Minnesota Women of Today
2025-2026 Fall State CIP
Women Wellness
Find balance, find peace

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Find balance, find peace

Hello, Minnesota Women of Today
Women's Wellness LPMs & Friends!

As we move into Tri 2, I want to reflect on the adventures of Tri 1. During my summer hiking trip, I found myself reaching out beyond my comfort zone. I was in a place of extreme discomfort, meaning I was working beyond my physical ability. I began to reflect inward on what my body was capable of accomplishing. I thought about failure and how it can sound bad, but I started to understand that without failure, I cannot move forward or make changes. When faced with the reality of the situation, I learned to appreciate what can be done about it, how to use this information to guide myself, so that I can be better prepared for my next adventure. So my message to you is to stop underestimating your inner strength. Stop acting like you're not enough or you're not strong enough because you already survived things that you didn't think you could. Give yourself credit for that strength that's still in you right now!
I write this because I am truly grateful and proud of all of you for starting the journey with me by reaching beyond your comfort zone, trying something hard and uncomfortable, learning to find joy in movement, and discovering your inner strength.

Tri 2's focus will be on reducing the amount of ultra-processed foods we eat. *Let's start with defining it: they are "industrial creations" made with little — if any — whole foods. This can include white bread, sandwiches, baked goods, salty snacks, and sugary drinks. We need to move away from consuming them because they are linked to an increased caloric intake and weight gain, which is associated with a greater risk of chronic diseases. I understand that these are highly convenient products and are often added to our lunch boxes. Let's start thinking of ways to make small changes to what we eat.*

Healthy Snacks/Meals

Share your favorite healthy snack/meal(s), I will compile them into a Google Doc and share them with those who are interested.
ww@mnwt.org

Your challenge for Tri 2 is to think about the foods you eat throughout the day and remove one ultra-processed food from your plate, share your journey with me, and be entered into a drawing
ww@mnwt@org

Looking for Fast Starts and Calendar??
Check out the Programming VP CIP for a consolidated listing and calendar for all programming areas.

October was declared as National Domestic Violence Awareness Month in 1989. Spread the word and take a picture to share your message. WEAR PURPLE ON THURSDAY, WEAR PURPLE OCT 19 to honor survivors, or at your OCTOBER CHAPTER MEETING. It is our time to recognize the survivors and be a voice for their victims. Share your pictures to ww@mnwt.org and be entered into a random drawing Post your pictures on Facebook!

Do you know a woman in your community who has made notable contributions? The Women Who Impact Award recognizes individuals for their work supporting others. Nominations are due by November 1. Honorees will be recognized at Winter State. For more details & forms, visit mnwt.org on the Programming Resources page. The process requires time to complete so start today.

BE KIND TO YOURSELF (I KNOW PUMPKIN SPICE IS CONTROVERSIAL)

READ A BOOK

Friday, October 10th is World Mental Health Day

World Mental Health Day is an international day for mental health education, awareness, and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health.

At your general meeting, raise awareness of World Mental Health Day by mobilizing efforts in support through education, discussion, and topics around mental health awareness. Show your support by wearing **GREEN** on Friday, October 10th

Post your pictures on Facebook!

BE PRESENT

What is Women's Wellness?

The Women's Wellness (WW) programming area focuses on providing women's health education through traditional and holistic practices, as well as balanced lifestyles. This area encourages women to take a more active role in their health and well-being. promotes health education by providing challenges to chapter members, encouraging participation with the added benefit of feeling better, participates in walks, and supports organizations that benefit women's health issues like the March of Dimes and breast cancer research, and educates women that Domestic Violence is a health issue and reminds our membership that there are still numerous people, children and families, friends, and their communities impacted by domestic violence. This area supports the Outstanding Women Who Impact program..