

## WFWP USA Home Toolkit for Empowerment and Support in Challenging Times

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Dear esteemed subscribers and friends of WFWP USA!

We hope this note finds you safe and in good health!

Our hearts and prayers go out to you in these times of global crisis and unique challenges due to COVID-19. Many of us across the country now live in social isolation and quarantined in our homes. **GOOD CHOICE!**

Yet, what to do all day long with the same people around you? Maybe you are bored? Lonely? Anxious what will happen next?

First of all, we feel that the most important task at this time is to **STAY ALERT, COOPERATE WITH YOUR LOCAL GOVERNMENT, KEEP YOUR SPIRIT HIGH and STAY POSITIVE.** Try not to get caught up in the spirit of fear, anxiety and confusion, which according to science already lowers your immune system by 50%!! Second, be creative, and find something meaningful and purposeful to do.

To kick-start your own ideas and imagination, we put together this Home Toolkit designed to empower yourself and others in the simple form of a "cheat sheet" which you may want to put on your refrigerator. This bullet list is also designed for you to support Women's Federation in a very simple, but powerful and impactful way, thus spreading seeds of goodness and hope further. Maybe choose one or more each day - or one in each category.

We would love to hear from you, what your experience is with it, and ask you to please drop us a line or share more ideas with others and we will feature it in our upcoming Logic of Love newsletter.

Bottom line:

Be encouraged as women and mothers to use this time at home to take good care of self and your family and create a loving atmosphere. "When the mother of the family is happy, the family is happy," as one of our Herstory Awardees said!

I believe, we are all called by our Creator to also take care of His greater family and children with a Mother's heart which is needed right now like fresh air! And if we do a good job, we will feel happier ourselves, and might get even healthier in the process! Check out the point about alkaline foods as an antidote for the virus!

In that spirit: Wash those hands often, stay at home and stay healthy, but also stay spiritually strong and tuned in, and spread goodness and hope!

Angelika and WFWP USA team

[Click Here for the WFWP USA Home Toolkit](#)

## Empower and Uplift Yourself, Your Family and Others

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**“The most important thing about health is always living with a positive, happy and grateful heart. When we open our eyes in the morning, we should smile and shout out, ‘Today I am beginning a happy day!’ It is said, if we do that, all diseases fall away, and endorphins are produced. Therefore, we also become more healthy and efficient in our work.”**

**- Dr. Hak Ja Han Moon, Mother of Peace**

### CARE FOR SELF AND FAMILY

- Keep spirit high - pray, read scriptures, meditate, sing and listen to uplifting music
- Study Holy Scriptures and Holy texts alone or with others
- Surround yourself with uplifting content, such as the Logic of Love news
- Share empowering content with others and spread positivity on social media
- Be creative with acts of service, such as writing letters to your loved ones
- Nurture self - eat healthy and alkaline foods (see list below), boost immune system, dance and enjoy life
- **Keep mindset “alkaline” by reading positive self-help books**
- Love husband and children - family fun times
- Call one or more members of your family or neighbors a day and see how they are doing
- Get to know each other more deeply, pray together and share ideas
- Find ways to connect virtually with each other, such as Zoom, video call, etc.

### HEALTH TIPS: UNBLOCK TO UNLOCK

- [Click here](#) for some healthy tips from our WFWP USA Senior Vice President, Juanita Pierre-Louis to boost your immune system.

### ALKALINE FOOD LIST

- The pH for the COIVD-19 virus varies from 5.5 to 8.5 pH levels. We need to take more of alkaline foods that are above the pH level of the COVID-19 virus. Some of which are:
  - Lemon - 9.9pH
  - Lime - 8.2pH
  - Avocado - 15.6pH
  - Garlic - 13.2pH
  - Mango - 8.7pH
  - Tangerine - 8.5pH
  - Pineapple - 12.7pH
  - Dandelion - 22.7pH
  - Orange - 9.2pH



## HEALTH TIPS: UNBLOCK TO UNLOCK

July 21, 2015 · Juanita Pierre-Louis



1. When you wake up in the morning complete the following statement and take a deep breath. My purpose is to \_\_\_\_\_ today.
2. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
3. Sit in silence for at least 10 minutes each day. Buy a lock if you have to.
4. Live with the 3 E's – Energy, Enthusiasm, and Empathy.
5. Play more games and read more books than you did in 2014.
6. Make time to pray, meditate, praise God and another person each day. This will provide you with daily fuel for your busy life, and help you to recreate yourself.
7. Spend time with people over the age of 70 and under the age of 6.
8. Dream more while you are awake.
9. Try to make at least 3 people smile each day.
10. Clear clutter from your house, your car, your desk, and let new and flowing energy into your life.
11. Don't waste your precious energy on gossip, issues of the past, negative thoughts, or things you cannot control. Instead invest your energy in the positive present moment and another human being.
12. Smile and laugh more. It will uplift you and others. Every time you smile, you Bless a Child.
13. Make peace with your past, so it won't spoil the present.
14. Don't compare your life with others. You have no idea what their journey is all about.
15. No one is in charge of your happiness but you.
16. Get rid of anything that isn't useful, beautiful, or joyful.
17. Envy is a waste of time. You already have all you need.
18. No matter how you feel, get up, dress up, and show up.
19. Call your family often.
20. Forgive everyone, for everything!
21. As a leader, always be ready to acknowledge what you don't know. Leadership is a relationship. A leader does not control, but cultivates.