- Women—identity

WOMEN POWER: THE SECRET OF HER STRENGTH

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March celebrates women, so let me share — as a mother, a writer, and a business and civic leader — what I believe is the secret to women's empowerment. In one word, I have always believed it comes from intention, but today I would like to share three steps to empower you even more. I want you to cultivate the power of "HER": honesty, energy, relevance. Your power lies in your authenticity.



A quick search for "women's fitness" on any search engine will lead you to sites and programs promising weight loss, toned skin and a flatter tummy. For decades, society has told women that our bodies are ornaments meant to be looked at, judged and perfected.

But your body is not an ornament. It is an instrument. It is the vehicle through which you act out your life's mission — your ikigai. We aren't talking about working out to become less of ourselves; we are talking about training to become more. To develop the strength to do more, the clarity of mind to be more aware of opportunities and threats, and the calmness and balance to prevent burnout.

KNOW THYSELF

Like me, surely you have felt completely depleted from trying to do it all, be it all, and look perfect while doing it. We live in a world that constantly asks women for their energy, their time, and their compliance. We are pushed to meet external expectations until we have nothing left to give.

But true empowerment doesn't come from pushing past your breaking point to please the crowd. It comes from a quiet, unshakable power within.

Today, I want to introduce you to a framework for reclaiming your energy and authenticity. Again, I call it the power of HER.

The first step is Honesty. Take an honest assessment of your fitness today — but don't stop at the physical. How are you mentally, emotionally, and spiritually? Be honest. There should be no shame or judgment, only clarity. This personal assessment should also lead you to your life's goals and mission. Who and where do you want to be three months from now? One year? Three years? Five years? Deep reflection, grounded in honesty, should result in a clear and exciting vision of your next steps.

Once we are honest about our baseline and where we want to be, we must talk about what fuels it: Energy. Most of us think energy is something we have, but the truth is, it is something we generate. Movement is the spark that lights the fire for the rest of your day. The stronger you are, the greater your capacity to handle life's demands.

Empowerment is choosing movement that makes you feel alive. If you hate the treadmill, get off it. If you love dancing, lifting weights, walking in nature, or swimming, do that. It stops being a punishment and becomes a passion. Discipline might get you started on a Monday morning, but passion — how movement makes you feel — is what keeps you coming back for years.

The final piece of the puzzle is being relevant, reliable, and real. Strength is only relevant if it helps you navigate your real life. Whether that means lifting your kids, carrying groceries, or staying sharp during a 10-hour workday, your fitness should serve your reality.

You cannot be a reliable pillar for others if your own health is crumbling. Self-care is the ultimate act of service. When you are strong, you become a more reliable leader, mother, and friend.

Rest is the part we often forget. Stillness is not doing nothing; it is an active process of recovery. If you don't choose a day to rest, your body will eventually choose one for you. Think of how a bow and arrow works: to launch an arrow forward with incredible power, you must first pull it backward. You create tension—and then you let go.

When you know your worth is inherent, the external pressure of societal beauty standards loses its hold over you. To be real is to be empowered. To be authentic is to be uniquely beautiful.

FITNESS WITH A PURPOSE

Exercise is just movement until you attach it to your ikigai. Why do you want to be strong? Is it to keep up with your children? To lead your team with more clarity? When you understand why you need to be healthy, you stop looking for excuses. Motivation to train becomes purposeful.

We must shift the narrative. We don't train to fit into a dress; we train to be capable — of showing up for our families, our careers, and ourselves. Your body is the vessel that carries your soul's work. Is it ready for your ikigai?

Let me remind you: loving yourself in a world that constantly tells you who you should be is an act of freedom.

When you practice HER — when you are honest about your needs, when you fuel your energy, and when you stay relevant by knowing your worth—you begin to understand that your beauty is inherent.

Honor HER every day. Every choice — to move, to eat well, to rest — is a vote for the woman you are becoming. Bounce back, don't break. Resilience isn't about never falling; it's about having the HER foundation to rise again, every single time.

So tomorrow, when you wake up, don't move out of obligation or external pressure. Move because you are honoring the incredible, unique and authentic woman you are.

Move for her.

Post me a note at mylenedayrit@gmail.com.

March asked us to pay attention. In the quieter, more intentional way that health often requires. Across the past weeks, Joyful Wellness moved through conversations that, at first glance, seemed varied—women's health, tuberculosis, relationships, health screenings, even the subtle burden of noise.

Yet beneath them was a shared thread.

They were all, in their own way, about how we live.

THE SCIENCE OF PAYING ATTENTION

Much of modern health discourse focuses on intervention, what to do when something is already wrong. This month, we turned instead toward something more foundational: how small, consistent

decisions shape long-term wellbeing.
Preventive screenings remind us that early action changes outcomes. Conversations on tuberculosis reveal how awareness and participation influence public health. Features on relationships and emotional safety highlight how connection affects the nervous system, immunity, and longevity.
Even noise, something easily dismissed as background, proved to be more than environmental. It shapes stress levels, sleep, and mental clarity.
What emerges from all this is a simple but often overlooked truth: Health is cumulative.
It is built from patterns sustained over time.

LIVING INTENTIONALLY

This brings us to what may be the most important idea of the month: intentional living.
In scientific terms, it reflects the body's ability to regulate, to return to balance after stress, to adapt to change, to maintain internal stability. In everyday life, it appears as something more familiar.
Scheduling a long-delayed checkup.
Choosing rest over unnecessary urgency.
Recognizing when a relationship no longer supports wellbeing.
Allowing moments of quiet in a world that rarely pauses.
They are small acts of awareness. And they accumulate.

THE BODY REMEMBERS

The articles that accompany this piece: on friendship breakups and the grief that often goes unnamed, and on touch and loneliness extend this conversation further.
They remind us that the body does not separate emotional experience from physical health.
Loss, even when it arrives without ceremony, registers in the nervous system. Loneliness, even when unspoken, affects immune response and stress hormones. Human connection whether present or absent shapes the way the body feels, heals, and endures.

A PAGE, A DIRECTION

Taken together, these stories form a single idea:
That health is lived, across time, relationships, environments, and choices.

WHAT JOYFUL WELLNESS IS HERE FOR

This month was an introduction. To a way of thinking about health that is grounded in science, but attentive to daily life. One that informs without overwhelming, guides without insisting, and remains accessible to those who need it most.
Joyful Wellness exists to make health understandable, usable, and part of everyday living.
To help readers take charge through clarity.

WHAT COMES NEXT

If March was about paying attention, the months ahead will be about continuing with intention.
Because wellbeing is something we return to, again and again, through the choices we make quietly, consistently, and often without recognition.
In a world that moves quickly, it is easy to overlook the small things that sustain us.
This month reminded us to notice them.
And perhaps that is where health begins, in attention. THE TAKEAWAY