



Hello everyone!

What a beautiful Spring it's been - my personal life seems to be completely aligned with the symbolism of this season; I am growing, things are changing, and it's been a world-wind of embracing the new and cleansing inside-and-out over these past months. And to think - Summer will be here before we know it.

This issue holds a special place for many people.

It took me a long time to learn the difference between mental and emotional health versus physical. As a teen, I had trouble articulating when something felt "off" on the inside. Was it my emotions? Was it stress? Hormones? Something else? It was so much easier to recognize physical discomfort and needs - it was there, tangible and obvious, with a clearer path towards healing. Mental and emotional health are often more abstract; "invisible," to a certain extent.

I've learned since then that mental health refers to mental capacity; processing information, decision making, and thinking clearly. Emotional health is about dealing with emotions in a healthy way, using emotional intelligence to cope, manage, and express.

I saw a graphic years ago that always stuck with me. It was a photo of an apple looking at itself in the mirror; it was red, plump - the perfect apple. However, what can't be seen from the mirror's perspective, behind the apple was a large bite taken out of it. The caption stated something along the lines of "everything is not always as it seems." This was pertaining specifically to how people post on social media, yet I found it rang true in many ways.

Many of us mask our internal struggles. It can be "inconvenient" to be anxious. Maybe it's "annoying"

to behave depressed. Perhaps we feel like a burden by conveying our needs.

We are able to present ourselves with a smile that may not always shine with truth. Mental and emotional health is often set aside - or worse, belittled. How do you address what is invisible? How can we heal what cannot exist in a physical, literal way?

Slowly but surely we are shifting to bring this internal turmoil (that we all experience at some point in our lives) into the light. Energy Healing and alternative therapies are among some of the top methods being used to support these "invisible" forms of health and healing. Validating one another's emotions, acknowledging our thoughts and needs, offering support and patience, and leading with compassion - these are steps we can take immediately to open the door to those who need it most...including ourselves.

Today I have the joy of presenting you with this latest issue - an introspective collection of knowledge to teach, learn, and grow. **Welcome to May/June 2023 - Mental & Emotional Health: A Compassionate Journey.**

Yours in Health,

Anya

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