



## May The Fourth Be With You

Happy May, y'all! We like this month over here at EG. Lots of exciting things happen in May, and we'll get into that as the month goes on, but we wanted to, again, check in to see how you're feeling? Anything new and exciting happening? How are you holding up these days? What's getting you through? We're sending you all a big, virtual hug as we start of this new month, this new week, this new day!

## Boundaries

This week, we wanted to dig a little bit more broadly into what we wrote about last week, which was technology breaks and going easy on ourselves. In both cases, the more general theme comes down to boundaries. This time is very unusual, but if we think about it a little bit more generally, it is not unlike any other challenging or difficult time in which we are, let's say, 'tested'. In challenging times, whatever they may look like or however they show up in our lives, we are faced with various decisions and confronted with things we have not dealt with before, in one way or another. And when we do experience these challenges or difficult times in our lives, we come face to face with the uncertainty of the effects of our decisions and the future. Simply put, we don't know what will happen. What we do know is that setting ourselves up for success, in the sense of complete and holistic wellbeing, is incredibly important. And that's where boundaries come in. Boundaries are important for our mental, physical, emotional, spiritual, social, financial wellbeing. All the things. Knowing our boundaries takes a bit of practice, and it's a constantly evolving thing. That is okay, and that is normal. We change, we become more comfortable, or the opposite, with different things as time goes on. It's trial and practice and learning. What we find important is that we it is beneficial to at least engage in the practice of learning to set boundaries for ourselves. Whether it's turning the phone off before bedtime, minimizing contact or communication with those who have the tendency to drain our energy, sticking to a routine, or not overextending ourselves. Boundary-setting looks different for all of us. But it's important, because they give us the space to rest, to be better, to enjoy more of what we love, engage in those things that are good for us. Boundary-setting is a practice. A way of learning. Just remember, as we said last week, go easy, be compassionate, show yourself some grace as you practice.



## Yes No Maybe So!

On the topic of boundaries, we thought we'd talk about some key words that come up as we engage in this important practice. Yes. No. Maybe (So!). Speaking these words have the potential to make us feel empowered, or not. Perhaps someone asks you to do something that feels extremely uncomfortable for you and you say yes anyway. Been there, done that! 🙄 Or perhaps an opportunity comes your way and you say no



because you feel like you're not good enough or not 'right' for whatever it is. Been there, done that as well!

🙄 Sometimes it's hard to say yes. Sometimes it's hard to say no. Sometimes the best option is to say maybe, or even I don't know. Because anyway, whatever the answer we decide to give is, we won't know the outcome. And that is okay. Ultimately, though, what's important is that we continue being truthful to

ourselves, and to others. Acknowledging that saying yes or saying no, or even maybe so, and really meaning it is important. Being truthful and authentic, owning our answers and owning the boundaries we set, showing up, all of it is important. So this week, we invite you to notice how it feels when you're making decisions or drawing boundaries for yourself. Notice how it feels if you catch yourself saying yes or no when you know it would feel better to say the opposite. Be true to you, but remember it's a practice. And sometimes that means things will get a little funky at times. That's okay too. A funny side note, after writing this we realized that the date of sending is May 4th, aka May the Fourth, aka May the Force be with you. So, in relation to all that we just talked about, may our force, our power, our ability to say yes or no, or maybe so, be with us all! 😂

## EndorphinGirl® News

EG Barbara has been rockin' it with her online yoga classes over the past two weeks; her yogis range in age from 5 upwards, and she's is totally loving teaching yoga to all ages across the globe via Zoom. If you have kids in the house who may be interested in being yogis, check out a listing of classes [here](#). It is free to sign-up on the platform. Things are still 'brewing' in her oils lab - feel free to reach out to her to learn more. Barbara's Wednesday yoga class is now a Community Class and donation based - all proceeds go to Make-A-Wish - given the COVID-19; these kiddos still deserve to have their dreams come true too!

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!

Mia has officially become an entrepreneur, and she's in the process of getting things registered and filling out paperwork and all the things that come with a new business. She's excited about getting things off the ground. Stay tuned for more information regarding online yoga and other things she'll be doing!



## **EGFam Updates**

A quick EGFam update! EndorphinGirl® Barbara is looking forward to Erik's college graduation, being live-streamed in a couple of weeks. Bigger festivities are scheduled by the University on October 30th, but this streamed celebration will be great too! EndorphinDaughter™ Mia, as mentioned, has officially become an entrepreneur. She's been working on all things business and financial plans and whatnot these past few weeks, and things are finally getting official. Stay tuned for more info! EndorphinSon™ Erik has less than two weeks of college left and that is absolutely nuts. He'll officially be a college graduate as of May 15th and we couldn't be more proud of our Endorphin-filled kiddo who's not such a kiddo anymore!

**Stay tuned for more adventures with EndorphinGirl®!**