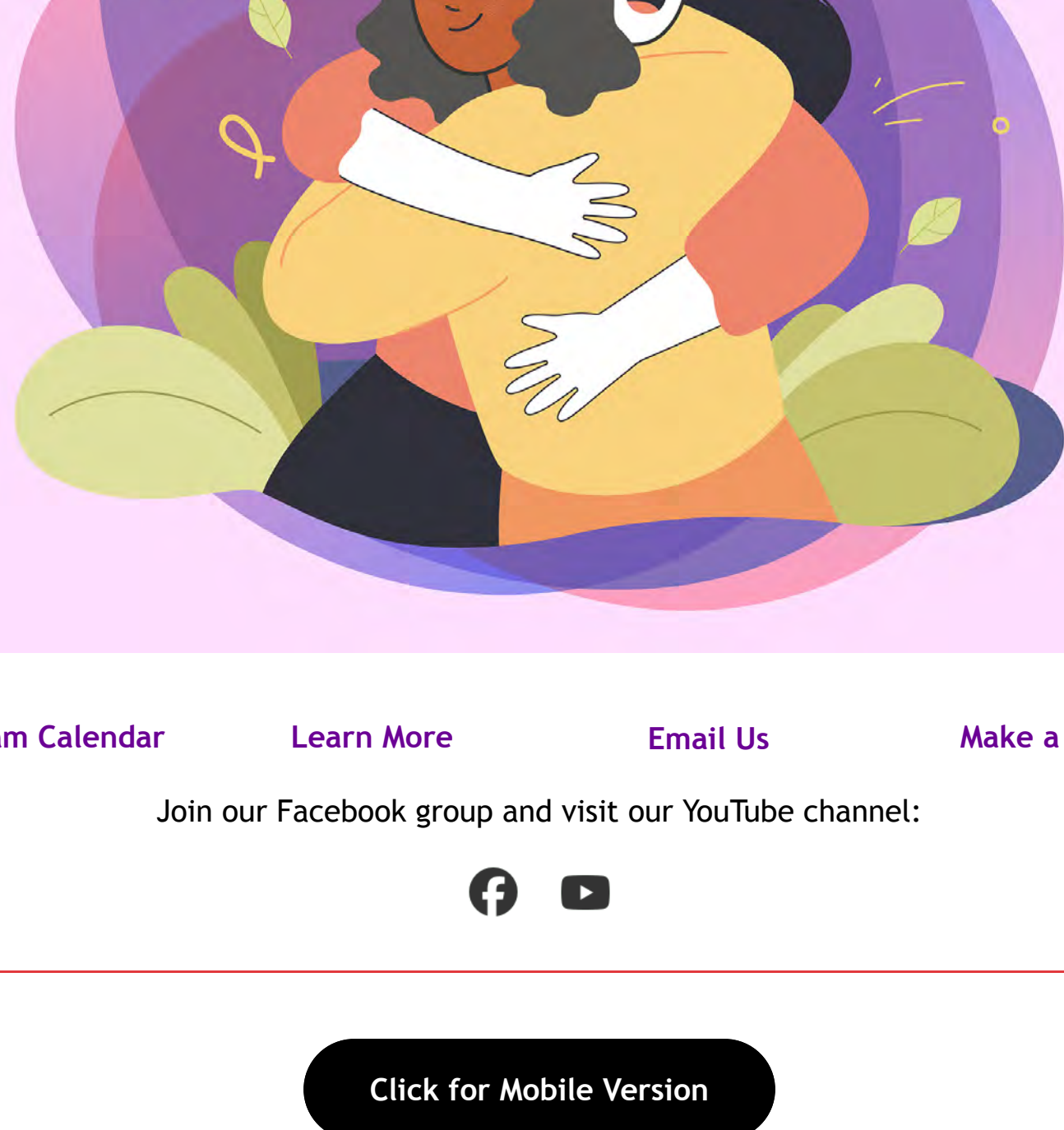


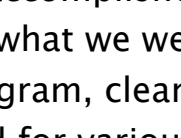
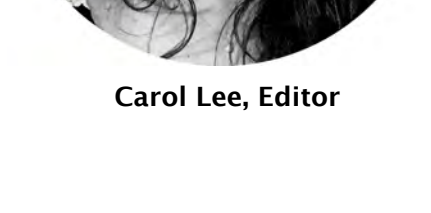


Emotional Thriving

January 2026


[Program Calendar](#)
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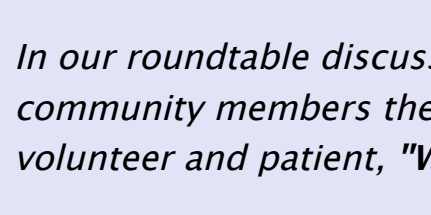
Join our Facebook group and visit our YouTube channel:


[Click for Mobile Version](#)


Jilian Levinson & Rachel Justus,
Woman to Woman Program
Managers

A Message from Jilian & Rachel

As we welcome a new year, we also look back on all that Woman to Woman accomplished in the past year, and we couldn't be prouder of what we were able to deliver. Through programs like the Wig Program, cleaning services, massage giveaways, and financial aid for various needs, we supported our members on their journeys to health and lifted their spirits. We look forward to another year of fulfilling our commitment to this mission and thriving—emotionally, mentally, and physically!



Carol Lee, Editor

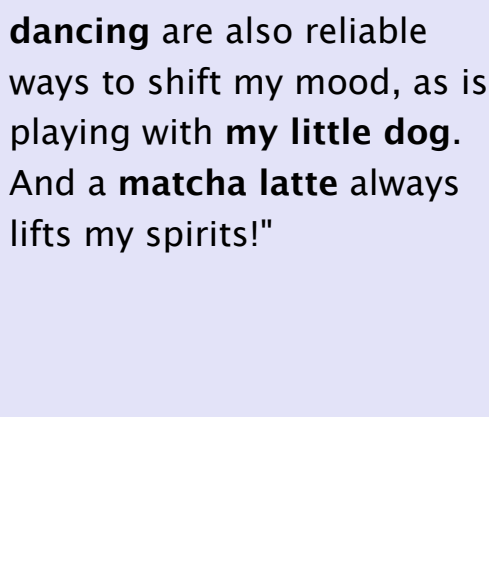
A Letter from the Editor

With so much going on in the world, I've been thinking a lot about ways to maintain equilibrium and a positive outlook—how to strike a balance between feeling empathetic and being my best. So the inaugural theme of 2026, *Emotional Thriving*, the first installment of a three-part series on thriving this year, feels especially resonant.

Speaking with people who have spent years meditating and putting these ideas into practice, I found their insights deeply helpful and soothing. From Bill Donius's emotional clarity to our own Audrey Carlson on happiness, to meditation guru Joan Vega, the experts in this issue share guidance and wisdom on how to thrive emotionally—something especially welcome in turbulent times.

Roundtable: We Asked, We Listened What I Do to Thrive Emotionally

In our roundtable discussion, we showcase a range of perspectives by asking three community members the same questions. Today, we've asked a staff member, survivor volunteer and patient, "What is something special you do to thrive emotionally?"



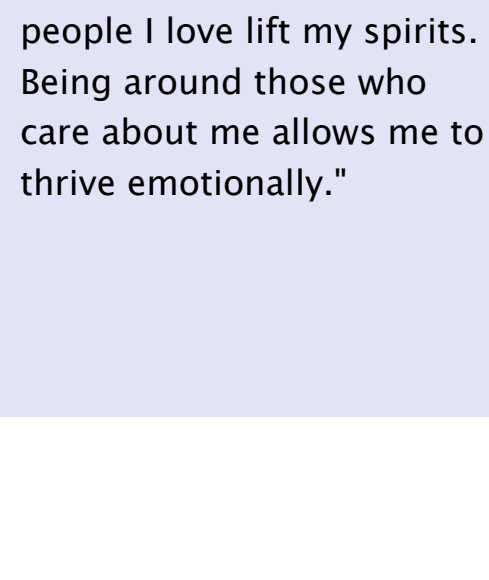
Dominique Bousquet
Mount Sinai Massage Therapist

"I practice **STOP** (Stop, Take a breath, Observe, Proceed) whenever I feel myself getting overwhelmed. Listening to **music and dancing** are also reliable ways to shift my mood, as is playing with **my little dog**. And a **matcha latte** always lifts my spirits!"



Shelli Zadra
Woman to Woman Volunteer

"I surround myself with **everything I love**—my partner, family, friends, and furry babies—along with nature, music, and NYC. Even an amazing performer on a subway platform gives me inspiration and faith."



Alberte Drouillard
Gynecologic Cancer Survivor

"I cherish **going out to dinner with friends or family**. These occasions where I get to share a meal and conversation with people I love lift my spirits. Being around those who care about me allows me to thrive emotionally."

Spotlight

Woman to Woman's Impact in 2025



Woman to Woman provides women in treatment and survivors of gynecologic cancer with emotional, educational and financial support; resources to promote self-advocacy; and community, strength and hope today and for the journey ahead.



SURVIVOR VOLUNTEERS

2003 TODAY

5 49

Providing peer-to-peer mentoring and emotional support via phone, text, email, video, and in-person.



VIRTUAL SUPPORT GROUPS

210 2,229

Groups Attendees

↑ 22%

GROUPS PROVIDED

- General Support
- Long Term Survivors
- Newly Diagnosed
- Women of Color
- Book Club
- LGBTQIA
- Recurrent Patients
- Latina Patients
- Young Patients
- And many more

COMMUNITY MEMBERSHIP

1098

↑ 11%

COMMUNITY SUPPORT

281

Messages Provided to Patients & Caregivers

FINANCIAL AID PROVIDED

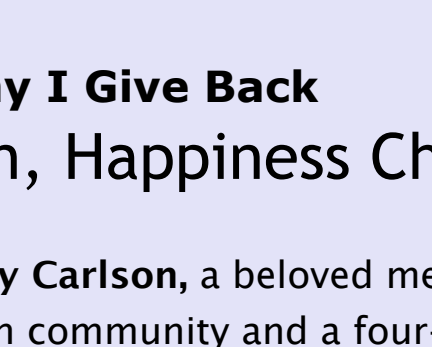
196

women in need received

\$77,325

in financial aid

↑ 7%



WIG PROGRAM

81

Referrals

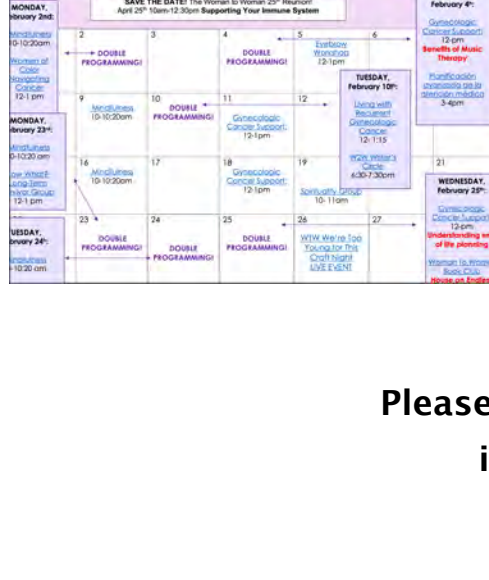
17

Wig Advisors

Woman to Woman's patient assistance fund is completely philanthropically funded. If you would like to continue our legacy of support, [please click here](#).

Why I Give Back

Audrey Carlson, Happiness Champion



Audrey with her mentor
Bernie Siegel

Audrey Carlson, a beloved member of the Woman to Woman community and a four-year gynecologic cancer survivor, is known for her warm, hearty hugs to those lucky enough to be on the receiving end. Her literal heart-to-heart connection is just one of the many gestures of positivity she spreads to those in her orbit. Her journey to becoming an advocate for happiness was born out of emotional hardships. Yet rather than letting tragedy dim her light, Audrey chose to thrive emotionally and help others do the same.

Aside from those famous hugs, Audrey gives back to W2W by organizing and leading the **Thriving Group**, which meets in the third week of each month. "I began studying with the great Bernie Siegel in 2008, learning about experiential health and healing," she says. In 2014, Audrey took the next step and launched Happiness Club, which promotes emotional thriving, and brought that mission to W2W's Thriving Group. "It's a way to continue learning the science of happiness and grow the community I want to be part of—and along the way, help others access their skill sets to become happy and thrive."

W2W Events Calendar



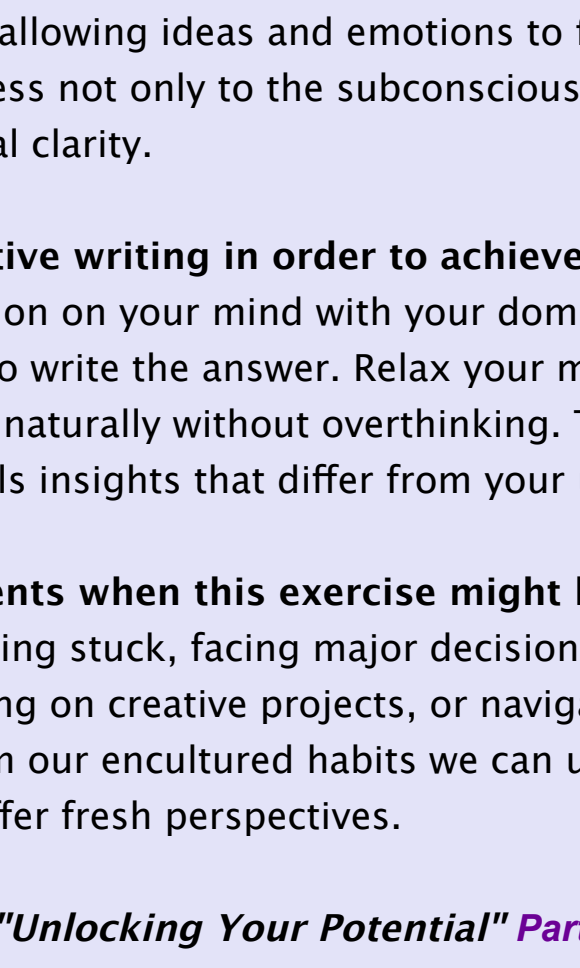
Our online monthly calendar makes it easier than ever to attend a virtual class, join a support group or book club, and get involved with the Woman to Woman community.

[Download our calendar and stay up-to-date on W2W events, including Audrey's Thriving Group.](#)

Please email womantowoman@mountsinai.org if you would like more information.

Ask the Expert

Bill Donius on Thriving through Intuitive Writing



Bill Donius is an author whose book, *Thought Revolution*, has helped numerous companies and individuals by teaching them to access their right brain, which Donius regards as our "better half." By engaging this side of the brain, Donius believes, we tap into creativity, problem-solving, resilience, and deeper insight so we can achieve emotional clarity and thrive personally and professionally.

You encourage emotional thriving through non-dominant handwriting. How does that help unlock our potential to thrive?

Using non-dominant handwriting—intuitive writing—activates the right side of the brain, which governs creativity and intuition. It's not just about writing differently; it's about thinking differently, allowing ideas and emotions to flow without judgment. This process can open access not only to the subconscious but also to a deeper sense of awareness and emotional clarity.

How do we practice intuitive writing in order to achieve emotional clarity?

Write an answer to a question on your mind with your dominant hand. Then switch to your non-dominant hand to write the answer. Relax your mind, suspend judgment, and let the response come naturally without overthinking. This technique engages the right brain and often reveals insights that differ from your usual logical patterns.

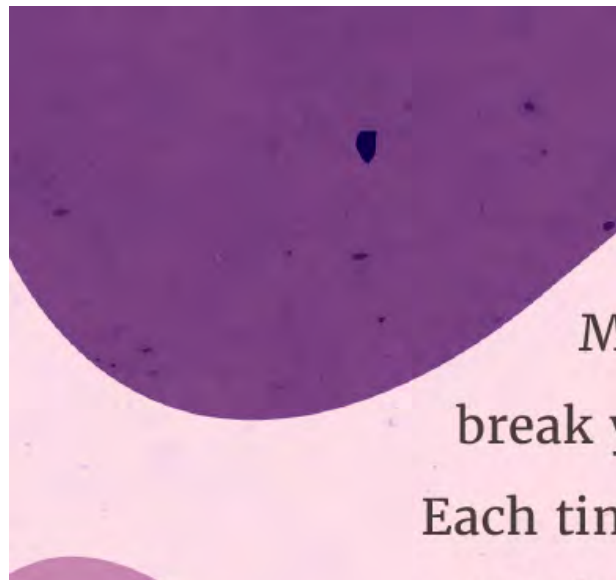
What are some key moments when this exercise might be helpful?

It's useful when you're feeling stuck, facing major decisions, searching for clarity about your purpose, working on creative projects, or navigating emotional or health challenges. By shifting from our encultured habits we can uncover hidden blocks, generate new ideas, and offer fresh perspectives.

Watch Bill's W2W talk on "Unlocking Your Potential" [Part 1](#) & [Part 2](#)

We're Proud to Report

W2W YouTube Library



The newly updated **Woman to Woman YouTube Library** is live with 100+ new videos to support and empower everyone affected by gynecologic cancer. Browse expert talks, survivor stories, coping tools, and educational content—now searchable by topic, organized into playlists, and available with captions for greater accessibility.

[Explore the channel for trusted support, connection, and knowledge.](#)

Artful Pause

This poem was gifted by our community member **Joan Griffiths Vega**, who regularly hosts mindfulness meditation sessions for W2W. Joan selected this text with "emotional thriving" in mind. Whether read quietly or aloud, it has the power to soothe the reader's soul and calm the noise within us.

My beloved child,
break your heart no longer.
Each time you judge yourself,
You break your own heart.
You stop feeding on love,
Which is the wellspring of your vitality.

The time has come—
Your time to live, to celebrate
Do not fight the dark,
Just turn on the light
Let go,
And breathe into the goodness that you are.

—Bapuji (Swami Sri Kripalvanandji, Kripalu)

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