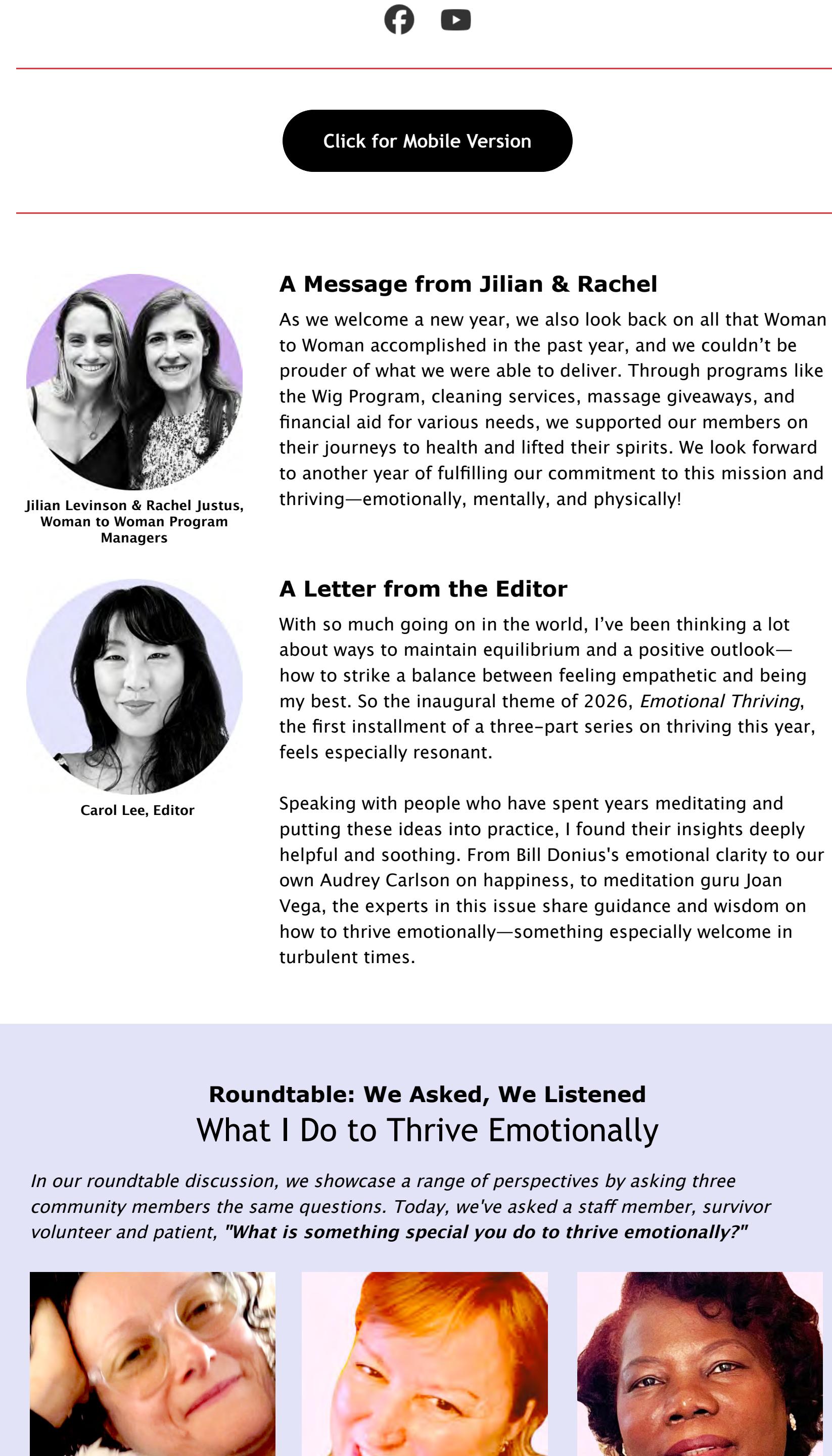


## Emotional Thriving

January 2026



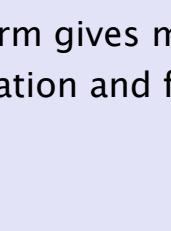
Program Calendar

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Jillian Levinson & Rachel Justus,  
Woman to Woman Program  
Managers

### A Message from Jillian & 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

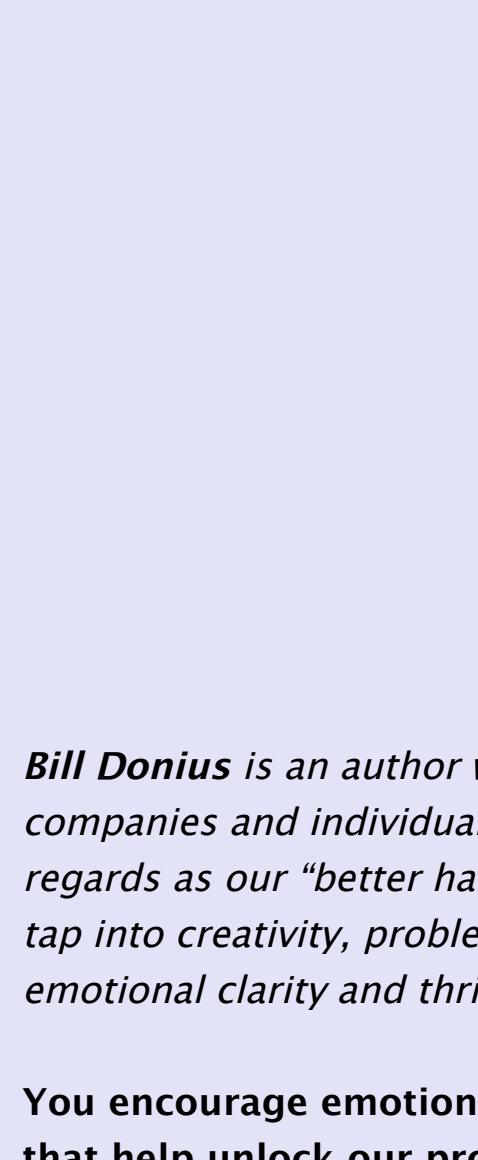
### A Letter from the Editor

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.

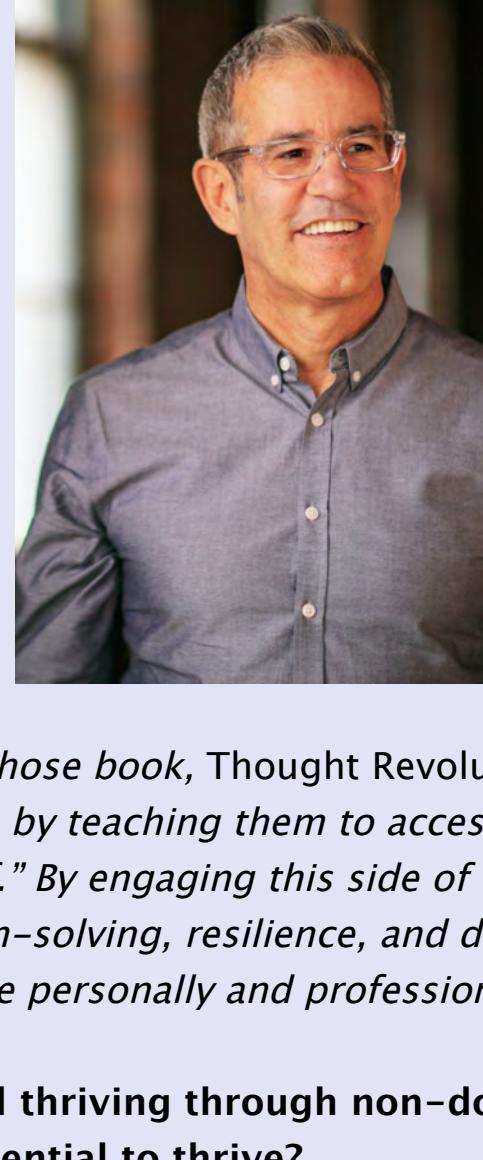
Speaking with people who have spent years meditating and putting these ideas into practice, I found their insights deeply helpful and soothing. From Bill Donius's emotional clarity to our own Audrey Carlson on happiness, to meditation guru Joan Vega, the experts in this issue share guidance and wisdom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

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

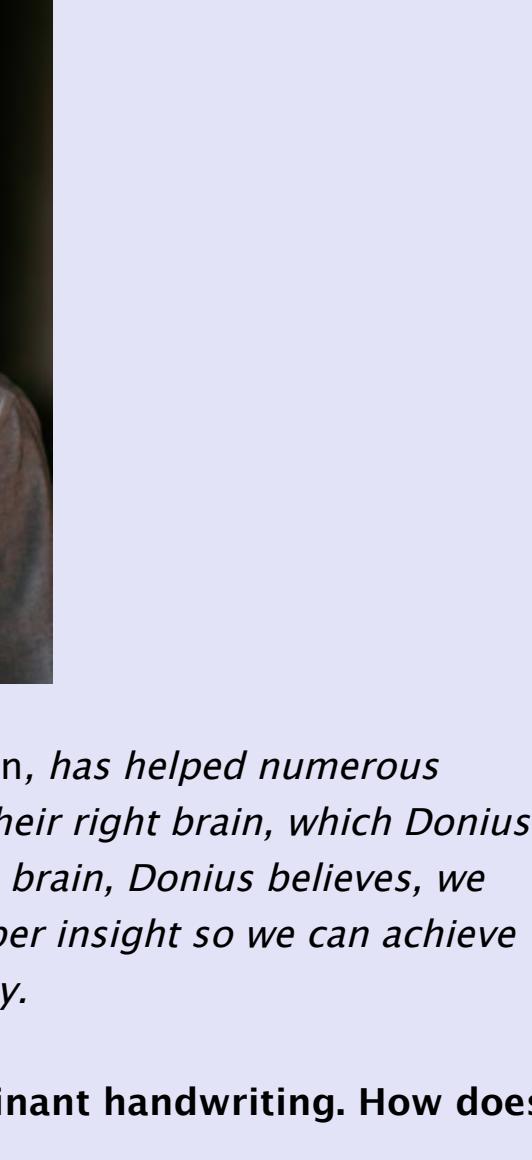
In our roundtable discussion, we showcase a range of perspectives by asking three community members the same questions. Today, we've asked a staff member, survivor volunteer and patient, "What is something special you do to thrive emotionally?"



**Dominique Bousquet**  
Mount Sinai Massage Therapist



**Shelli Zadra**  
Woman to Woman Volunteer



**Alberte Drouillard**  
Gynecologic Cancer Survivor

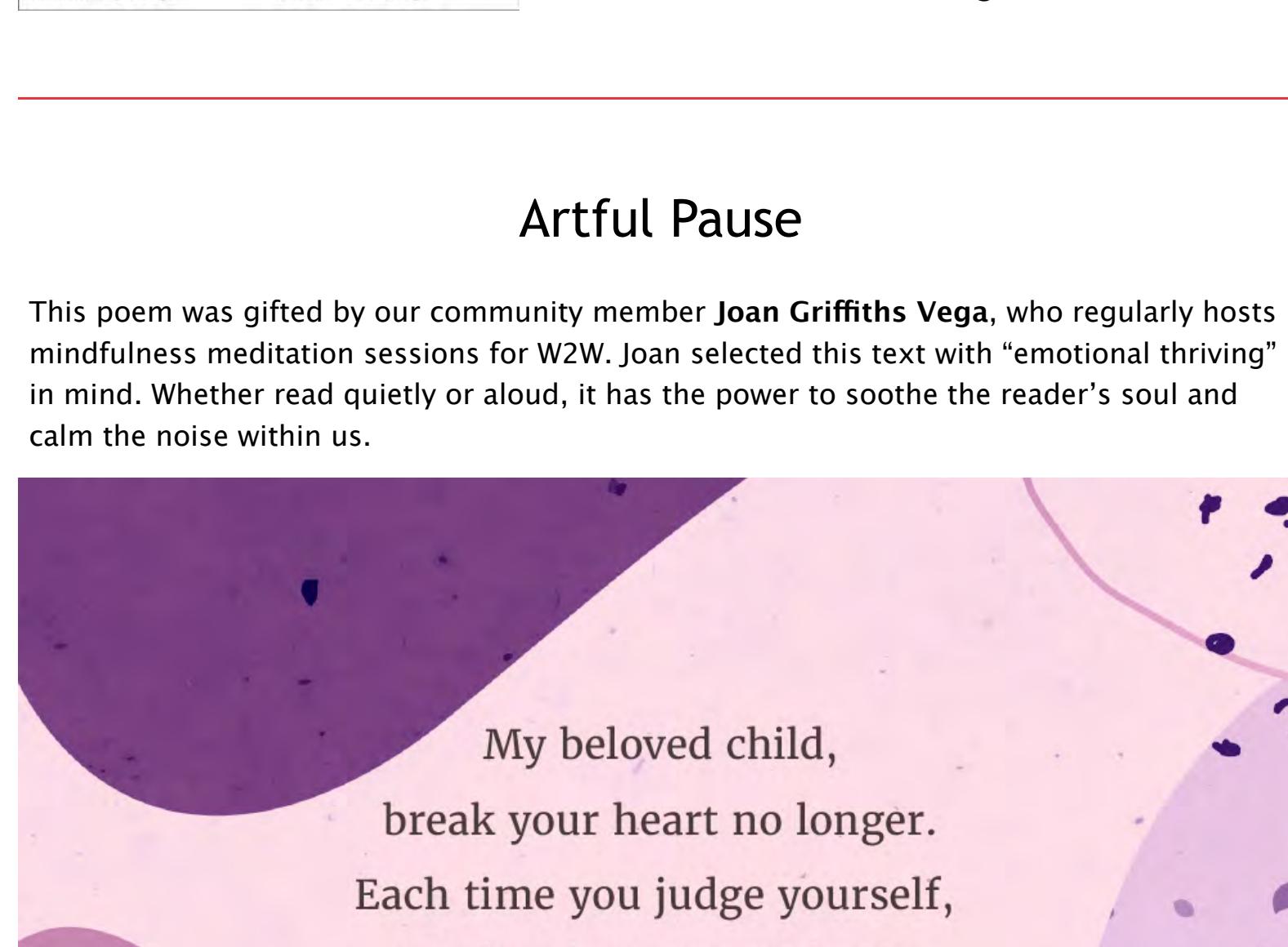
"I practice STOP (Stop, Take a breath, Observe, Proceed) whenever I feel myself getting overwhelmed. Listening to music and dancing are also reliable ways to shift my mood, as is playing with my little dog. And a matcha latte always lifts my spirits!"

"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."

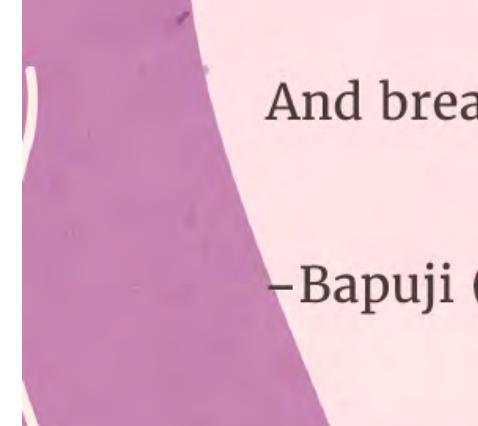
"I cherish going out to dinner with friends or family. These occasions where I get to share a meal and conversation with people I love lift my spirits. Being around those who care about me allows me to thrive emotionally."

### Spotlight

#### Woman to Woman's Impact in 2025



### 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 emotion dim her light, hardships do the same. And a matcha latte always lifts my spirits!"

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. She began studying with the great Bernie Siegel in 2008, learning about the power of the 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."

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

Please email [womantowoman@mountsinai.org](mailto: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 teaching, thought to revolutionize his field, 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 emotional clarity and thriving.

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 new 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 non-dominant hand. Then switch to your non-dominant hand to write the answer. Relax your mind, suspend judgment, and let the response reveal naturally 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 blocks, generating 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 in multiple languages for greater accessibility.

Explore the channel for trusted support, connection, and knowledge.

My beloved child,  
break your heart no longer.  
Each time you judge yourself,  
you break your own heart.

You stop feeling of 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 Kripalavanandaji, Kripalu)

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### Artful Pause

This poem was gifted by our community member Joann Griffiths Vega, who regularly hosts 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 feeling of love,  
which is the wellspring of your vitality.

The time has come—  
Your time to live, to celebrate  
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### Spotlight

#### 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.

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