

## NEWSLETTER SERIES

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**Week1:**

 **Breathe.Break. Build- Monday:Your Body is not a trend.**

A weekly rest for woman's healing from unrealistic expectations.

### **Breathe**

Your body is not a thing of aesthetic, it's a complex of systems that's meant to shelter you.  
Nourish you .Carry you.

You are not “ behind” because you're not size 6.

You are allowed to be without face tuning yourself .

### **Break**

Let's break up with “What I Eat in a Day” culture.

The curated military diet. The low carb perfection.

The silent judgment baked into every thumbnail.

Here's the truth: nutrition is deeply individual.

Health isn't what your favorite influencer eats

It's how your body feels when nourished and respected.

Unfollow what makes you feel like you're too much or not enough.

Unsubscribe from silent shame disguised as inspiration.

A study looking at both dieters and binge eaters found that among both groups, higher levels of dietary restraint were associated with greater preoccupation with food and eating.

### **Build**

This week, try this:

Unfollow 5 accounts that trigger insecurity.

Follow 5 evidence-based health educators or body-neutral voices.

Then eat one damn delicious meal without guilt, distraction, or explanation.

You don't owe the internet your progress.

But you do owe your body some peace.

### **Still with me?**

If this landed, share it. Or reply. Or chakam

Either way, breath easy. You're already enough.

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### **Week2:**

 **Breathe.Break. Build- Monday:Not Tired=Burnt Out.**

A weekly rest for woman's healing from unrealistic expectations.

**Breathe**  

You're not lazy. You're not falling behind.

You're burnt out, and that's not the same thing.

Fatigue isn't always solved with sleep. Sometimes, it's a full system shutdown from running on survival mode.

### **Break**

Let's kill the "I'll rest when I'm done" mindset.You won't.

Learn to say 'No' to burning pressure

Because the to do list keeps growing, the boundaries keep bending, and your body keeps paying the debt.

Burnout shows up in more than exhaustion:

Irregular periods

Gut issues

Brain fog

Constant irritability

This isn't failure. It's your body screaming for mercy. Help it out.

## **Build**

This week, ask yourself:

"What's one thing I can drop without explanation?"

Unfollow a task. Decline a call. Say no. Rest isn't earned. It's essential.

Burnout doesn't mean you're broken.

It means you've been surviving.

Now, you start healing.....

Reply and tell me:

What's one thing you're letting go of this week?

Or forward this to someone whose body might be whispering what they're too tired to say out loud.

## **Week3:**

 **Breathe.Break. Build- Monday: The Silent Hormone Hijack**

A weekly rest for woman's healing from unrealistic expectations.

**Breathe**  

Your body isn't dramatic. It's signaling.

That mood swing?

That mid-cycle crash?

That sudden breakout?

It's not in your head. It's in your hormones.

Your body isn't being too much. it's speaking in the only language it knows: symptoms.

But too often, we're told to quiet them down.

Be "strong." Be "normal." Be "fine."

Ignore the signs. Push through.

## **Break**

We've normalized too much:

Crushing fatigue as "just PMS"

Anxiety as "just stress"

Hair loss as "just vanity"

But hormone imbalance doesn't always scream.

Sometimes it whispers and slowly unravels your sense of control.

If you're not tracking it, you're fighting shadows.

And that's not fair to you.

## **Build**

This week: Start a 30-second hormone journal. Each day, jot down:

How you slept

How you felt emotionally

Any physical symptoms (bloating, breakouts, cramps, etc.)

Forget perfection. Just notice.

Patterns are how your body speaks and how you begin to respond.

You're not broken.

You're biofeedback in motion.

The clues are there.

All that's left is to listen.

PS:

If this resonated, forward it to a friend who's always wondering "What's wrong with me?"

Sometimes, it's not you. It's your hormones and it's time we started saying that out loud.

#### **Week4:**

 **Breathe.Break. Build- Monday:Healing Doesn't Look Like Hustling.**

A weekly rest for woman's healing from unrealistic expectations.

#### **Breathe**

Healing isn't a glow-up montage.

It's not 5 a.m. alarms, green smoothies, and hot yoga.

Sometimes, healing looks like:

Canceling everything.

Crying.

Sleeping.

Repeating.

You're not doing it wrong , you're doing it real.

#### **Break**

The wellness industry sells healing like a lifestyle upgrade.

But real healing? It's not cute, it's so uncomfortable.

It makes you:

Question your habits

Reconsider your boundaries

Reevaluate your job, your diet, and your relationships

If it feels messy, you're not broken.

You're in the middle and clarity often comes after collapse.

### **Build**

This week, try this:

Choose one area of your life to not optimize. Let it just be.

Trade "self-improvement" for self-trust.

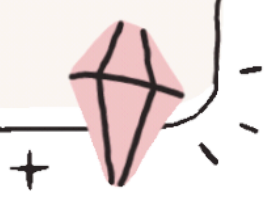
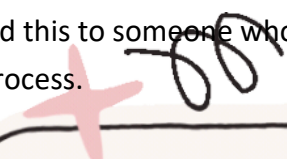
Instead of fixing yourself, practice listening to yourself.

The world won't fall apart if you slow down.

But you might, if you don't.

Your nervous system heals in safety, not in overdrive. When you give yourself permission to pause, you're not being lazy, you're being biologically wise.

Forward this to someone who's exhausted by their own expectations. Healing isn't a project. It's a process.



Zainab is a doctor and wellness writer focused on redefining health beyond aesthetics. She writes for women who are tired of being told to shrink, hustle, or ignore their symptoms.