

Celebrating Women, Honoring Health

May is for Mothers. May is for Mental Health. May is for You.

May gives us the perfect opportunity to pause and reflect on the incredible strength, complexity, and resilience of women. It's Women's Health Month, Mental Health Awareness Month, and of course, the month we celebrate Mother's Day—a powerful trifecta that reminds us how deeply connected the body, mind, and heart truly are.

To Every Woman:

Whether you're a mother, a daughter, a sister, a caregiver, a friend—or all of the above—this month is a reminder that **your health matters**. Not just your physical health (although yes, drink the water!), but your emotional, mental, and spiritual health too.

Women often show up for everyone else first. This May, we invite you to also show up for **yourself**.



Let's Talk About It: Women's Mental Health

Women are more likely to experience anxiety and depression—and also more likely to power through it in silence. Let's change that. Talking about mental health is a sign of strength, not weakness.

Whether you're managing stress, navigating motherhood, facing grief, or simply tired (we see you), your experiences are valid—and you're not alone.

Ways to Support Your Health This Month:

1. Schedule your annual wellness check (*Get GoPivot points for it*)
2. Say YES to rest and NO to things that drain you
3. Move your body in a way that feels joyful—not like punishment (*Yoga class is calling your name*)
4. Join our **Thrive from Within Challenge** or **Cultivating a Thriving Mindset Group** for community support
5. Celebrate your journey—not just your progress



To the Moms—We See You

To the moms juggling work, family, and everything in between...

To the moms healing from loss, holding space for others, or simply doing their best...

To the mother figures how to love without limits...

You are seen. You are appreciated. You are enough.

Take time this month to reflect, rest, and reconnect, with yourself and with what matters most.

This May, make space for you. Because you matter—mind, body, and soul.
