



Gentleness and Simplicity in the New Year

Today is December 30th. Tomorrow is the last day of the year. Of the decade! We'd like to take this newsletter to reflect on that for a moment. The New Year is upon us, and we know that will probably mean new intention setting, resolutions, goal setting, organizing, planning, hitting the reset button, all that jazz. And yes, we do believe that this is a great time for all of those things... but we also think that it's a time where people, the EndorphinFam included, tend to sometimes get way over our heads with trying to set things up 'right' for the new year. A new gym routine, a new diet, following a new fad, whatever it is. We've all probably gotten a little sucked into these things in one way or another as each January rolls around. We'd like to offer something a little different this year. 😊

Gentleness in the New Year

This is something we've been thinking about a lot these days. There's a lot to be said about all of these new intentions and resolutions and whatnot, but there's also something to be said about not putting so much pressure on ourselves. Instead of trying to set all these new things to do, to complete, to figure out, we invite you to take some time before the new year to put together a few ways in which you'll be gentle with yourself this year. A few ways in which you'll simply allow yourself to enjoy this new year, and whatever comes with it.

Yes, you can of course set goals and things if you'd like, but try to be mindful and gentle when doing so. Accomplishing and achieving goals is wonderful, but if it's not enjoyable and feels more forced than anything, then what's the point, in our opinion? Too much time and energy is wasted on trying to get things done and get things over with, without actually enjoying the process, and we think that this tends to become a part of the New Years Resolution bandwagon situation. And when we don't fulfill those promises or whatever it is we told ourselves we needed to achieve, then we beat ourselves up and that doesn't do anyone any good. So this year, make those intentions and goals if you'd like. But we invite you to give yourself this overarching theme of being gentle with yourself, whatever the outcome, whatever it is you



decide to move forward with in the new year. It's been one heck of a year on our end here at EndorphinGirl®, and we're surely putting gentleness at the forefront of our priorities. 🙏

An Act of Simplicity in the New Year

As we think about this theme of being gentle with ourselves, we invite you to also think about simplicity and how it relates to gentleness in the new year. When there's too much going on, too many things to plan, too many things to think about or try to achieve, we get overwhelmed. Our brains, while they can be very good at multitasking, are not actually made to do so. Most of us function much better when there isn't as much



happening, even though sometimes it might not feel that way. This 'too much stuff' thing doesn't only apply to what's going on in our heads or lives. Our physical space is also important when thinking about this concept of simplicity. Too much clutter, too much stuff around, can directly impact how we think, and how we treat ourselves and others. So before moving into the new year, we invite you to take on this one act of simplicity (if you're reading this once it's 2020, do it anyway!) Grab a bag and fill it with a few items you don't need anymore. They can be small or large or whatever size. They can be anything. We talk about how the new year is about letting go of what has been, and looking forward to what is

coming. So yes, let go of a few things from the past, but instead of focusing on what is to come too much, enjoy these moments right now as we transition into a new decade. And most importantly, be gentle with yourself when doing so. It can be an emotional time for many, and that is absolutely okay.

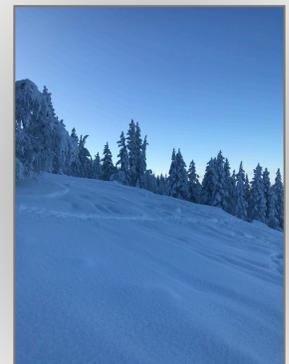
EndorphinGirl® News

In this week's EndorphinGirl® News, a note of thanks to all our EndorphinFriends who shopped in our **store** this December! Thank you all for all your purchases. We appreciate you and your business!

The EndorphinFam are big advocates of the natural probiotic Kombucha. EndorphinSon™ Erik recently wrote on the topic for another forum and we share this article in a blog post. Who knew there is so much more to Kombucha, read on in the "**State of Kombucha**" article.

EndorphinGirl® Barbara recently completed her Reiki II training and is now offering Reiki sessions. Contact her for details and pricing at

endorphingirls@gmail.com if you are interested in an intro to Reiki and/or a private in-person healing session. She is also offering donation-based distant Reiki Healing; reach out to the same email for details if interested in receiving distant healing.



EGFam Updates

A quick EGFam update! The EndorphinFam spent the past week together celebrating the holidays, and they sure are grateful for the time they had together. Watching holiday movies together, enjoying good food, and just being in the same city was such a blessing for all of them! In any case, EndorphinGirl® Barbara has a new Yoga client, the staff of the New York Mets Organization, which she's super excited about! EndorphinDaughter™ Mia has returned back to Levi, Finland, and EndorphinSon™ Erik is on his way back to Arizona today, for his last semester of college! Wow, how the time flies!

Stay tuned for more adventures with EndorphinGirl®!