

Inspiring Women

Jordan Lee Dooley

A Story of Grit & Grace:
A Fervent Pursuit of
Motherhood

Sparkling with Joy

Cultivating Happiness in Your
Daily Routine



Finding Peace in
the Midst of
Life's Storms

A Woman's Guide

The Raw Truth of
Motherhood

Embracing Its Impact on
Health and Well-Being

How to Support
Loved Ones in Their
Dark Valleys

Strengthening Those We
Hold Dear

Letter *from* Franciscan Health

Hello!

As the warm breezes of summer begin to whisper, it's with open hearts and renewed spirits that we welcome you to this issue of *Inspiring Women*. This season, as nature blooms around us, we invite you to embark on a journey of growth and rejuvenation within your own lives. In recognition of Mother's Day this month, let's celebrate being mothers, our own mothers and those in pursuit of motherhood!

From the vibrant splash of joy in our daily routines to the profound depths of motherhood's impact, we aim to provide you with the resources to cultivate a life sparkling with happiness and health.

We're excited to share the heartfelt story of Jordan Lee Dooley, whose journey through motherhood is both moving and inspiring. Her resilience and faith illuminate the strength found in the struggles many women face, offering hope and solidarity to those walking similar paths.

Start some joyful habits! "Sparkling with Joy: Cultivating Happiness in Your Daily Routine" introduces an interactive experience that encourages you to weave moments of joy into the fabric of your everyday life. Meanwhile, "The Raw Truth of Motherhood" explores the transformative journey of motherhood, shedding light on its challenges and its unparalleled capacity to deepen our understanding of love, strength and resilience.

We also delve into the importance of being there for our loved ones during their darkest times in "How to Support Loved Ones in Their Dark Valleys," providing practical advice and compassionate insights to help you be a beacon of support and love. When it comes to our own valleys, there's not much we can control, but we can take the time to treat ourselves to a restful bath. "Beyond Bathing: The Healing Power of a Hot Bath" offers a soothing escape into the simple, yet profound practice of taking a hot bath—highlighting its therapeutic benefits for both the mind and body.

As we step into this season of renewal, let us embrace the themes of motherhood, support and personal happiness that weave through these pages. Let's celebrate the journey of becoming, the strength found in community and the simple pleasures that enrich our lives.

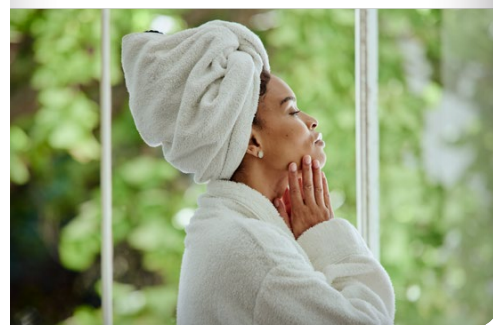


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You are God's Perfect Design

¹³ For you created my inmost being; you knit me together in my mother's womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. ¹⁶ Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

Psalms 139:13-16, NIV

You, my friend, are "fearfully and wonderfully made." Every part of you from each individual hair on your head to your favorite song to sing in the shower, was perfectly hand-crafted by our Father above.

Sister, when you feel flawed, broken, slow or even like you are failing, know that you are perfect in God's vision. Before you were even born, He knew what your favorite movie would be. He knew that you would prefer tea over coffee. He knew that you would not be perfect by the standards of this world. But you are made perfect in his eyes, through the work of Christ. All our imperfections and failures that we experience are made well through Jesus's work on the cross.

No matter what the world says about you. About where you are, what you do, who you are... You are absolutely perfect in God's eyes, worthy of love and grace. The One who controls the heavens and the earth has called you beloved. Dear sister, you are fearfully and wonderfully made by the hands of our loving Creator. Embrace your uniqueness, for it is a masterpiece intricately crafted by God Himself. Let go of any doubts or insecurities, for in God's eyes, you are perfect just as you are.

Beyond Bathing

The Healing Power of a Hot Bath

Welcome to a world of relaxation and pleasure. Bathing is more than simply cleansing your body; it is a way to relax and create a private space for yourself. A way to give yourself a place to heal, grow and detox.

A Depthy Detox

Believe it or not, our bodies have a natural way to detox: sweating. And it works! Sweating helps push all the toxins and odd things we've picked up out of our bodies. When we sit in a hot bath, the warmth opens the pores of our body more and causes us to sweat. Bathing will help your body detox naturally.

Alleviating Insomnia

The warm temperature from a bath not only slows brain activity but will help you fall asleep. When you leave the hot water, your body will slowly acclimate to the normal room temperature. In this time, your body begins to lose heat and adapt, influencing your ability to fall asleep.

Muscle Pain & Headaches

While we relax, our bodies catch on to the mood, releasing mood-enhancing hormones like serotonin, as well as pain-relieving hormones like endorphins. These hormones will find their way to stress points in your body to help relieve the physical pain you may be feeling. You can even add sea salts to your bath to help relax muscles and joints further.

Blood Pressure & Circulation

In warm temperatures, blood vessels dilate, and veins expand to help disperse heat and increase blood flow. This can significantly lower blood pressure and increase circulation for several hours while your body adjusts to the drastic temperature change from leaving a hot bath.

Skin Conditions

Adding some baking soda to your bath can help relieve dry and itchy skin conditions. Baking soda is a naturally mild antiseptic that will help make your skin clean and smooth.

Cold Symptoms

Clogged sinuses are never fun. Thankfully a warm bath can help with that too. The warm air and steam can open nasal cavities and relieve congestion. Having a hot bath can help you breathe easier, literally!

Reduce Stress

The sensation of weightlessness that we feel in hot water creates a sense of easiness and freedom in our minds. It can help our bodies relax physically and emotionally. Adding to this, when you carve out time from your busy life to take a slow bath, it can help you let go of all the worries, even if just for a few minutes.

While it's always a challenge to find time for ourselves, a slow, hot bath at the end of the day has so many benefits, it's hard to pass up. Taking time for yourself, even once a week, can make a difference in your overall well-being.

I Can't Relax!

7 Tips to Help You Chill Out

Does it feel impossible to relax these days? We're bombarded with ways to rest, but figuring out how to do it can prove challenging. There are limitless ways to add restorative time into your life, yet not all methods work for everyone, and sometimes relaxation skills need to be developed. Recuperating from stress is worth the time and effort for our physical and mental health, so let us help you figure out how to chill out.

1. Find Out What Relaxes You

It's not always apparent to everyone. A massage sounds great until you realize strangers touching your back makes you cringe. Painting a scene at the park sounds restful until you feel budget-stressed about buying supplies. Be discerning about what will work for you without inflicting more stress when you need downtime. One person's scrolling through social media is another's bubble bath with a glass of wine. One technique or activity does not fit all.

2. Relax Ritual

Sometimes, we blur the lines between rushed living and relaxing. For those who work from home, it can be tough to unplug. That's why having an end-of-the-workday ritual is important. It helps tell our brains that work is done and it's time to unwind. It can be as simple as closing your laptop and lighting a candle. For our commuting friends, jamming to your favorite playlist on the ride home can intentionally become the close of the business day. Try to set boundaries—like no work email after dinner—to help you rest and recharge for the demands of tomorrow.

3. Be Kind to Yourself

We heap a mountain of emotions on ourselves, and it can get in the way of relaxing. From swirling anxiety to guilt for past actions, brushing up on coping skills can help put us in a mindset of ease. If it's hard to turn off negative self-talk, leaving you angry, distressed or sad, talking to a professional about how you feel can help you learn how to think positively about yourself to tackle what the day may bring.

4. Tiny Pockets of Time

Perhaps you don't have the time in your life to spend every Saturday at the yoga studio and Sundays having brunch after strolling through art museums. It doesn't have to be a rush through the week to relax only on weekends. Stressful days with no breaks lead to burnout. Add activities during the week—for minutes or hours—that allow you to find some zen-like moments in small amounts of time rather than escaping from your weekday life on weekends.

5. Don't Force It

Adult relaxation isn't like bribing a sleepy toddler to take a nap. If your mind swirls with unfinished obligations and there's no way you can settle your brain to rest, you're not alone. Our to-do lists are never entirely finished, and that can be a struggle to understand when we really need a break but feel undeserving. We can never "earn" time off. Think of it as a necessity for bodies to recharge, not a reward for good work.

6. Set Intentional Time

It's easy to put off relaxing when it feels like a luxury. When we are drained of energy and joy, we cannot be our best selves. Schedule time and set an intention for rest. Whether you're soothing yourself from anxious thoughts or escaping the world for a little while by doing something you love, make it happen.

7. Ask for Help

Relaxing can be complicated. That's why turning to someone who can help you take inventory of what's blocking you from rest can help. Talking with your doctor or a therapist can help you figure out how to relax. When you understand the barriers to rest and self-care, you can dig into solutions that work for you.



Our Franciscan Health team is here for you when you need someone to turn to. Scan the QR code to find a Franciscan doc.

Pediatrics

Ask an Expert



Destiny Harrell-Washington, DO
Pediatrician

Wish your doctor was on speed dial? We talked with some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

Find a
Franciscan Doc



- 1. How can I help my child develop healthy eating habits?**
Introduce a variety of foods early, including fruits, vegetables, grains and proteins, to encourage a balanced diet. Model healthy eating habits yourself, and make mealtimes a positive, stress-free experience. Avoid using food as a reward or punishment. Limit sugary snacks and drinks, and encourage water as the primary beverage.
- 2. How can I tell if my child's development is on track?**
Pediatricians monitor development through milestones related to movement, speech, behavior and social skills. Every child develops at their own pace, but consistent monitoring helps identify any areas needing intervention. If you have concerns about your child's development, discuss them with your pediatrician, who can provide guidance or referral to a specialist if needed.
- 3. How can I protect my child from common illnesses?**
Handwashing is one of the most effective ways to prevent the spread of illness. Encourage regular handwashing with soap and water, maintain up-to-date vaccinations and teach your child to cover their mouth and nose when coughing or sneezing. A healthy diet, regular physical activity and adequate sleep also support a strong immune system.



Have questions you'd like to see answered in future issues? Visit inspiringwomen.org/ask-a-doc or scan the QR and submit them today!



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Embracing Joy:

TIPS FOR THOUGHTFUL COMPLIMENTS

TIPS FOR *RECEIVING* COMPLIMENTS

Don't Be Embarrassed

It can be weird to receive a compliment. For a variety of reasons, many of us get uncomfortable when someone simply tries to lift us up. It's ok to be a little embarrassed, not everyone likes being in the limelight, even if only for a short conversation. Just smile and say thank you!

Accept It

Probably the hardest part of receiving a compliment today is accepting it. As a reflex, many of us will deflect it in response, saying that our shoes are actually pretty scuffed, or we got lucky. We all know it wasn't luck that got you that job. You earned it. Allow yourself the space to accept the compliment, and thank the person for acknowledging that beautiful thing about you.

Cherish It

Finally, let that acceptance run its course. Let yourself take a little pride in yourself. You stood out enough to someone for them to tell you! It's not wrong to enjoy that feeling. However, there's no need to make a big fuss about it. When the joy and pride inside you is internal, it can be an incredible point for some growth in loving yourself, just don't get carried away. This can be difficult, but with a little practice and patience, you'll find a healthy balance.

Whether with friends, family or in your day-to-day workplace, compliments can be a tricky thing to navigate. Most importantly though, let them happen. Graciously accept the ones that come your way, and lovingly give out a few to those around you. A simple idea, yet a challenging practice that will help spread joy everywhere you go.

In a world where genuine connections are more and more often overlooked, offering heartfelt compliments can prove to be a powerful way to uplift others and foster positivity. By keeping our compliments specific and genuine, we ensure that they leave a lasting impact, spreading joy and warmth to those around us. Similarly, receiving compliments gracefully can be challenging, but learning to accept and cherish them without self-deprecation can lead to personal growth and a deeper appreciation for ourselves. So, let's explore ways to embrace the power of compliments and cultivate a culture of positivity and kindness in our daily interactions, leaving a trail of joy wherever we go.

TIPS FOR *GIVING* COMPLIMENTS:

Be Spontaneous

Sometimes we get it in our heads that there will be a clear moment—just the perfect time to compliment someone. But, that is rarely the case. Most of the time, opportunities don't just come up, and when they do, it doesn't feel as natural anyway, as it can feel like it was just a conversation starter, rather than a genuine compliment. Don't let social anxiety prevent you from making someone feel more loved and confident.

Be Specific

Keeping your compliments directed toward one thing helps it feel real. A vague compliment, even when genuine, can feel superficial. For example, saying something like, "you seem happy today," while genuine may not leave a lasting impression. Instead, you could be more specific with something like, "You have a glowing smile today!" Maybe their smile will start to glow a little more!

Be Sincere

If you didn't pick it up from the other two tips, we'll lay it out for you here: be sincere. If you don't mean it, there's no reason for you to say it. We can all pick up general social cues to know when sincerity is present, so when you compliment someone it can hurt to feel like it was insincere. On the flip side, when someone can tell a compliment is genuine, it has much more of a positive impact.

Jordan Lee Dooley's
Story of...

Grit & Grace

*A Fervent Pursuit
of Motherhood*

Jordan Lee Dooley is a best-selling author, sought-after speaker and insightful mentor, known for her ability to connect with women across different stages of life. Through her books, including the acclaimed "Own Your Everyday," Jordan empowers women to find their purpose, live with intention and tackle the challenges that hold them back. Beyond her writing, Jordan reaches thousands through her podcast, "SHE" and various social media platforms, where she shares practical advice, heartfelt encouragement and life's lessons with honesty and vulnerability. As a woman who has navigated her own path of adversity, Jordan's message is one of unwavering faith and finding joy in the journey, making her an inspiration for many seeking guidance and hope.

Content Warning: This article discusses pregnancy loss.

Motherhood's Path of Hope and Heartache

Life's journey rarely follows a straight path, especially when it comes to the deeply personal quest for motherhood. This road can often boast a mix of hopeful beginnings, unexpected challenges and the kind of setbacks that test our strength in ways we never imagined. It's a journey that can be filled with the intense joy of small victories and the profound grief following loss, all wrapped in the relentless hope for a happy ending.

Among these stories of perseverance, there's one that stands out for its raw honesty and resilience—a tale not of unwavering optimism, but of real struggle, determination and the complex emotions that accompany this journey to becoming a mother. This narrative doesn't shy away from the pain of your body failing you or the heartache of miscarriage, nor does it gloss over the complexities of adoption. Instead, it offers an unfiltered look into the ups and downs of trying to conceive, the sorrow of loss and the bittersweet path to creating a family.

This story is for anyone who's ever waited, hoped and faced the unknown with both fear and courage. It's a testament to the strength found in vulnerability and the power of perseverance, reminding us that even in our darkest moments, we're capable of incredible resilience and boundless hope.

CONTINUE READING ►►►



Jordan as a child, 1998

An Early Foundation of Faith

Born and raised in the heartland of northern Indiana, Jordan's early years were deeply rooted in the rich soil of faith and community. Her quintessential midwestern upbringing overflowed with sunkissed adventures of riding bikes through cornfields, long summer days on the lakes of Michigan and snowball fights and sledding through picturesque winters.

Jordan's home was one where Sunday mornings were as sacred as the bond among family members. She was blessed to have learned the rhythms of faith through both word and deed. Embodying the essence of Christian living, her parents laid a foundation that was as much about love as it was about belief.

It wasn't just the weekly sermons that shaped her; it was the acts of kindness witnessed in her parents, the quiet moments of prayer before meals and the sense of belonging within her community. These experiences formed the bedrock of Jordan's faith, an anchor that she would come to rely on in the years ahead.

Yet, for Jordan, faith wasn't something she fully embraced without question. As a teenager, it was a familiar part of her world, yet it lacked personal depth. It wasn't until college, faced with the challenges of independence and identity, that Jordan began to explore what her faith meant to her personally. It was a journey from knowing about God to knowing God—from faith inherited to faith owned.

This transition marked a turning point for Jordan. As she navigated the uncertainties of young adulthood, her faith began to grow roots, deeper and more resilient than she had ever known. It was this evolving faith that prepared her for the challenges to come, grounding her in a hope that, even in the darkest times, provided light.

All of this forged to build the cornerstone of her resilience. It was a gift from her Hoosier upbringing, one that would guide her through life's most trying moments, always reminding her that strength and hope are never far out of reach.

Soulmates Through Thick and Thin

Jordan's path took a pivotal turn when she met her hubby-to-be, Matt, at Indiana University. Despite their different worlds—Matt, an Arizona football player on scholarship, and Jordan, deeply immersed in her studies—lived just across the street from each other. Jordan reminisced, "The first time we met we talked for four or five hours. We always say we had never met before, but it was kind of like catching up with an old friend. It was like we could finish each other's sentences." As they talked they effortlessly shared dreams, values and laughter. This immediate connection and alignment of future goals, especially the mutual desire to start a family, cemented their bond.

Dreaming of a family together was easy for Jordan and Matt; they both envisioned a home filled with love and the joy of children. However, as they stepped into this new chapter of their lives together, they couldn't have anticipated the hurdles that lay ahead in realizing this dream. The challenges of pregnancy and the journey toward adoption tested their resolve, yet it was their strong foundation—a blend of love, shared dreams and a faith-based marriage—that guided them through.

Their story underscores the power of partnership and shared aspirations. Together, they navigated the complexities of creating a family, demonstrating that even amidst difficulties, a united front grounded in shared values and love can overcome the greatest obstacles.

Withstanding the Storms

Jordan and Matt's journey toward parenthood was paved with dreams and anticipation until it quickly encountered the first storm. After eight weeks of a hopeful pregnancy, the heartbreak of miscarriage reared its ugly head. This loss cast long shadows over their path, testing the limits of their faith. The loss was not only a physical and emotional trauma but a spiritual trial, plunging Jordan into the depths of what would become a long and difficult journey. Jordan expressed, "I can say and truly believe in my heart that God is good all the time, but there were moments where I was like, 'I believe that you're good, but I don't feel like you're being very good to me.'"

Their first miscarriage came as a shock, shattering their joy. Jordan grappled with a sense of isolation—a pain deepened by the societal silence around such losses. It was a solitary journey through sorrow, where whispered prayers often felt like they echoed back unheard. The experience tested her faith, challenging her understanding of God's plan and His presence in her life.



Jordan and Matt, 2023



Jordan and Matt, 2013

"He doesn't give according to what you deserve or what you earn because, really, it's not how He works. He works according to His grace and what He knows is best for you, your family and your calling."



Yet, it was through this heartache that Jordan's faith and tenacity began to evolve. She leaned into her community, finding solace in shared stories of loss and resilience. Jordan had a close group of friends and family that brought comfort, reminding her that she wasn't alone in her struggle. They also offered a new perspective on grace—unmerited, unconditional and often most palpable in our weakest moments. This realization brought a subtle shift in Jordan's relationship with her faith. It became a source of strength, not for shielding her from pain, but for navigating through it.

Jordan and Matt faced two more heartbreaking miscarriages, each one leaving its mark, yet also contributing to a deepening of Jordan's spiritual understanding. She began to see her journey not as a series of trials to endure but as a path to deeper compassion and empathy. The concept of deserving versus receiving took on a new meaning. Jordan learned to view grace not as a reward for faithfulness but as a gift freely given, especially in times of despair. This shift in perspective didn't alleviate the pain but offered a way to bear it, providing a beacon of hope in these dark moments.

This deepened journey of faith and resilience didn't just prepare Jordan for motherhood; it reshaped her understanding of it. Motherhood, as she came to see it, wasn't defined by the ability to conceive but by the capacity to love, nurture and embrace life in all its complexity. Although adoption had always been a part of the Dooley's plan, this personal revelation opened their hearts even more to the possibility of adopting, a path that would eventually lead them to experience the joy of parenthood, enriched by the trials that preceded it.

A Pursuit of Health and Answers

Throughout her journey to motherhood, Jordan demonstrated an unwavering commitment to understanding and improving her health. Faced with the heartache of her first miscarriage, she embarked on a relentless quest for answers, refusing to accept the unknown without a fight. This aspect of her journey underscores not just a desire to become a parent, but a profound dedication to her health and well-being.

Jordan explored every avenue available, consulting with a spectrum of healthcare providers from traditional OB/GYNs to specialists in reproductive immunology. She sought out those who would listen closely, offer new perspectives and most importantly, collaborate with her in seeking solutions. It was this proactive approach that led her through countless appointments, tests and treatment plans, each step taken with the hope of uncovering the root causes of her fertility challenges.

Her persistence paid off in the form of invaluable insights into her health, discovering underlying conditions that had gone unnoticed like a hidden infection, thyroid issues, a clotting disorder, autoimmune issues and more. Armed with this knowledge, Jordan navigated the complex world of treatments and care plans with determination, adapting her lifestyle and undergoing various therapies to create the best possible conditions for pregnancy. She tucked away all of this information in the hopes that God would grant her another chance for a healthy pregnancy. This journey through health and healing was not just about seeing a healthy pregnancy to term, but about advocating for her well-being, a testament to her resilience and the depth of her desire to embrace motherhood.

Joy in the Waiting

During the challenging waits that marked their journey toward parenthood, Jordan found unexpected avenues for growth and joy. She embraced the philosophy of living intentionally, focusing on what she could control—her actions and outlook—rather than the uncertainties ahead. Jordan explained to us, "Something I had to kind of intentionally do to find the strength to find joy and make the most of the season I was in, was to really find ways to not let the waiting season be a wasted season."

Jordan turned to hobbies that brought her happiness and a sense of achievement. Gardening and creative writing became not just enjoyable pastimes, but essential practices for her

well-being, offering her peace and a creative outlet for her emotions. These activities reminded her that growth and beauty can emerge even in hardship.

Recognizing the importance of mental health, Jordan also sought therapy. It became a vital space for processing her emotions, fostering resilience and understanding the power of seeking support. Therapy offered insights into her strengths and highlighted the importance of vulnerability.

Her faith remained a cornerstone of her journey, with prayer and the support of loved ones providing a foundation of peace and hope. These spiritual practices offered comfort, grounding her amidst the tumult of loss and waiting.

Welcoming Life's Surprises

Before they struggled with pregnancy loss, Jordan and Matt had already felt a divine pull towards adoption, a decision reflecting their resilience and capacity for love. This inclination wasn't a sudden pivot but an integral part of their journey, showcasing their readiness to embrace parenthood's challenges and joys, guided by faith in a higher plan.

The adoption process mirrored the unpredictability and emotional complexities of their pregnancy journey, filled with anticipation and lengthy legal processes. However, the unexpected call about a baby boy waiting for them marked a serendipitous turn, transforming years of uncertainty into a moment of pure bliss. This wasn't an end to their struggles but a beautiful beginning—the welcoming of a new dimension of love into their lives.

CONTINUE READING ►►►



Bringing their son, Noah, home was a deeply gratifying milestone, imbued with laughter, tears and the profound love they had envisioned. This experience, woven into their broader journey, highlights the diverse and miraculous ways families come together. It's a narrative illustrating the remarkable journey of faith, resilience and becoming parents through adoption.

In the middle of their adoption process, Jordan and her husband got the incredible news that she was pregnant for the fourth time! What an incredible gift. Closely working with her reproductive immunologist through this pregnancy, Jordan gave birth to a beautiful and healthy baby boy named Shepherd. The Lord favored the Dooley family by blessing them beyond measure with not just one baby, but two.

Jordan's dreams of motherhood were beautifully realized in the forms of Noah and Shepherd, two boys whose close ages paint a vivid picture of her journey's challenges and triumphs. She explained, "God gave us a double portion and kind of redeemed a really broken journey, path and story all of a sudden. He doesn't give according to what you deserve or what you earn because, really, it's not how He works. He works according to His grace and what He knows is best for you, your family and your calling."

Noah, who is now almost 18 months old, was adopted into the family, bringing with him a wave of love that washed over every previous heartache. His gentle nature and keen interest in the world around him reflected the depth of Jordan's own resilience. From the moment he arrived, Noah's love for music and quiet moments of discovery echoed the patience and hope that had sustained Jordan and Matt through their darkest times.

Shepherd, who is about to turn one, is Jordan's first biological child to arrive safely into the world. Shep, as Jordan affectionately calls him, burst into their lives with infectious joy and a fearless spirit. His adventurous heart and boundless energy contrast beautifully with Noah's contemplative quietude, highlighting all the unique traits now woven beautifully into their family. Shep's presence marked a new beginning, a tangible reminder of the journey's worth and the fulfillment of a long-held hope.

Being less than six months apart, Noah and Shepherd share a bond that transcends their different beginnings. Together, they represent not just the fulfillment of Jordan's dream of motherhood and family, but also the diverse paths of love that can lead to a family. Their relationship, marked by moments of both rivalry and deep brotherly affection, mirrors the journey's complexity that led to their union. In them, Jordan sees not only her own story of perseverance and faith but also the promise of a future filled with laughter, learning and love. Jordan's story is a poignant reminder that even when our plans fall apart, and our dreams seem out of reach, grace can lead us to new beginnings, often in ways we least expect. ■



Scan the QR code or visit jordanleedooley.com to view Jordan's website.

When is it *More* Than Being Fatigued? *Understanding* Mononucleosis

We all have those days where we just don't have enough energy. The feeling of fatigue can come from a variety of different things and often is because of some small things we've missed. Maybe we didn't get enough sleep or haven't eaten a decent meal in too long. Even changing our daily routine can cause some sense of fatigue as our bodies try to adjust to various lifestyle changes.

What is Mono?

However, there are other times when we experience more than just fatigue. Mononucleosis, often called "mono" for short, is a viral infection that can make you feel fatigued. It's usually caused by a virus called the Epstein-Barr virus (EBV)—a member of the herpes virus family. Mono is usually spread through close contact with someone who has it, like kissing or sharing drinks or utensils. The tricky part is that you might not even realize you're getting it because the symptoms can take around 4 to 6 weeks to show up.

How do I know it's Mono?

When mono does hit, you might feel tired and worn out—more tired than your average poor night of sleep. But that's often tough to gauge. Some other symptoms would be a sore throat that's extremely uncomfortable, and swollen tonsils that make it hard to swallow. It's like having the worst case of the flu mixed with a bad sore throat. Some other symptoms that can pop up are a fever, swollen lymph nodes (those little bumps in your neck, armpits and groin) and sometimes even a rash. It's kind of a mixed bag of not-so-fun stuff.

What can I do about it?

If you are feeling more exhausted or fatigued than usual, it's best to talk with your doctor about your symptoms. Usually, mono can be identified from a general screening and doesn't need any extensive testing to be diagnosed. Your doctor will also be able to provide some specific things for you to do to help your body fight the infection.

The good news is that mono usually gets better on its own over a few weeks to a couple of months. But during that time, you'll probably need to take it easy, get lots of rest, drink fluids and maybe even take over-the-counter pain relievers to help with things like fever and sore throat. It's also important to avoid close contact with others, especially because mono is contagious, and you wouldn't want to pass it along. So, if you do get diagnosed with mono, you might have to take a break from school, work and other activities for a bit.

Remember, even though mono can knock you down, it's only temporary. By making sure to rest up and take good care of yourself, you'll be back to your usual self before you know it!



**For those seeking a little pick-me-up amidst fatigue, check out the recipe for Starbucks' famous Medicine Ball tea!*

Starbucks Medicine Ball Tea

- 8 oz. lemonade
- 8 oz. water
- 1 Tb. honey
- 1 jade citrus mint tea sachet
- 1 peach tranquility tea sachet

1. Add lemonade to a microwavable mug, and heat for 45 seconds until very warm.
2. Add hot water to the lemonade in the mug.
3. Add one tablespoon of honey, and stir to dissolve.
4. Add both tea bags, and allow to steep for 2-4 minutes or to desired strength.

Sparkling with Joy: Cultivating Happiness in Your Daily Routine

In the whirlwind of life, it's all too easy to forget to check in with our hearts until we find ourselves feeling a bit down. But guess what? Injecting joy into our daily lives isn't some far-off dream—it's totally doable. We've gathered some heartwarming tips and tricks to help sprinkle a little more happiness into your days. Ready to sparkle with joy? Let's dive in!

1. Find Your Happy

Start your journey to joy by really digging into what makes your heart sing. Create a life that reflects your deepest values and dreams by setting boundaries. But to do so you may need to step back for an outside perspective on your life. What do you want? What do you really want? Spend some time vision casting—what's your next big dream goal? Wanna build a house? Write a book? Having a sense of direction can help you stay proud of your life progress.

2. Sometimes, It's All About You

Ever heard that you should always put others first? Well, it's time to shake that up a bit. To truly radiate joy, you need to carve out time for self-love practices—think about daily stretches and exercises, journaling or simply immersing yourself in nature. Keep your body happy with regular exercise, yummy and nutritious foods, plenty of rest and stress-busting routines. Dive into hobbies that light a fire in your soul and remember, every challenge is a chance to grow stronger and wiser.

3. Other Times, It's About We, Not Me

The magic of joy also blooms in the garden of relationships. Cultivate deep, meaningful connections and surround yourself with folks who lift you higher. As a starting goal, try to set up at least one meet-up with a friend each week. Could be a coffee date with a girlfriend, a lunch break with someone who works nearby or a whole evening out for dinner and karaoke! We were created to share our lives with other people.

4. Embrace the Moment

Wrap yourself in the beauty of now by practicing mindfulness. Whether you're sipping coffee or chatting with a friend, be fully present. This not only amplifies your own joy but also spreads it to those around you. Sharing your joy and gratitude openly can create ripples of happiness far and wide. Each and every thing that happens in your day-to-day is intentional. Embrace it! Focus on the moment you are in. If you feel your thoughts drifting to anxieties of the future, or mistakes of the past, remember the words of Jesus from Matthew 6:34, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

In our beautiful quest for happiness, we discover that joy thrives in both the quiet moments of self-care and the vibrant energy of community and connection. It dances in our personal passions and in the love we share with others. Through gratitude, mindfulness and a heart open to both giving and receiving love, we weave a life rich with joy. So, let's embrace this delightful journey together, sparkling a little brighter each day.

** Feeling inspired by these heartwarming tips? Don't forget to take action by completing our interactive exercise on the next page. Dive into the joy-filled activities and start transforming your life today!*



1. Make a list of three things you want to do or accomplish. Pick one and write out the first three steps on how you can get started. Then make a plan for the first step!

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2. Make a list of three things that you can do for yourself. It could be something you know you love or just something you want to try! Choose one of those and create a plan to make it happen.

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3. Pick three people to reach out to and meet up with. Commit to reaching out to all of them today. It only takes a second to send a text message!

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4. Write down one thing that is unique to this moment that you are thankful for.

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The Raw Truth of Motherhood

Embracing Its Impact on Health
and Well-Being

Motherhood is a journey of unparalleled depth, marked by moments of pure joy and immense challenge. It's a path that reshapes our lives in every conceivable way, touching upon our physical health, emotional landscape, relationships and overall well-being. Let's delve into the often unspoken realities of motherhood, offering a candid look at its profound impact.

A Body Transformed

Motherhood etches its story on our bodies. Beyond the visible scars and stretched skin, it's a tale of physical endurance—childbirth's aftermath, the relentless sleep deprivation and the toll of constant caregiving. Many of us grapple with back pain from hours of holding, feeding and soothing our children. Pelvic floor issues, often shrouded in silence, can affect our comfort and sexual health. Hormonal upheavals not only

challenge our emotional balance but can lead to long-term health implications like thyroid disorders and increased risks for diabetes and heart disease. Our bodies, forever changed, require us to learn anew how to care for and accept them.

An Emotional Odyssey

The emotional spectrum of motherhood extends far beyond the baby blues. For many, postpartum feelings evolve into long-standing battles with anxiety, depression and mood swings. The relentless pressure to be the perfect parent, coupled with societal expectations and isolation, can erode our mental health. Admitting we're struggling often feels like a defeat, but it's a crucial step toward healing. Motherhood demands a constant outpouring of energy and love, leaving us to navigate our own emotional needs in silence. Recognizing and seeking help for these challenges is not just brave—it's essential.

Relationships Reexamined

Motherhood can strain the strongest of bonds. Marital relationships, especially, undergo a seismic shift. Intimacy may wane under the weight of exhaustion and endless to-dos, while communication often revolves around logistics rather than love. Yet, it's in these trials that we can forge deeper connections, learning to express needs and share burdens more openly. Friendships, too, may evolve or fade, as we find or lose common ground. Building a supportive community becomes a lifeline, offering solace and understanding amid chaos.

Well-Being Reimagined

The quest for personal well-being becomes a complex puzzle. Sleep, once taken for granted, now feels like a luxury. Nutrition and exercise often fall by the wayside,

overshadowed by the immediate needs of our children. Yet, carving out time for self-care is not selfish—it's a necessity. Whether it's a few stolen moments for a cup of tea in silence or a brisk walk in the fresh air, these acts of self-preservation fuel our ability to give to our families.

The Journey Forward

Motherhood is not a journey of perfection but one of resilience. It teaches us about our strengths and our limits. By embracing both the beautiful and the brutal aspects of motherhood, we can find a path that honors our individuality and our role as caregivers. It's about finding balance in the imbalance, seeking support without shame and loving fiercely in the face of adversity. As we navigate this complex landscape, let's lean on each other, share our stories and embrace the raw, beautiful mess of motherhood together. ■

MAKE IT
GLUTEN-FREE!

Fruit Pizza

This fruit pizza is delicious and beautifully decorated! Serve it up at your next summer cookout or Fourth of July celebration. You can use any combination of fruit you'd like, but here are some of our suggestions!

PREP: 30 minutes • **COOK:** 15 minutes • **SERVES:** 20

Ingredients

- 1 tube refrigerated sugar cookie dough
- 1 package cream cheese, softened
- ¼ cup confectioners sugar
- 8 oz. frozen whipped topping, thawed
- 2-3 kiwis, peeled and thinly sliced
- 1 peach, sliced
- ½ pt. blueberries
- ½ pt. raspberries
- ½ pt. strawberries, sliced
- ¼ cup sugar
- ¼ cup orange juice
- 2 Tb. water
- 1 Tb. lemon juice
- 1 ½ tsp. cornstarch

Directions

- 1 | **PREHEAT THE OVEN** to 350°F.
- 2 | **PAT COOKIE DOUGH DOWN** into an ungreased, 14-inch pan. Bake for 15 to 18 minutes or until it turns a deep golden brown. Let cool.
- 3 | **IN A BOWL**, beat the cream cheese and confectioners sugar together until smooth.
- 4 | **FOLD IN** the whipped topping and spread over the cookie crust.
- 5 | **ARRANGE** the fruit on top.
- 6 | **IN A SAUCEPAN**, bring the sugar, orange juice, water, lemon juice, cornstarch and salt to a boil, stirring constantly until thickened.
- 7 | **LET THE MIXTURE COOL** and brush over the fruit.
- 8 | **STORE** in the refrigerator to chill then serve.

Instead of using a sugar cookie crust, use slices of watermelon to make this tasty treat **gluten free!**



We want to hear from you!

Inspiring Women would love to feature your favorite recipes in future issues! Visit inspiringwomen.org/share-recipe or scan the QR code to submit your favorite tried and true dishes!

Second-Hand Hacks to Style Your Home

You love “thrill-of-the-hunt” garage sale bargains. Maybe you can’t resist an antique store brimming with treasures waiting for a new home. Estate sale? Yes, please! Personalizing your home with vintage or previously-loved items is a budget-friendly way to decorate, is kind to our planet and gives gently used items a new life. Here are a few essentials you can find and customize to fit your aesthetic at home.

Frames

Picture frames are a great way to dress up a room and bring in a touch of character. You can transform them to fit any color palette with a little TLC. Create a wall gallery by painting them the same color, place a mirror inside and hang in your powder room or print out one of your favorite sayings and hang it for all to enjoy.

Vase

Consider repurposing wide cylinder-shaped vases to hold pens and pencils. You can hot glue ribbon or a bow on smaller ones to hold cotton balls or cotton swabs. You could also use paint pens to decorate and present to a friend with a new bouquet of fresh flowers!

Baskets

For only a few dollars, baskets can serve two purposes: storage and decoration. Before you load up on a great deal, think about their purpose in your home. Small baskets can hold tiny treasures or those always-missing car keys, medium-sized ones work great to maintain office supplies and large ones are a unique way to store the ever-growing shoe pile by the door.

Dishes

Want to pick up new holiday glasses to match your dishes, yet a pricey purchase is out of the question? Maybe you’d love a few serving pieces with a spring feel to use during Easter dinner. Have an idea for a wall filled with dishes in your dining room? Dishware, flatware and glasses are easy to find and can save you hundreds of dollars purchased second-hand. Inspect each piece thoroughly for chips or defects, and be sure items have a purpose and place before bringing them home.

Lamps

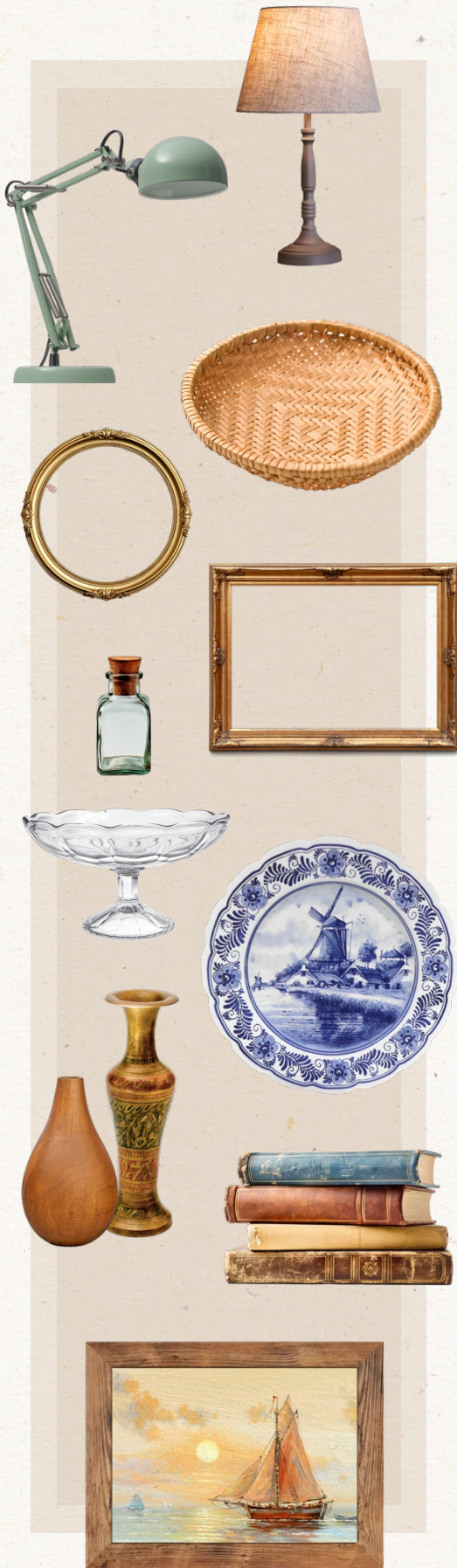
Whether you need a new base, a shade or the whole thing, giving a lamp a makeover is easy. From spray paint to adding embellishments, you can transform any lamp from meh to marvelous. Love an antique one as is? Just make sure the wiring is in working order before plugging it in.

Books

If you can’t put down a good book, you’ve come to the right place. From cookbooks to bestsellers, you’ll find plenty to fill your shelves. You can even use books as part of your decor. A small stack makes an excellent platform for teapots and picture frames. Interesting book covers and spines can complement the colors in your home. Oh, they’re great for actually reading too!

Wall Art

The gallery of your dreams is just one eclectic shopping trip away from happening. You can find vintage paintings, pencil sketches and posters galore to decorate your home office or hallway. Choose a theme or color you love and start collecting away. If it’s art you adore simply “just because,” it can never go wrong in your home.



How to Support Loved Ones in Their *Dark Valleys*

When a loved one is navigating through a storm of hardships, our instinct is to offer a helping hand, a shoulder to lean on and a listening ear. However, knowing the best way to support someone during their darkest times can be challenging. It's not just about being physically present; it's about providing emotional comfort and practical assistance that truly makes a difference. The essence of support is understanding, patience and genuine care—elements that can transform a difficult journey into one of healing and hope.

We're hoping to shed light on the most effective ways to be there for someone you care about, focusing on actionable steps that address both their emotional and practical needs. Each strategy we dive into is designed to uplift and strengthen those we hold dear. As we delve into these approaches, remember that the art of supporting others also involves caring for yourself, ensuring you remain a resilient and positive force in their lives.

Listen Actively

Being an active listener is crucial. Offer your loved one the space to express their feelings without judgment. Sometimes, people just need to be heard. Resist the urge to offer solutions or unsolicited advice. Instead, validate their feelings by acknowledging the difficulty of their situation. Phrases like, "That sounds incredibly tough," or "I'm here for you," can be comforting to hear.

Offer Specific Help

Instead of a general "Let me know if you need anything," offer specific forms of assistance. This could be anything from running errands, preparing meals or helping with childcare. Specific offers show that you're genuinely willing to help and understand the burdens they're facing.

Small Gestures

Most of us have a natural inclination to decline help, even when it's offered. We've all felt the anxiety of being too needy. Because of this, sometimes when we offer help it might be declined. Sometimes, it's easier to say "no" than to figure out what would be helpful. When this happens, think about what small gesture you can do for them. Maybe it's a surprise coffee delivery or a frozen meal they can throw in the oven when they don't feel like cooking.

Check In Regularly

Regular check-ins convey that your support isn't just a one-time offer but a consistent presence in their lives. A simple text message, phone call or email to say, "Thinking of you and here if you need to talk," can make all the difference. These gestures remind your loved one that they're not alone.

Be Patient and Flexible

People process and cope with difficult situations in different ways and on different timelines. Show patience and be willing to adapt to their needs. There might be times when your loved one wants to talk extensively and other times when they need space. Respecting their process is a form of support in itself.

Create a Supportive Environment

Create an environment that's conducive to healing. This could mean engaging in activities together that your loved one finds comforting or therapeutic, like walking in nature, watching a favorite movie or participating in a hobby they love. The goal is to offer a sense of normalcy and a break from their troubles.

Encourage Professional Help If Necessary

There are situations where professional help might be needed, such as therapy or counseling. If you notice signs that your loved one is struggling to cope, gently suggest seeking professional advice. Counseling is often portrayed as a sign of weakness, so try to reframe it as a sign of strength and a positive step towards healing.

Take Care of Yourself, Too

Supporting someone through a hard time can be emotionally taxing. Remember to take care of your own mental and physical health first. It's just like the emergency training on an airplane, put your own oxygen mask on first before helping others. How can you help others if you're in the midst of struggling? This ensures you have the energy and resilience to be there for your loved one without burning out.

Supporting a loved one through hard times doesn't require grand gestures. Often, it's the small, consistent acts of kindness and understanding that have the most significant impact. By being a compassionate listener, offering practical help and simply being there, you can help your loved one navigate through their darkest hours towards a place of healing and hope.

Feeling Confident on the Outside

Starts *Inside*

As the weather warms and invites to gatherings begin to roll in, that cute dress in the back of your closet calls out to be shown off. Here are a few neat health hacks to solidify your confidence for socialite season and rock your favorite outfit.

Morning Metabolic Boost

As soon as you wake up, squeeze the juice from half a grapefruit into a glass of warm water and drink. The juice will prep your digestive system for the day and—according to multiple studies—might help boost your metabolism in general.

Intermittent Fasting

One of the most effective ways to burn body fat is to use it as nature intended: as food for your body when no other food's around! When your body has nothing to eat, it will simply "eat itself," resulting in you losing the weight that's been converted into fuel.

Intermittent fasting can be as simple as skipping breakfast in the morning or as complex as restricting your food intake to a tight four-hour window per day. Start small with just a minor adjustment to your regular eating schedule and see how you feel.

Low Carb Water-Purge

This quick-acting weight loss shortcut has gone through many names over the years (the "Drinking Man's Diet," "Atkins," "keto," and so on), but the principle remains the same: you can lose quite a few pounds rather quickly if you completely abstain from carbohydrates for an extended period of time (usually a full week or two).

Scientifically, it works because the body uses glycogen to store carbohydrates. Glycogen also retains water, so when glycogen levels deplete from not eating carbs, your body purges the excess water weight as well.

Keep in mind this works both ways, so when you finally treat yourself to a plate of spaghetti after your big night out, don't be shocked by the number you see on the scale the next day. Remember that it is completely normal for your weight to fluctuate daily within about a five pound increase or decrease.

***NOTE:** Always speak with your physician or a licensed dietitian before making any significant changes to your diet. Please take any medical conditions you may have into account before considering these tips.

SOURCES: HEALTHLINE | CLEVELAND CLINIC



NaProTECHNOLOGY

Ask an Expert



George Kane, MD

Franciscan FertilityCare Center
Medical Consultant

Board-Certified in Family Medicine
Obstetrics

Wish your doctor was on speed dial? We talked with some experts at Franciscan Health to answer your most pressing questions. This is what they had to say!

Find a
Franciscan Doc



1. What is NaProTECHNOLOGY and how does it work?

NaProTECHNOLOGY is a scientific approach to improving fertility and treating reproductive health issues based on the Creighton Model FertilityCare System. It involves tracking natural biomarkers of fertility and menstrual cycles to diagnose and treat underlying health issues. Treatments may include dietary changes, supplements, medications and surgical interventions tailored to the individual's condition.

2. Can NaProTECHNOLOGY help with recurrent miscarriages?

Yes, it can be particularly helpful for women experiencing recurrent miscarriages by identifying potential underlying issues such as hormonal imbalances or luteal phase defects. Treatment aims to correct these issues, thereby increasing the chances of maintaining a healthy pregnancy.

3. How effective is NaProTECHNOLOGY in treating gynecological issues like PCOS or endometriosis?

NaProTECHNOLOGY has shown effectiveness in treating conditions like PCOS and endometriosis by addressing the root causes through dietary changes, targeted supplements, hormone therapy and, in some cases, surgical intervention. Effectiveness can vary based on the individual's condition and adherence to the treatment plan.

4. Where can I find a Franciscan NaProTECHNOLOGY provider?

Dr. Kane is one of several "NaPro" trained physicians that work directly with practitioners at the Franciscan FertilityCare Center. The center is located at 610 East Southport Road, Suite 110 in Indianapolis, IN, but virtual appointments are available as well.

HELPING WOMEN AND FAMILIES

Menstrual Health | Fertility Care | Natural Family Planning

Fertility is a gift to be appreciated and understood. By using the Creighton Model FertilityCare™ System, our center offers women truly feminine, individualized, holistic healthcare that is safe, effective, life-affirming and clinically proven for each unique phase of life.

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Franciscan
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*Finding Peace in the Midst
of Life's Storms:*

A Woman's Guide

Inspired By Lysa TerKeurst's
"It's Not Supposed to Be This Way"

Life often feels like a beautifully written script that suddenly veers off course, leaving us grappling with scenes we never anticipated. As women, we often juggle countless roles and expectations, leaving us particularly vulnerable when life throws a curveball. But there is hope and a pathway to peace. These arduous moments aren't just stories; they're windows into our lives during moments when our world seems to be falling apart, leaving us questioning everything we hold dear. Steps can be taken to find peace even in the heaviest of storms. Here are some guiding ideas to work on in your storms.

Embrace Your Pain

The first step in finding peace is acknowledging the pain. We can't shy away from the raw, often messy realities of heartache. It's okay to not be okay. Pain, when confronted head-on, becomes a powerful teacher. It's not about wallowing in despair; it's about understanding that your feelings are valid and that processing these emotions is the first step toward healing.

Journaling can be an incredibly therapeutic tool. It allows you to pour your heart out, untangle your thoughts and start seeing your pain not as a roadblock but as a small part of your larger journey.

CONTINUE READING ►►►



Coconut Chicken Tenders

Spice up your weeknight dinners with a dish that gives you all the crunchy and flaky goodness! Pair these tenders with the sauce of your liking and consider adding a bowl of cilantro rice on the side.

PREP: 15 minutes • **COOK:** 15 minutes • **SERVES:** 6

Directions

- 1 | **PREHEAT THE OVEN** to 425°F. Line a baking sheet with parchment paper.
- 2 | **USING A FOOD PROCESSOR**, combine the coconut, cornflakes, paprika, onion powder and a pinch of salt. Pulse until you have fine crumbs. Add sesame seeds to the mixture then dump all of it into a separate bowl.
- 3 | **IN ANOTHER BOWL**, beat the eggs and add hot sauce, if desired.
- 4 | **IN THE EGG MIXTURE**, add the chicken and toss well to fully coat.
- 5 | **NEXT, COAT THE CHICKEN** in the crumb mixture.
- 6 | **PLACE EACH CHICKEN TENDER** on the prepared baking sheet and drizzle with olive oil.
- 7 | **BAKE** for 15 to 20 minutes or until crisp.
- 8 | **SERVE** the chicken with your favorite dipping sauce.

Ingredients

- 2 cups cornflakes
- 1 ½ cups shredded unsweetened coconut
- 1 tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ cup sesame seeds
- 2 eggs, beaten
- 2 Tb. hot sauce or tamari, optional
- 2 lbs. boneless chicken tenders
- Extra virgin olive oil
- Salt, to taste

Lean on Your Faith as a Source of Strength

For many of us, faith is a beacon in the storm. To be clear, we're not talking about blind optimism, but rather finding a deeper meaning and purpose in our trials. Faith isn't just a crutch; it's a set of wings that helps us soar above the storms of our lives. Jesus showed tremendous strength through His faith during the crucifixion. God empathizes with our tears because He has shed them Himself.

Embracing faith means seeking solace in prayer, scripture or simply in the belief that there's a larger narrative at play, one where every pain—every tear—has its place. This isn't about erasing the pain but about giving it context, a bigger picture where healing is possible.

Find Joy and Gratitude Amid Hardship

Gratitude and joy are not exclusive to good times. They are most powerful during our darkest days. It's about shifting focus from what we've lost to what we still have. This shift doesn't happen overnight. It's a daily practice, a conscious choice to find that sliver of sunshine on a cloudy day.

Acknowledging we aren't in control is an important step in finding joy and gratitude in our hardships. As hard as it seems, doing so can bring its own peace. It's about acknowledging that we can't steer every aspect of our lives, and that's okay. In this surrender, we find a surprising freedom—the freedom to live in the moment, to appreciate the now, even when the now isn't what we expected.

Seek Support and Practice Self-Care

The importance of a support system is crucial—friends, family and a community that stands with you. This support network is vital, offering a listening ear, a shoulder to lean on and, sometimes, the tough love that nudges us forward.

Equally important is self-care. It's not selfish to take time for yourself—to indulge in activities that nourish your soul and body. Whether it's a quiet walk, a workout session or simply curling up with a good book, self-care is a vital part of the healing process. Don't be afraid to give yourself space to take care of yourself.

Use Your Experience to Help Others

It helps the healing process come full circle when we find a way to make our painful experiences into something good. This is the idea of transforming our pain into purpose. By sharing our stories, as harrowing as they might be, we not only heal ourselves but also become beacons for others navigating similar storms. Our experiences, whether big or small, can offer hope and guidance to others.

While we may not control the storms that come our way, we certainly can learn to dance in the rain. So, dear sister, if you find yourself in the midst of life's unexpected challenges, remember you're not alone. Embrace your journey, lean on your faith, find joy in the little things, seek support and slowly, but surely, you will find your way back to peace.



We want to hear from you!

Inspiring Women would love to feature your favorite recipes in future issues! Visit inspiringwomen.org/share-recipe or scan the QR code to submit your favorite tried and true dishes!

STROKE IS AN EMERGENCY

EVERY MINUTE COUNTS

BE FAST

BALANCE

SUDDEN
LOSS OF
BALANCE OR
COORDINATION

EYES

SUDDEN
VISION
CHANGES

FACE

FACIAL
DROOP OR
UNEVEN
SMILE

ARM/LEG

WEAKNESS OR
NUMBNESS ON
ONE SIDE OF
THE BODY

SPEECH

SLURRED,
DIFFICULTY
SPEAKING OR
UNDERSTANDING

TIME

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GET TO THE
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