

Moments of Grace

Finding **Strength** in Every Cycle

Fall 2024 Issue

Greetings,

Welcome to **Moments of Grace**, where we celebrate wellness, empowerment, and the beauty of self-care. I am Dawn Grace-Jones, and I'm thrilled to introduce you to this inaugural issue. This quarterly newsletter is designed with YOU in mind—a place where women seeking wellness tips and support can find inspiration and practical advice for their daily lives.

In each issue, we'll delve into topics that matter most: from understanding your menstrual cycle and nurturing self-care rituals to embracing body positivity and fostering mental well-being. Our goal is simple: to empower you with knowledge and practices to thrive and be your best.

Best Regards,
Dawn Grace-Jones, Esq. RN



In this Issue

- 1 Welcome Message
Let's Take Care of Ourselves
- 2 Navigate that Time of the Month with Grace
Stress Management Techniques
- 3 Calendar of Care
Discovering Grace

Let's Take Care of Ourselves

As we found ourselves more than halfway through the year, I wanted to talk with you about a critical topic for us women, breast cancer. You know, as a nurse, I've seen firsthand how important it is to prioritize our health. It's not just about routine check-ups or mammograms—though those are crucial—it's about loving ourselves enough to take those small steps every day that add up to big differences in our health.

October is Breast Cancer Awareness Month a time to remind ourselves and our loved ones about the importance of regular breast cancer screenings. According to the **Centers for Disease Control and Prevention (CDC)**, breast cancer screenings can help find breast cancer early when it is easy to treat. Maintaining a healthy weight, staying physically active, and being mindful of our diet can help reduce the risk of breast cancer.

Let's make the pinky promise of not neglecting ourselves. I encourage you to stay mindful of your body, what it is telling you, and never seek medical advice if something off. Whether it's remembering to do those self-exams, encouraging our loved ones to do the same, or simply reminding ourselves to live healthily, every action matters.

So, as we move toward the last months of the year, let's embrace self-care in all its forms—physical, mental, and emotional.

Take care, my dear friends.



Navigate that Time of the Month with Grace

Menstruation is a natural part of life for many women, yet it can often come with discomfort and cramping. During this time of the month, practicing self-care rituals can help make a significant difference in easing menstrual pain.

- ♦ **Heat Therapy:** Applying heat to the lower abdomen can help relax muscles and alleviate cramps. Use a heating pad or a warm water bottle wrapped in a towel. Even a warm bath can provide soothing relief.
- ♦ **Gentle Exercise:** Engaging in light physical activity such as walking, yoga, or stretching can help improve blood circulation and reduce pain. These activities also release endorphins, which can uplift your mood.
- ♦ **Herbal Teas:** Certain herbal teas like ginger, chamomile, and peppermint have natural anti-inflammatory properties that can help ease menstrual cramps and promote relaxation.
- ♦ **Balanced Diet:** Consuming a well-balanced diet can help regulate hormone levels and reduce bloating and discomfort.
- ♦ **Adequate Rest:** Be sure to get enough rest during your menstrual cycle. Lack of sleep can exacerbate symptoms such as fatigue and mood swings. Aim for 7–9 hours of quality sleep each night.
- ♦ **Pain Relief Options:** Over-the-counter pain relievers such as ibuprofen or acetaminophen can effectively alleviate menstrual cramps. Always consult with your healthcare provider for guidance on medication usage.

Remember, every woman's experience is unique, so explore what works best for you and embrace each menstrual cycle with grace.



*Blossoming
Positivity*

*"Don't let
anyone second
guess your
goodness."*

- Dawn

Stress Management Techniques

With so much going on in today's fast-paced world, stress can creep into our lives and affect us mentally and physically. We may feel overwhelmed and shut down, but there is good news! There are many effective stress management techniques that can help us regain control and cultivate a sense of calmness.

Here are some ways to help you manage stress and create a peaceful environment:

- » **Positive self-talk:** Encourage yourself with positive affirmations or replace negative sayings with positive ones, so instead of saying "I can't do this," say "I got this!"
- » **Deep Breathing:** When you start feeling

overwhelmed, take slow, deep breaths in through your nose and out through your mouth.

- » **Journaling:** Writing down your thoughts and feelings can help you to process and release them.
- » **Physical activity:** Engage in exercises that center you and bring you joy, like running, walking or yoga.

Trying out these different techniques or even discovering some that better fit you is essential when managing stress. Remember to start small, be patient and most importantly, be kind to yourself as you take the steps towards a more relaxed and centered you.



Calendar of *Care*



August

Black Business Month
National Breastfeeding Month
World Breast Cancer Research Day (8/18)
Women's Equality Day (8/26)

September

National Self-Care Awareness Month
Polycystic Ovarian Syndrome Awareness Month
Labor Day 9/02
National Women's Health and Fitness Day 9/25

October

Breast Cancer Awareness Month
World Menopause Month
No Bra Day (10/13)
Emergency Nurses Week (10/6-10/12)

November

National Diabetes Month
Lung Cancer Awareness Month
Veterans Day (11/11)
Thanksgiving (11/28)

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is a **medical expert** and passionate **advocate** for **menstrual health** and **wellness**. As a **speaker** and **author**, she empowers healthcare professionals, particularly nurses and medical practitioners, to optimize **Electronic Health Record (EHR) systems**, minimizing legal risks and promoting best practices.

Dawn's expertise extends beyond healthcare, as a **former Assistant City Manager** and **current Special Magistrate**. When she's not dedicating her time to improving healthcare and advocacy, Dawn finds comfort in the melodic sounds of piano music and cherishing moments with her loved ones.

Thanks for reading!

Be sure to stay connected for more inspiring stories, upcoming events and all the exciting news I have in store!



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Grace

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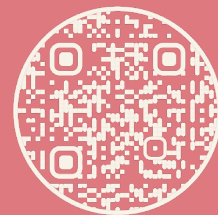
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