

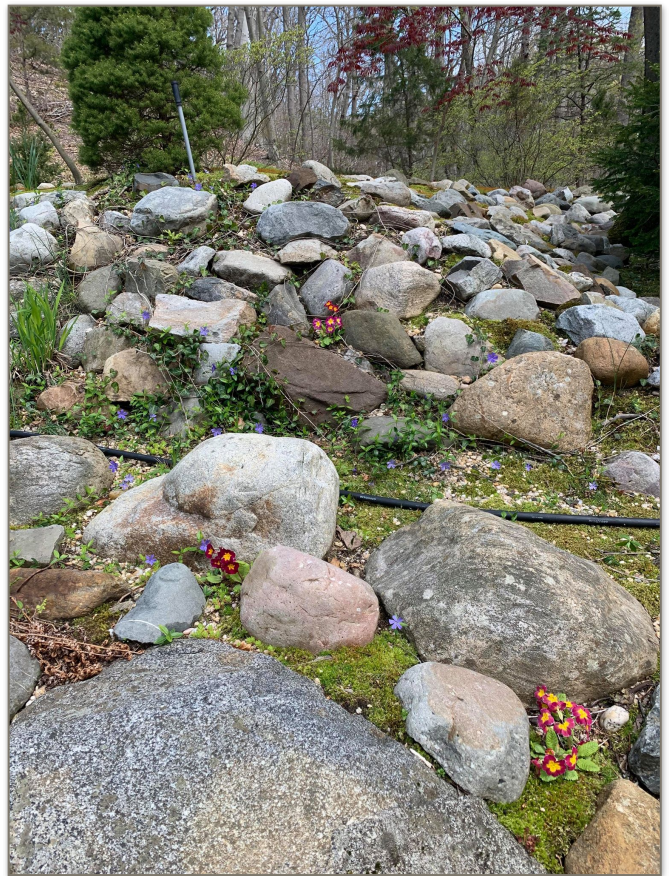


Take Breaks and Going Easy

What's up, buttercup? How ya hangin'? What's crack-a-lackin'? What's shakin', bacon? What's kickin', lil' chicken? Okay, we'll stop 😊. But really, how are you? It's the last week of April, and it's pretty unbelievable to even be writing that. May is just around the corner, which means that we'll finally be welcoming warmer weather, some more flowers, more sunshine, all those springtime joys that can lift our spirits (for those of us in the northern hemisphere at least!). Definitely something to welcome and look forward to, especially during these times. What are you looking forward to as the weather changes these days? Name a few, right here and right now!

Technology Breaks

Many of us are spending a lot more time at home and routines have changed drastically. We've all had to adjust to a new schedule, one that looks probably very different from just a few short weeks ago. However things have changed, perhaps one thing you've realized (at least we have!) is the amount of screen time engagement. Whether it's scrolling even more than usual, watching hours upon hours of television, or perhaps even working more, because the workspace has moved home and it feels like there is even more pressure to always be "online". Whatever the case may be, we wanted to give a gentle reminder to take breaks! In this bizarre world where it feels like literally everything has moved online, it's important to step back and give ourselves a minute, heck, an hour or a day if possible, where we're completely unplugged. Our mind will thank us, our nervous system will thank us, our eyes will thank us. Our entire body, heart, mind, spirit, all the things will thank us. Seriously. So as we continue to move through these interesting times, one day at a time, let's remember that it's okay to put down the phone. It's okay to not be 'online' all the time. It's more than okay to give yourself time to just be. To unplug. To drop in to just being present and in your body in the moment.



Going Easy

It's a bizarre time we're living in, and things are all happening so very differently than what's been normal to us. There is a new normal that is probably strange and challenging and that is okay. It is okay. It is okay to feel out of sorts, a bit off, or overwhelmed. It is okay. Many of us have more time at home, more time to sit with



ourselves, more time to think. Perhaps it may even feel like those old patterns that aren't as good for our minds or bodies or souls are creeping back in. But taking care of our mental wellbeing during these times is so important, whether that's giving ourselves some quiet time, getting outside into nature for a walk, or taking a technology break, whatever it is. There are lots of things we can do for ourselves, but what we also want to mention is that it's okay to ask for help. It's okay to ask for help. Whatever that may mean, whatever that may look like. Whether it's a phone call with a friend or loved one, asking someone to drop off groceries, or finding some form of therapy or resources to help get you through these times. It is all okay. We must be compassionate, we must go easy, we must give ourselves the love we deserve.

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. She is wrapping up her 8 weeks of Essential Oils Coaching this week. Yes, 8 weeks have already gone by. Things are again 'brewing' in her oils lab - stay tuned. Barbara's Wednesday yoga class is now a Community Class and donation based - all proceeds go to Make-A-Wish - given the COVID-19, sadly many kids' dreams are on hold.

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!

If you're interested in joining Mia for an Arctic Yoga Evening this Sunday at 12:15 EST, you can sign up [here](#)!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is busy with all things Yoga and Essential Oils. She is going to take the EG advice and ensure she spends plenty of time off-screen this week. EndorphinDaughter™ Mia has recently taken up roller-blading, and dang is she enjoying it! Since the snow is melting and cross-country skiing is no longer an option, she's excited to have found a new form of movement outside in nature. EndorphinSon™ Erik is hunkering down, in final exam and paper mode. U of A has also announced they'll be live streaming graduation, which is exciting and well-deserved, after all the hard work of the past four years!

Stay tuned for more adventures with EndorphinGirl®!