

She Thrives

EDITION
ONE

A MINI MAGAZINE FOR A BALANCED, BEAUTIFUL YOU

PAUSE. RESET. THRIVE.

THE POWER IN THE PAUSE

Why slowing down
can speed up
your life.

7 SIGNS OF BURNOUT

Don't ignore the signs
your body and mind
are sending.

REST AND REFLECT

Take the time to
recharge, realign,
and renew.

SELF CARE TIPS

Simple ways to care
for YOU every day.

Your well-being

BECAUSE
You ♥
MATTER.
WELLNESS IS
NOT OPTIONAL.
IT'S ESSENTIAL.



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prevent burnout.

LETTER FROM VERONICA



Hello Beautiful!

Welcome to She Thrives. My name is Veronica Holland I curated this mini magazine because Women's Wellness is near and dear to my heart. So often as women, We pour out so much. We give and give and we eventually find ourselves at a point of exhaustion. We must remember as we are so busy and engaged, that we cannot pour out of an empty cup

Self care is not selfish, it is necessary and wellness should be welcomed. I encourage You to take time to pause, to rest, to reset. To recognize your inherent value and worth. To know that it's ok to ask for help when You are overwhelmed.

To Your Wellness and Blessings!

Why You Need a *Break* Before You *Break Down*

A SELF-CARE ARTICLE FOR BUSY WOMEN

Many busy women have learned how to keep going even when we are tired, overwhelmed, and emotionally worn out. But constantly pushing through our daily grind can come at a high cost. Rest is not a reward for finishing everything. It is a necessary part of protecting your health, your peace, and your purpose.

Burnout Often Starts Quietly

Burnout does not always arrive with a dramatic warning, a big boom. Sometimes it shows up as irritability, brain fog, constant fatigue, a lack of motivation, trouble sleeping, or feeling emotionally numb. You may still be functioning on the outside while feeling completely drained on the inside.

Pausing Is Not Weakness

Taking a break does not mean you are lazy, failing, inept, or falling behind. It means that you are wise enough to notice when your mind, body, and spirit need care. A pause can help you to breathe, think clearly, regulate your emotions, and reconnect with what matters most in your life.

What a Break Can Look Like

A break does not have to be expensive or dramatic. It can look like: turning off notifications, drinking water, stopping and smelling the roses, stepping outside, journaling, praying, taking a short walk, saying no, or going to bed earlier. Small moments of intentional rest can make a truly meaningful difference.

Give Yourself Permission

You do not have to wait until you are exhausted to begin to care for yourself. Give yourself permission to pause before you reach the breaking point. When you choose rest, you are not quitting. You are creating space to recover, reset, and return with greater clarity and strength.



A *pause* today
can prevent a
breakdown tomorrow.



Self-Care Is Not Selfish



Caring for yourself is not indulgent—it is **necessary**. When you prioritize your well-being, you refill your energy, guard your peace, and show up better for the people and purpose that matter most.

1

YOU CANNOT POUR FROM AN EMPTY CUP

Constant giving without replenishing leads to exhaustion. When you ignore your own needs for too long, your body, mind, and spirit will eventually force you to stop. Refill often so you can keep going with joy and grace.

2

REST PROTECTS YOUR HEALTH

Rest is not a reward—it is restoration. Quality sleep, nourishing food, movement, and emotional care support your physical health and mental clarity. When you rest, your resilience grows.

3

BOUNDARIES ARE PART OF SELF-CARE

Saying no is not selfish—it is wise. Protecting your time, energy, and attention helps you avoid overload and resentment. Boundaries create space for what truly matters.

4

TAKING CARE OF YOU HELPS EVERYONE

When you care for yourself, you have more patience, presence, and peace to give. Self-care strengthens how you love your family, lead at work, serve in ministry, and walk in your purpose.

*Be kind
to you.*



Remember:

Caring for
yourself is not
selfish.
It is stewardship.



Self-care

MEANS...



LISTENING TO YOUR BODY

Tune in to what you need
and honor it.



TAKING BREAKS WITHOUT GUILT

Rest is productive.
You are not a machine.



DRINKING WATER & NOURISHING YOURSELF

What you put in your body
impacts how you feel
and function.



PROTECTING YOUR PEACE

Guard your thoughts,
your time, and your
emotional space.



ASKING FOR SUPPORT WHEN YOU NEED IT

You don't have to do
everything alone.

FORWARD
GOOD THINGS

ARE
UP AHEAD

*"Love your neighbor
as yourself."*

MATTHEW 22:39

You matter. Your well-being
matters. So do you.

7 Signs that You're Running on Empty™

Burnout doesn't always shout. It's not always loud. Sometimes it whispers through your body, mood, and mind. Here are seven signs that it may be time to pause and reset.

1. You're tired even after sleeping.
2. Small things irritate you quickly.
3. You feel overwhelmed by simple tasks.
4. You keep saying 'I'm fine' when you're not.
5. You struggle to focus or to make decisions.
6. You have no time or energy for yourself.
7. Your body is asking for rest through headaches, tension, stomach issues or exhaustion.



*If you see yourself in these signs,
give yourself permission to pause,
breathe, and begin again.*





take a break!

The POWER in the *Pause*



WHY REGULAR BREAKS HELP YOU REFLECT, RECALIBRATE, AND THRIVE

In today's fast-paced world, many women have learned to equate being busy with being successful. Our calendars are full, our minds are constantly racing, and our to-do lists never seem to end. We often believe that slowing down means we're falling behind.



**But the truth is
quite the opposite.**

The most productive people understand the importance of regular pauses.



*Sometimes the
breakthrough you're
looking for isn't
found by working
harder—
it's found by
becoming still.*



*Rest
Reflect
Recalibrate
Reset*
♥

WHY THE PAUSE MATTERS

When you never stop moving, it's easy to lose sight of what truly matters. A pause gives you the opportunity to step away from the noise, reconnect with yourself, and evaluate whether you're living in alignment with your values and priorities.

A pause allows you to:

- ♥ Reflect on where you are.
- ♥ Recalibrate your priorities.
- ♥ Restore your physical and emotional energy.
- ♥ Renew your focus and creativity.
- ♥ Respond thoughtfully instead of reacting impulsively.
- ♥ Reconnect with God, your purpose, and your peace.

Reflection

PAGE

REST & RESET

Take a moment to pause, reflect, and realign.
Your answers today create your transformation tomorrow.



1. WHAT HAVE I BEEN CARRYING THAT I NEED TO RELEASE?



2. HOW AM I FEELING RIGHT NOW?

Emotion: _____

Energy Level: _____

Stress Level: _____

Rate your overall well-being
(1 = Low 10 = High)

1 2 3 4 5 6 7 8 9 10

3. WHAT DO I NEED MORE OF IN MY LIFE?

- ♥ Rest _____
- ♥ Peace _____
- ♥ Time for Me _____
- ♥ Joy _____
- ♥ Connection _____
- ♥ Other: _____

4. WHAT DO I NEED LESS OF?



5. WHAT CAN I DO TODAY TO REST AND RESET?

6. WHAT AM I GRATEFUL FOR TODAY?

7. WHAT IS ONE NUGGET OF TRUTH I WANT TO REMEMBER?



HEALTHY Boundaries

♥
Boundaries
are a form of
self-love.

10 BOUNDARY TIPS TO PROTECT YOUR PEACE

1



PROTECT YOUR TIME

Your time is valuable.
Be intentional about
how you spend it.

Try saying:

"I'm not available
right now."

2



IT'S OKAY TO SAY NO

You don't have to
explain or feel guilty
for saying no.

Try saying:

"No, that doesn't
work for me."

3



PROTECT YOUR ENERGY

Not everything
deserves your
energy. Choose
what feels aligned.

Try saying:

"I need to protect
my peace."

4



YOU ARE NOT RESPONSIBLE

You cannot pour
from an empty cup.
You are not
responsible for
everyone's happiness.

Try saying:

"I can't take
that on for you."

5



HONOR YOUR NEEDS

Your needs matter
just as much as
everyone else's.

Try saying:

"I need to take
care of myself."

6



SET CLEAR LIMITS

Be clear about what
you will and will not
accept.

Try saying:

"That's not
something I'm
comfortable with."

7



COMMUNICATE WITH CONFIDENCE

Speak up calmly
and clearly. Your
voice matters.

Try saying:

"I need help
when I'm
overextended."

8



IT'S OKAY TO KEEP THINGS PRIVATE

You don't have to
share everything
or be everywhere.

Try saying:

"I'd prefer not to
discuss that."

9



LEAVE SPACE FOR REST

Rest is productive.
You deserve time
to recharge.

Try saying:

"I'm taking time
to rest and
recharge."

10



RELEASE GUILT & PEOPLE PLEASEING

You can love people
without losing
yourself.

Try saying:

"It's okay if they
don't understand
my boundaries."

Reflection Time ♥

♥ Which of these boundaries do I need
to work on the most?

♥ What is one boundary I will
commit to this week?

Remember: ♥

- ♥ Boundaries are not mean.
- ♥ Boundaries are not selfish.
- ♥ Boundaries are necessary.

You are
Valuable



*I hope that You have enjoyed this
premier issue of She Thrives.*

*Follow me on Facebook for
updates on future issues.*

Veronica



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