

Self-Care & Seasonal Reflection Email

Format: Email newsletter and blog post (beehiiv platform)

Role: Creator, Writer, Curator

Context & Purpose

This newsletter was sent via beehiiv and published as a blog post to engage my community around end-of-year reflection and share curated wellness resources. It was part of a broader, ongoing content series designed to promote mindfulness, connection and self-care.

My Contributions

- Wrote, designed, and published the piece using beehiiv's tools for formatting, scheduling, and subscriber management.
- Crafted original content with emotionally resonant, audience-centered language.
- Embedded resource links and clear calls to action to encourage engagement.
- Structured the layout for readability and accessibility across devices.

Why It Matters

This work demonstrates my ability to craft thoughtful, strategic communications with warmth and clarity using email and web tools—highlighting a flexible, intentional approach to audience engagement.

A gift for you 💜



Jasmin Ariel

October 28, 2024 • Estimated Reading Time: 2 minutes



mindfulness

Happy Mindful Manifesting Monday!!! (Try saying that 3x fast lol)

Before I forget, I wanted to send you the link to this mindfulness app that I just learned about.

I haven't used it yet so I can't vouch for it personally, but I thought it'd be a great resource because it was developed for veterans and current service members.

As a former Army Brat, I have a lot of mixed feelings when it comes to our government and the military, BUT the resources they provide on behalf of the military community are usually topnotch!

Also, it's FREE from what I'm reading.

[So check it out and lemme know what you think.](#)

Also, also, check out the FREE curated collection of self-love resources I put together on my other platform, [Peace Power Pleasure.](#)

Every time I come across something inspiring, empowering and just all around dope, I add it to the P3 collection for later reference. It's an open Google Drive folder with plenty to explore.

I recommend you bookmark it for yourself and use it whenever you're in need of some extra self-care support. And feel free to share it with yuh people dem.

[CLICK FOR FREE SELF-LOVE RESOURCES](#)

Aight, that's it. I'm doing a million and one things on the computer and I have so many tabs open so I wanted to quickly shoot you this message before I closed the tab, forgetting what I saved them for.

Have a marvelously, magniferous Monday!

Love ya! 🥰

Jasmin