



Empowered Living #55 – Summertime Fun!

Summer 2022

Sunny summer weather is here...and with it, a renewed sense of energy and joy.

If there was ever a year that we needed an infusion of fun and joy, it's this year. Summer is naturally a time of activity, socializing, and expansion...and after two years of lockdowns, introspection and isolation, the desire to reconnect with others and expand our horizons is even stronger.

I know for myself, I'm excited to reconnect with friends and enjoy backyard BBQs and live music again. I'm also looking forward to doing some fun activities with my kids, like hiking, biking and ziplining, and enjoying a week on my own at a cottage and a girls' weekend with a friend.

Whatever you choose to do, I hope you enjoy this summer to the fullest...and that this issue brings you some ideas for your summer bucket list!

Upcoming events

- **July 7** – [Wine tasting and Italian food at Kin Vineyards](#) in Carp, ON (Single Gals event)

Resources



There's no need to be bored this summer...learn how to have fun without a plus one in [Summer fun as a single!](#)



It's normal for your friendships to change over time, and to lose some people along the way. The question is...how can you find new friendships that suit you better? Discover how in: [Making new friends \(as an adult\)](#)



Are you feeling lonely, and wanting to connect with other single women? Join our [Empowered Single Women Facebook group](#), where we share ideas on how to love life as a single person and also attract love!



Dating and relationship tips: Overcoming anxiety about being in public again

During the pandemic, we got used to keeping to ourselves, which for many felt temporarily safer. But long-term this isolation exacerbated feelings of anxiety related to being around other people in social settings.

Now that the world is re-opening, some people are thrilled to get back out there, while others are struggling with feelings of anxiety. It's important to acknowledge and validate these emotions, not shame ourselves for them...our society has been living with a huge amount of fear due to the pandemic, so it makes sense that it feels hard to move past it. Just allow yourself to sit with your feelings and breathe deeply, knowing that right now, in this moment, you are safe.

Next, it's important to find a way to continue feeling safe while out in public. Avoiding being in public does not lessen anxiety...avoidance actually makes anxiety worse. So ask yourself what you need to feel safe when you leave your house. Maybe it's to wear a mask in public for now. Maybe it's to go out with a trusted friend or family member. Maybe it's to drive yourself, so you can avoid public transport and return home when you need to. Find a way to make venturing out in public feel safer, breathe through your emotions, and move through your fear...you'll be glad you did once you remember how fun it can be to share experiences with others!

And if you find your anxiety is paralyzing, please speak to your doctor or a therapist to get some professional mental health support.

Healthy hints



[Summer hair care tips](#)

Rockin' recipes



[Easy BBQ recipes](#)

Creativity corner Comedy central



[Fun summer crafts](#)



[We asked 100 single women](#)

I hope you have a terrific and energizing summer!

xo Karen

Karen Strang Allen

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