

TEA TIMES

THE OFFICIAL NEWSLETTER FOR TEA TALKS WITH TIA

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*The Tea Times Newsletter was founded by Tia Hawkins R.N., B.S.N. as an informational and entertainment resource. Any and all information contained in this newsletter or any other correspondence from the "Tea Talks with Tia" brand should never replace the advice, guidance, or recommendations of one's personal physician(s) and/or healthcare provider(s).

Welcome and Welcome Back!

WELCOME

My cup runneth
over that you are
here!

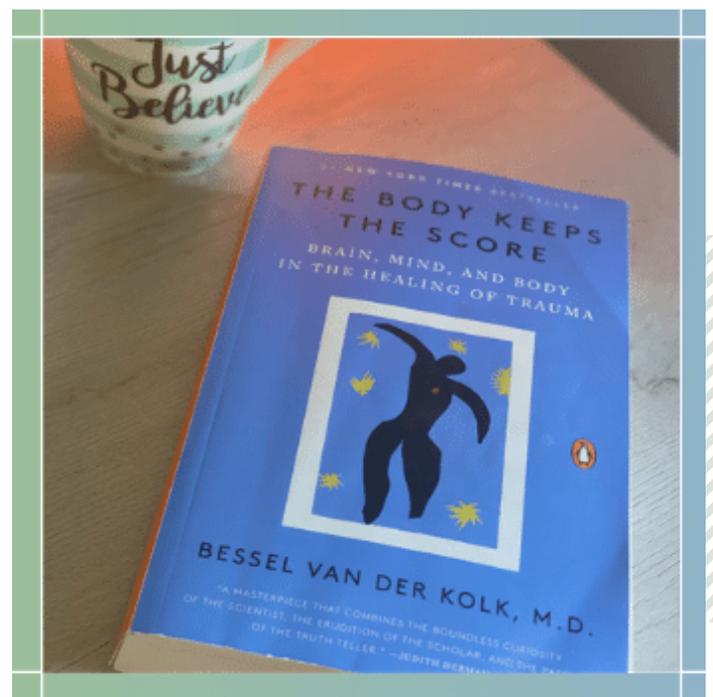
"Nothing changes, if nothing changes"

Hi there! Salutations are definitely in order! If you are new here, thank you for joining this awesome community! I hope you will love being here as much as I love having you. If you are not new to my content but have been patiently waiting for our "revamp" I thank you from the bottom of my heart for sticking around and staying connected. I know there are tons of bloggers, writers, and focused forums on the internet. The fact that you chose to sit with me in my little corner of the virtual world for any length of time truly means so much! I'm excited to share a new name, a new look, and even more relevant content. We also have some pretty amazing short and long-term projects in-store to deliver to you, even more!

Once again, welcome and as always thank you!

What's on Tia's Tea Table? ☕

Tea of course.....Rooibos specifically ☺ but this month I am re-reading the non-fiction book "The Body Keeps the Score" by Bessel Van Der Kolk, M.D. I cannot recommend this book enough. At some point, I am sure I will devote a newsletter to it. Dr. Kolk writes about his personal research on trauma through the lens of his captivating personal observations as well as riveting patient stories. This book is a must-read for anyone who has experienced any type of trauma, at any stage of their life and should be considered a gift to self. Eye-opening and reflective, this book definitely offers wisdom and insight to those who have had a difficult time understanding the depth of impact trauma has had not just on their mind, but their body as well! This one scores 5 cups of tea from me! Click on the book to get automatically redirected to the Amazon link where you can purchase.



Rating:



The Middle of Everything

by Tia Hawkins

We are all in the middle of something right now. Collectively, we are in the middle of the year 2021 and heading away from the middle, toward the shallow end of a global pandemic. Perhaps, personally, you're in the middle of love, the middle of heartbreak, the middle of life, the middle of parenting, the middle of joy, the middle of a struggle, the middle of a career, or the middle of a divorce. There's always a middle of somewhere and the list goes on and on. Sometimes we know when we are in the middle of whatever it is but most of the time we don't. We definitely know when something begins and when something ends. Those are pretty solid places, but the middle...not so much.

Let me tell you a little something about the middle though. The middle is where it all happens. The middle is where the beginning ends and the end begins. The middle is where we lose the old and find the new. The middle is where we finally understand the lesson and begin to apply the wisdom. The middle is messy. Sometimes it's chaotic and other times it's silent. Both can be uncomfortable. The middle is where most of your strength, determination, patience, and faith are required but it's also where you usually are the strongest. The middle is the top of the mountain friends, where you stand tall and proud, even if you don't know what's coming next. The middle is where you let go of the past and inhale the future. The middle my friends is where the waiting happens but so does the magic.

I'll be honest, I'm in the middle of a lot right now (or so it seems) living a middle-class class life in my mid-life years, in the middle of changing careers, raising middle-aged children (tweens) and most days I'm winging it. I'm not the vibrant 20 something year old who could party until dawn and still go to my professional corporate America job the next day. I'm also not anywhere close to retirement and feeling lifelong fulfillment. I'm in the middle. The middle to me for so long felt like I was nowhere. Every day when I would wake up, I'd think "My life has no direction. This can not be all there is." If you have ever thought this, let me tell you...that is the thought of being in the middle. That is where your life happens for you with the least amount of instructions. It is also when you are in the least amount of control. For me, at times, it's caused the same level of anxiety as anyone may have while waiting for blood work results to come back! That level in case anyone needs to know is a 10! It's a huge and terrifying 10! The middle can feel overwhelming and completely boring and purposeless all at the same time.

What I learned in the middle though is the most! I learned that I can show up every day without expectations and survive. I learned that our plans can be made but they are not always what will happen. I learned that I miss my little toddlers but I love the self-sufficient, inquisitive and kind humans my tweens are becoming. I learned that just because you have a degree in one thing doesn't mean you can't do something else. I've learned that who I was and who I am are not the same but who I am becoming has the best pieces of her. I learned that change is still good, even if what is changing wasn't bad. I've learned to count on myself more and others less, not because they can't or they shouldn't but because I can! I've learned that expectations ruin self-esteem just like it ruins relationships and for that alone we need to be kinder and gentler to ourselves. Most of all friends, I've learned that when you find yourself in the middle...you find yourself.

Stay well & Sip Slow Friends,

Tia

*'Sometimes you find yourself in the
middle of nowhere, and sometimes in
the middle of nowhere is where you
www.reataalkswithtia.com
find yourself.'*



A Cuppa Headspace

A Single Promise to Yourself Each Day, Keeps the Burnout at Bay.

Adulting is hard in and of itself, then we add relationships, partnerships, marriage, careers, kids, pets and a million other responsibilities then wonder why we are stressed, overwhelmed, and exhausted. All the things we love and cherish can also be hard and consuming. We make promises and commitments to everyone else and everything else except ourselves. That is all about to change my friends. In this month's Cuppa Headspace we are asking you to take the "Promise a Day to Me" challenge. At the end of this newsletter is a free printable for you to print and jot down a daily promise to yourself that you promise to keep.

Mental Health is something that has to be constantly cared for. Whether we are in the depths of depression or feel the best we've felt in years this is a small but meaningful exercise that can help establish new wellness habits that will stick.

Will you commit to yourself just once a day this month? **YOU ARE WORTH THE EFFORT!**

Here are a few things I will be promising myself throughout the month! 😊

- Walking 1 mile outdoors
- Cooking a new healthy recipe
- Connecting to my breath
- Listen to my favorite music
- Read 2 chapters of a book
- Say no to anything I don't feel like doing
- Say yes to anything I want to do
- Stay authentic to me in every situation
- Only positive self-talk after a negative thought

Life Hack:

- **USE MENS DISPOSABLE RAZORS**
- **CHEAPER OR EQUIVALENT**
- **BETTER RAZOR QUALITY**
- **SMOOTHER SHAVE/CLOSER TO ROOT**
- **LESS SHAVING FOR YOU**

Do You Have A Question for Tia?

Do you have a question for Tia about Mental Health, Parenting, or something else? What do you want more of in your newsletter? Click the link below and look for a response on "Tea Talks with Tia" social media platforms. Your Q&A may also be featured in the next month's Newsletter!

You may absolutely remain anonymous and Tia will give you a sophisticated English tea name 😊 when publishing.

Don't be shy! Let's share our questions, thoughts, and stories. Remember, someone, somewhere is, was, or will be where you are today!

Let's support each other in the journey.

[CLICK HERE](#)



One promise a day to Me!

mon.

tues.

wed.

thurs.

fri.

sat.

sun.