



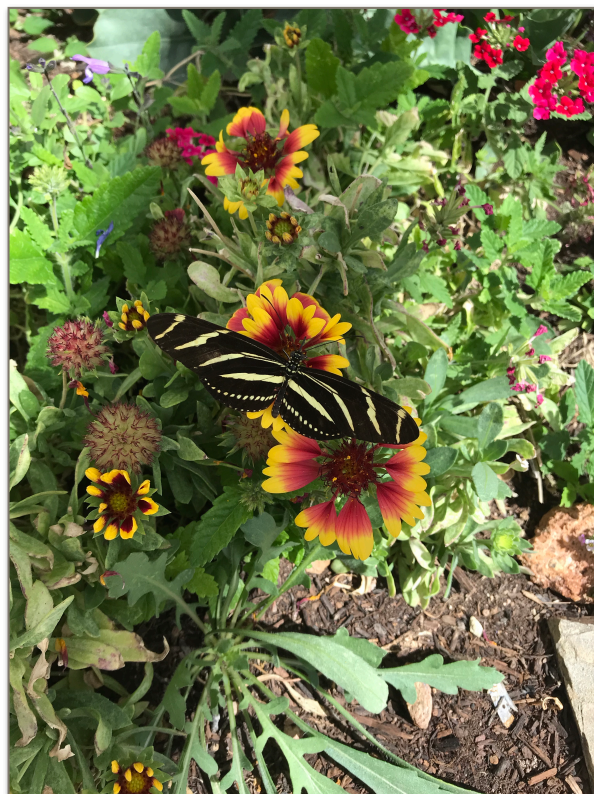
Doing the Best We Can

We've been starting these newsletters off with an important question over these past few weeks, and today is no different. How are you feeling right now? Along with that, how have you been feeling in general these days? Perhaps a little isolated, bored, stressed, antsy? Maybe tired, overwhelmed? All are valid. And all are okay to feel. We're sending you a big, virtual hug, wherever you are. We see you, we're with you, we're all in this together.

Doing the Best We Can

We wanted to give a gentle reminder that as much as it's important to validate and feel our feelings, it's also important not to dwell on them. We've talked a lot about holding space for ourselves (necessary during this time), but we also know that it is possible to get so consumed and wrapped up in the hurt and overwhelm and spiral into a negative headspace because it all just feels like too much to deal with or make sense of. The thing is, we don't need to figure it all out. We're all living in this time of uncertainty. No one knows what the future will look like in the aftermath of all of this. We don't know how things will change, how we'll interact with each other, how we'll do business, what travel will look like. We don't know. Of course, such is life, because the only certain thing is change anyway... We've never experienced a time like this before, and what's happening right now will shift things drastically, as we've already begun to see. We're in the midst of seasonal changes, but also changes that are challenging and undigestible at times. The thing is, change is not bad, however hard it may be. Change is normal.

Change is okay. Even if it is hard. We're all doing the best we can with what we've got. This looks different for everyone, and that's completely okay. What's important to remember is that we must be mindful of others' journeys as well. So as we continue to take it one day at a time, let's gently remind ourselves that we're all doing the best we can. The best we can with what we've got. Be gentle with yourself, be gentle with others, be loving, be compassionate. 🙏



Remaining Hopeful

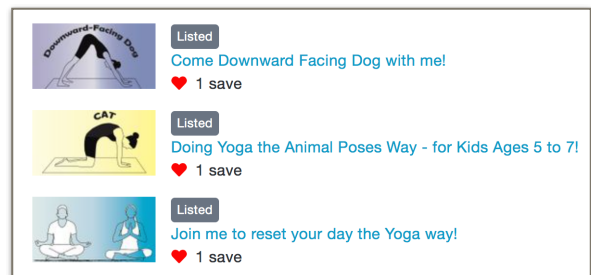
Last week, we talked a lot about hope. This week, we wanted to turn the question to you. What do you hope for? What do you pray for? What do you hope for the future, in the aftermath of all of this? These are all of course incredibly personal things, and by no means are we asking you to tell us. What we are offering as an exercise, is that you ask yourself these questions. Where does your mind turn to in times of trouble? There is a lot of shame, a lot of blame, a lot of nonsense circulating in the media, in the news, all over the place in regards to the current situation. This isn't productive. It's not about blaming, it's not about taking sides, it's not about turning our backs against certain groups of people or countries or whatever. It's about coming together as humans. Coming together as a human population, no matter our differences, no matter our views, our beliefs, our similarities. We're all humans. We're all living on this planet together; we hope that we can all find something we can all be hopeful for. Perhaps, it's hope for a planet and human community in which we can live together, without hate or discrimination. Where we can live in love, in a space of inclusivity, of honoring each other for who we are. This is what we are hopeful for, what we strive for. What about you?



EndorphinGirl® News

EG Barbara is offering classes for kids between the ages of 7 and 18 on the [outschool.com](https://www.outschool.com) platform. Check out a listing of classes [here](#) if you have an interested young one or teen in the house! It is free to sign-up on the platform. It is free to sign-up on the platform. She also recently did a short video for the SHINE Series lead by [Andrea Frasier](#) also for children titled "Notice the Good". The SHINE Series includes a collection of free videos geared towards children to provide them with tools that they can use to help themselves deal with current day stressors.

Check out our products in the [shop](#), if you're looking to get your EG on! T-shirts, meditations, yoga classes, and more are all available for purchase! One of our favorites is the [EG Earth Day T-shirt](#) in honor of Earth Day!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is busy with all things virtual - yoga, essential oils, and more, but does manage to get out daily for a walk and/or bike ride. EndorphinDaughter™ Mia has been enjoying the longer days up in Lapland, hiking, starting to run a little bit again, and just being outside. These days the sun sets around 9:30 pm and rises around 5 am, and soon it won't get dark at all! EndorphinSon™ Erik has only a few weeks of classes left, which is exciting. He also recently celebrated National Bicycle Day (April 19th), and of course went for a long ride around Tucson. 🚴

Stay tuned for more adventures with EndorphinGirl®!