



Slowing Down + Softening

We hope you are all doing well this week. What have you been up to? We'd love to hear about your July + summer shenanigans. As mentioned in our brief email last week, we are on an every-other-week schedule for the time being, and it feels incredibly needed. It feels like things have been on the more hectic side these days, and we are recognizing that breaks are necessary if we are to continue on. Slowing down and softening are things we are in need of right now, so we wanted to talk a little bit about these two things in this week's newsletter. Enjoy!

Slowing Down

How do you feel when you read the words above? Slowing down, what does it mean to you? What kinds of emotions does reading this bring up for you? Perhaps this time of the year, in years past, has been about doing, going places, traveling, taking vacations. Things are a bit different this year, and though it might be annoying as heck, perhaps it's a call for us to also take some time to reflect on the state of things in our lives and the world today. A call for us to also invite some stillness and slowing down into our lives. We don't need to constantly be doing, moving, going places. Burn out is real, fatigue is real, exhaustion is real, and taking the time to recharge our minds and bodies, our hearts and souls, is incredibly important, for whatever it is we want to continue doing. Whether we are essential workers, social workers, nurses, doctors, lawyers, activists, artists, teachers, fitness instructors, students, athletes, whoever we are, whatever our job or our purpose is in this world, we need to recharge and take time for ourselves, so that we can continue doing whatever it is that we do. Sometimes we get so charged up with that massive fire burning inside of us to complete things and accomplish things, and perhaps we go all in. It's okay to go all in, head on, full force, but reminding ourselves that the fire can burn out quickly if not tended to is important as well. Let's tend to our own inner fires, let's give ourselves permission to rest and slow down. Let's not add too much fuel to our fire all at once.



Softening

This word is something we have been thinking about a bit more these days. It's an interesting word, that's for sure, and can be used in a lot of different contexts. We see softening as this invitation to not be so intense about things, to not have this intense need to constantly control things. Whether it's our body, workout



routines, the foods we eat, the way we behave at work, school, or at home, etc. Intensity can show up in a variety of ways, and we recognize how toxic it can be. We have experienced how toxic it can be. We see softening also as a process of learning and setting boundaries for ourselves, recognizing that intensity is important and crucial, but at the same time understanding that it can sometimes be not so great if we go 'too far'. We will go 'too far', we will 'do too much'. This is okay. We are learning. But being gentle and softening to the idea that we are living in this space of learning and unlearning and re-learning about how we show up in the world, that's what we see as important. We believe that

inviting this softness, this easing up, this not taking things so seriously, is beneficial. Softening allows us space to recognize the different areas of our lives that we have been trying too hard to control. Softening allows us space to let go of things and patterns and coping mechanisms that, though perhaps once were useful, are not anymore. This is okay. Softening is okay. Join us in inviting this sense of softening, easing up, relaxing into all aspects of our lives, so that we can do better, be better, show up better.

Perhaps, though, this is also a call to enjoy that soft serve ice cream. 🍦 🍦 🍦

EndorphinGirl® News

EG Barbara continues to move along on all things endorphins, essential oils, and yoga; she is also continue to share different wellness shows on Gaia. Check out the portal [here](#)!

If you're looking for a fashionable mask to keep yourself and those around you safe during this time, check out our [EndorphinGirl® Earth Day mask](#)!!

EndorphinDaughter™ Mia EndorphinDaughter™ Mia is continuing to teach yoga online. Check out her shop [here](#) if you're interested in taking a class with her. She is offering classes every Wednesday, Thursday, and Sunday!



EGFam Updates

A quick EGFam update! EndorphinGirl® Barbara is enjoying days at the beach in between yoga classes, and spending as much time as possible in nature. She is fervently waiting to be able to get to Finland to see Mia. EndorphinDaughter™ Mia is currently in Central Finland spending time with some family members. She's also been trying to be intentional about more rest and softening as well these days, and forever learning to find balance between movement and stillness. EndorphinSon™ Erik is making the most of his time at home these days, as he continues to develop online courses. All things digital coolness is his jam; more on that in the weeks to come!

Stay tuned for more adventures with EndorphinGirl®!