choices that align with who we truly are.

In the end, creating space is not about having less. It is about making room for what matters most. When we gently clear away what no longer serves us, we begin to see new possibilities. And in that open space, the life we actually want has the chance to take shape.

ABOARD THE LONGEVITY TRAIN

RON B

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Age is just a number

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