



VOLUME 63

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May is Mental Health Awareness Month, and it's a more important observance than ever: Almost 20% of American adults—nearly 50 million Americans currently experience mental illness, and many of them suffer in silence because of the stigmas associated with mental illness and mental disorders.

According to the World Health Organization, in the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%. Their studies shows that teenagers and women were impacted the hardest due mostly due to the isolation.

Here are 10 Tools to help you feel stronger and more hopeful from the Mental Health America organization. Each topic is a link to tips on their website:

- [Connect with others](#)
- [Stay positive](#)
- [Get physically active](#)
- [Help others](#)
- [Get enough sleep](#)
- [Create joy and satisfaction](#)
- [Eat well](#)
- [Take care of your spirit](#)
- [Deal better with hard times](#)
- [Get professional help if you need it](#)

If you or a loved one are struggling with depression and/or anxiety, it is important that you have a trained mental health specialist to help you through these difficult times. Over the years, I have been fortunate to meet some amazing and very talented therapists in addition to holistic practitioners that are truly gifted healers. I would be happy to share my resources with you if you are struggling with any mental health issues. Please feel free to reach out to me at any time.

HAPPY MOTHER'S DAY!

Wishing all of the amazing moms a wonderful Mother's Day weekend! May you be pampered & spoiled this Sunday!

XO

Jill & Team



National Nurses Week!

May 6 - 12, 2022

From assisting with life-threatening ER crises to delivering babies and caring for the elderly in their last moments, nurses perform some of the most difficult and heartbreaking tasks in the medical world. As workers who perform the most essential healthcare tasks, nurses serve as the first point of contact for most patients.




National Nurses Week honors their contributions and sacrifices and reminds us to thank the medical professionals who keep us healthy. It is celebrated between May 6, National Nurses Day, and May 12, the birthdate of celebrated nurse Florence Nightingale.

WANT TO HELP?

To honor those that have dedicated their lives to helping others as nurses, we will be putting together a gift basket for an employee raffle item for the burses at Palm Beach Gardens Medical Center.

If you have a product or service to contribute to the basket please drop it off or send digitally if applicable to Shyann @ shuggins@d-acpa.com by Tuesday, May 10th.



Feature your
Business in our
Business
Spotlight Section!

Would you like to have your business be featured in one of our upcoming Frequency Friday newsletters?

Send your content to Shyann @ Shuggins@d-acpa.com including the following:

- Logo
- Contact Information
- Special New Customer Offer (if applicable)
- Brief summary of your business

We love featuring our clients and their businesses and is a way to give back to you for your support!



om shanti yoga

I am over the moon excited to introduce this week's new business spotlight - om shanti yoga! Their doors are opening on Sunday, May 15th! They are offering an opening special - get 6 months of unlimited, all access membership for the price of 5 - that is a \$145 savings!



To register for their opening class either Livestream or In Studio - high vibe vinyasa with co-founder Jen Sloan [CLICK HERE!](#)

1620 N US-1, Suite 10, Jupiter, FL 33469

<https://www.omshantiyogaschool.com/>

info@omshantiyogaschool.com



NOW HIRING!!

Come join our team!

#TEAM JILL is looking for an experienced professional with the following experience:

- 3 + years minimum experience of Bookkeeping experience with both Quickbooks Online & Desktop
- Payroll processing & reporting
- Sales tax filing
- Positive Attitude is a Must!

We offer 401(k), health insurance, PTO, remote working opportunity, fun bonus Team Building events!

Qualified applicants, please e-mail resumes to
[Shyann@ Shuggins@d-acpa.com](mailto:Shyann@Shuggins@d-acpa.com)



JOIN US AT OUR NETWORKING EVENT!

When: Thursday, May 12th, 5:30-7:30 PM

Where: 104 S. Clematis Street, West Palm Beach FL 33401

Sponsored By:



**The Law Offices of
Jonathan E. Litz, P.A.**



**Come have appetizers & cocktails on us.
Make some new connections at
E.R. Bradley's Saloon!**

**Please RSVP online or through Kristen
(call, text or email) 561-876-7498
kristen@palmbeachmortgagegroup.com**

**RSVP TODAY!
CLICK HERE!**

Cosmic Crypto Mojo

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED
A CRYPTO PRIMER: EARTHBOUND AND CELESTIAL NEWS AND VIEWS

Get Your Cosmic Mojo Antidote Collective Stress in Crazy Times - Part 1

Negative Stress: FUD (Fear, Uncertainty & Doubt)

Positive Antidote: FUD (Focus Upon a Dream)

- Feeling nervous about how to manage your finances?
- Is the volatility of the market giving you the jitters?
- Confused about whether or not to make a big purchase?

This week's newsletter (5/6/22) and next week's (5/13/22) are being delivered to you during the two week time/space between the Solar Eclipse and the Lunar Eclipse. You are probably somewhat familiar with the idea that Full Moons tend to be wonky with emergency rooms experiencing upticks in visitations, etc. Not as well-known is that eclipses are considered to be wild cards often forcing us to come face-to-face with turmoil that is not new but rather was eclipsed and now must be faced. The current financial turmoil has been brewing for a long time. Breathe and assure yourself that you can and will make good financial decisions now and in the future.

The Financial Frequencies of the times are globally fraught with FUD (Fear, Uncertainty and Doubt). There are many cosmic factors at work that are making this a totally expected scenario on the planet. To name just a couple, Uranus, the planet of surprises, is in Taurus, an earth sign and Pluto, the planet of transformation, is in Capricorn, also an earth sign. Earth signs relate to practical matters including everything related to money and finances. These two planetary disruptors along with Neptune that relates to dreams and dreaming are known as transpersonal planets. They relate to matters of collective consciousness. You are not alone in feeling worried and the collective influence enhances individual experience. There is a universal sense of fear, uncertainty and doubt that is impacting us all.

There is a silly saying that, "When you are up to your ass in alligators you need to remember to drain the swamp." So in our current state of financial affairs we could paraphrase this to say, "When you are drowning in FUD, focus on something (a dream) that can transport you beyond your perceived current reality." Neptune, the transpersonal planet of dreams and dreaming, is in Pisces its native sign. It is happy there. Pisces is a water sign relating to making things flow. Dream BIG and go with the flow. Because of the eclipse effect you may now discover a dream that has been hidden from view may now be available to you. Stay alert!

If you would enjoy connecting with others to talk about the turmoil and to find support for Dreaming BIG this is a reminder you are invited to join Jill, Nanette Saylor (www.wisewellwomen.com) and me (HattieParker.com) for our May 6, 2022, 3:00 PM Ask Us Anything Zoom call. The link for the call is:

<https://us02web.zoom.us/join/https://us02web.zoom.us/join/register/tZUrduGgpzsiG9wXu0hzVC9AqkaPy8jWzC7F>