



# the modern domestic woman

AUGUST 2025  
MINI MAG

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LETTER FROM THE EDITOR

*Dear MDW Family,*

Anyone else feel that back-to-school energy creeping in? Even if you're not packing lunches or shopping for gel pens, August always gives me that fresh-start itch. A return to rhythm. A soft reset. A new notebook vibe—minus the school bells.

This month's Mini Mag is my version of a new backpack and freshly sharpened pencils. We've got clean beauty staples that make your skin (and your conscience) happy—like the Coconut Mint Deodorant that really works, and OSEA's Undaria Body Butter that makes me feel like I just left a fancy spa, even if I'm still in yesterday's leggings.

You'll also find:

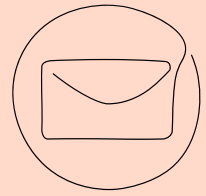
- A delicious iced London Fog recipe that's been my go-to tea ritual remix
- A graphic tee that says what we're all thinking: slow down, you're doing fine
- A dreamy crossbody bag that holds all your essentials and still feels pulled-together
- Whimsical forest crystal mushrooms to add a little magic to your shelf (or your soul)
- Podcast picks for your hot girl walks or your emotionally overloaded car rides
- A powerful piece on mental health + politics (because yes, your rage is valid)
- Support group info, therapist referrals, and a free guide to building real friendships as an adult

Whether you're reworking your schedule, craving a reset, or just need something soft to land on, this issue is for you.

Here's to new chapters, gentle routines, and finding joy in tiny, everyday things.

*With love and a chilled tea in hand,*

Elizabeth Rago  
MDW Founder & Editor



Subscribe to the MDW newsletter and get a chance to win one of the items featured in this month's mini mag! Just tap the envelope icon above.



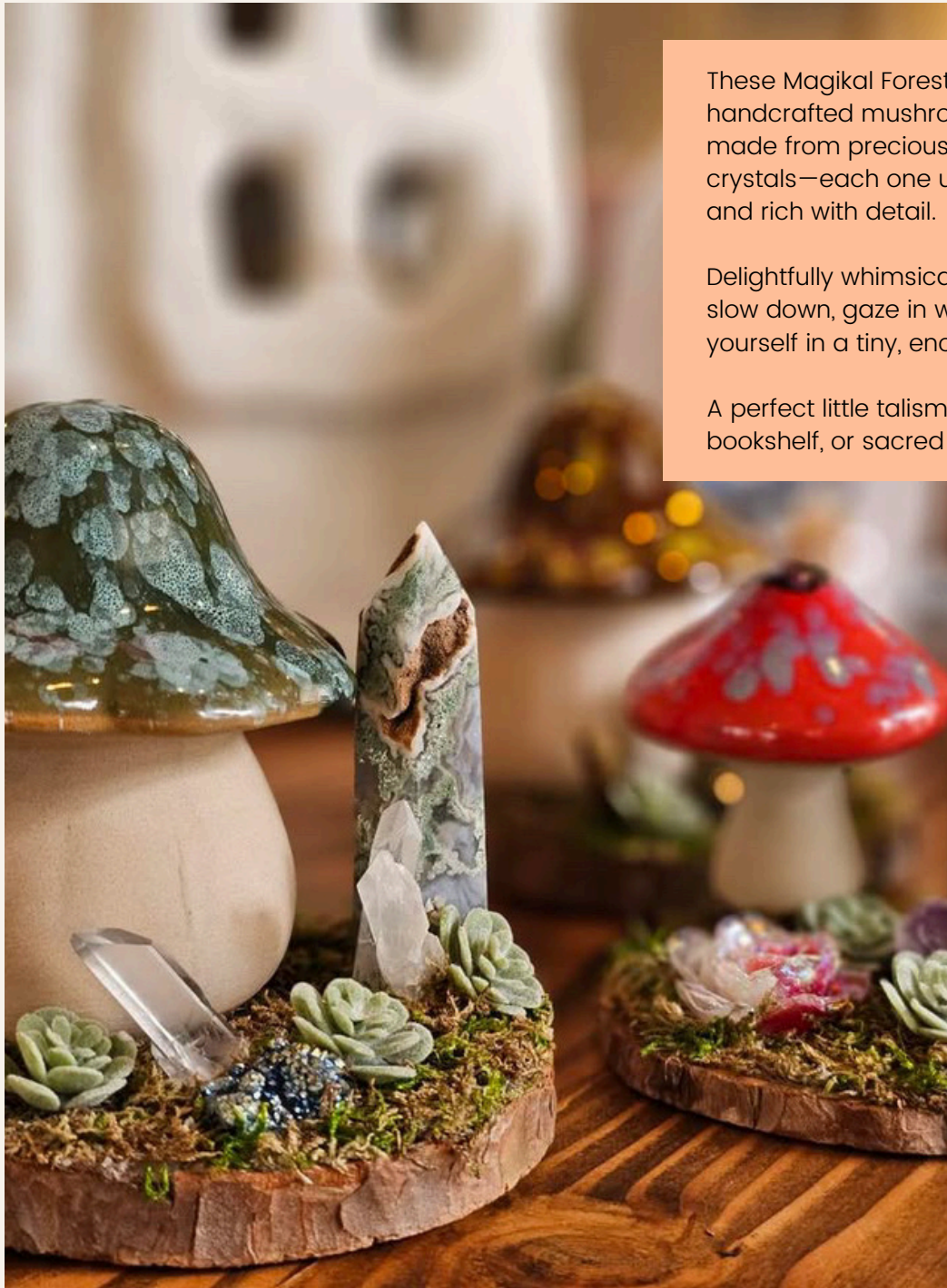
Tap on the cute icons to shop instantly or learn more about the product featured.

*PS:*

MDW gets a teensy commission if you click through and purchase via affiliate links—but don't worry, 100% of that kickback goes directly to supporting women's programs right here in our community. So, every purchase is a small act of kindness that adds up to something big!



# SHROOMS



These Magikal Forest Crystals are handcrafted mushroom sculptures made from precious stones and crystals—each one uniquely stunning and rich with detail.

Delightfully whimsical, they invite you to slow down, gaze in wonder, and lose yourself in a tiny, enchanted world.

A perfect little talisman for your altar, bookshelf, or sacred space.

MAGIKAL FOREST SCENE  
WILDFLOWER MERCHANTILE





# TEE



This 100% cotton tee is your new favorite reminder: Slow down, you're doing fine.

Soft, breathable, and made for everyday wear, it's a gentle nudge to give yourself grace—especially on the hard days.

Consider it encouragement you can throw on and carry with you.

SLOW DOWN GRAPHIC TEE

ETTA & EAST





# ADVOCACY

One cup. One change. One life at a time.

## Meet Talitha Coffee

At MDW, we're passionate about spotlighting brands that don't just sell products, but create real impact.

Meet Talitha Coffee Roasters. Co-founded by the incredible Jenny Barber, Talitha is a specialty coffee brand on a mission: pairing high-quality, locally roasted coffee with life-changing support for survivors of human trafficking.

Through the Talitha Survivor Care Network, they partner with nonprofits to provide housing, healthcare, job training, and meaningful employment.

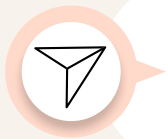


## How you can help:



### Buy the beans

Every purchase funds survivor support services & employment opportunities. *(If you're not a coffee drinker, why not add bags of ground coffee to your gift baskets!)*



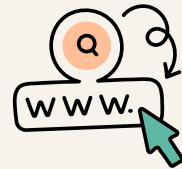
### Share the story

Spread the word about Talitha's mission and help raise awareness about trafficking in our communities.



### Become a wholesaler

If you're a coffee shop, restaurant, church, or retailer looking to offer exceptional coffee, you can join Talitha's growing wholesale network. *(Know an amazing business who serves or sells coffee? Share talitha.com with them!)*



Even your morning coffee can be an act of advocacy, compassion, and empowerment.





# NATURAL REMEDIES FOR PERIMENOPAUSE SYMPTOMS

by Joy Rosini



Perimenopause is when your hormones go completely off the rails. Estrogen starts to dip, progesterone goes on strike, and testosterone? Forget about it. (Chin hairs, anyone?)

I'm sharing a mix of what's worked for me, and please note these are simply my personal experiences and recommendations. Take what resonates, leave the rest.

I've been navigating perimenopause since my mid-30s, and as I turned 48 in June, I've learned a few things along the way.

## It All Started With a Sizzling Pan of Chicken Cutlets


One summer night, I was frying chicken cutlets when I suddenly broke out in a full-body sweat. We're talking dripping. I remember thinking, What the hell is happening? It felt like someone cranked the heat to 1,000 degrees.

That was the beginning. Soon, the night sweats kicked in, and I became a full-blown detective. Doctors told me I was "too young" for perimenopause. (Spoiler: I wasn't.)


So I got resourceful.

## Here are my Cool-Down Essentials:

#1 - Amazon Dri-Fit Sheets: These lifesavers are breathable, affordable, and saved me from sweating through the night.

Get them here. 


#2 - Soma's Cool Nights® Pajamas: Pretty and practical, these pajamas are cool to the touch and ideal for those of us who can't sleep au naturel (shoutout to my nosy dog and teenage son). Pro tip: Wait for a sale.

Get them here. 





#3 – Buffy Breeze Comforter: I bought this temperature-regulating comforter 8 years ago and still use it. It's soft, breathable, and has actually improved my sleep quality.

Get it here. 

## Surviving Hot Flashes at Work

When I worked in a school, the heat was no joke. I learned to freeze a water bottle and tuck it in the crook of my elbow—it sounds weird, but it works. The students had a lot of questions, but I stayed cool.

Same goes for hiking: I'd spray my hat with cold water and wear it while hiking, especially since I tend to sweat from my head first. Total game-changer.

## Depression, Anxiety & Insomnia: The Unholy Trio

I didn't recognize my depression at first. I had just left a job I loved, and I thought I was just sad about that. But soon, anxiety and brutal insomnia arrived, too. I was exhausted, emotionally and physically.

I reached out for help. I started an antidepressant and an anti-anxiety medication, and added Magnesium Glycinate with dinner (this part is key: with food). It helps me wind down, and if I still can't sleep, I'll occasionally use melatonin or anxiety meds.

Let me be clear: there is no shame in needing support.

Hormonal changes affect our mood and mental health. Getting help saved me.

# Magnesium Bisglycinate

*known as the "calming mineral" for managing the stress response*

*improved sleep*

*promotes a stable mood.*

*can play a supportive role in alleviating symptoms related to hormonal imbalance*

*improved energy levels*






## Body Odor, Because Why Not?

Out of nowhere, I developed body odor that no deodorant could touch—thank you, testosterone. Out of desperation, I ordered a trial pack from Salt & Stone after seeing an Instagram ad.

Shockingly, they all worked. I now rotate through them and enjoy no longer being stinky.

Get it here. 

## The Power of a Creative Outlet

One of the most healing things I've done is reconnect with my creativity. I'm an artist, and painting has been incredibly therapeutic. I took classes at Batavia's Water Street Studios, which were affordable and led by other artists.

Whether it's painting, gardening, yoga, pilates, or journaling, find something creative to help you through the ups and downs. It truly makes a difference.

I've shared a mix of affordable and splurge-worthy suggestions. As my therapist says, when we're uncomfortable, we'll hand over our money for relief—and that's okay.

*"One of the most healing things I've done is reconnect with my creativity. I'm an artist, and painting has been incredibly therapeutic."*

## About the Author:

Joy Rosini is an amazing artist and lifelong learner whose creativity shows up in everything she does, from vibrant paintings to beautifully baked treats.

Married to the love of her life and proud mama to two incredible kids, Joy brings warmth, curiosity, and care to every corner of her life. She's also a passionate traveler who finds inspiration in new places and cultures.

Joy was one of the very first women to attend MDW's Coffee Chats and quickly became a beloved part of our community.

Her authenticity, generosity, and willingness to both give and grow make her a true light in our circle. Whether she's sharing hard-earned wisdom or simply showing up with an open heart, Joy reminds us all what it looks like to serve and support one another.

You can find Joy on Insta at @joyfulsourdoughlady where she is always creating epic meals, fresh bread, and gorgeous artwork.





# HACKS

This cozy and creative corner uses peel-and-stick cork board tiles to transform a plain wall into a functional and stylish display.

Perfect for mood boards, kids' art, or organizing inspiration, the cork adds warmth and texture—especially helpful in rentals that need a bit of personality.



IMAGE AND ARTICLE FROM  
SOPHIE ROBINSON



# SKATES



Add some flair to your roller skates with these adorable gummy bear skatelets!

Sold as a pair, each chain features dangling purple gummy charms that swing with every glide—because your skates deserve accessories too.

Cute, quirky, and full of personality, these are the perfect way to sweeten up your ride.

GUMMY BEAR SKATELET  
ROLLER SKATE STUDIO





# RESOURCE

## the modern domestic woman

Making friends as an adult is difficult, but you don't have to figure it out alone.

"How to Build Your Circle" is a free guide for women craving genuine connection, whether you're starting fresh or simply feeling a little lonely.

Inside, you'll find encouragement, practical tools, and permission to build relationships that truly fit your life right now.



## HOW TO BUILD YOUR CIRCLE (ESPECIALLY WHEN YOU'RE STARTING FROM SCRATCH)



### Step 3: Nurture What You Find

True connection doesn't happen in a single coffee date—it builds over time. This step is about tending to what's already forming, even if it's just a flicker.

Reach out. Follow up. Create moments of care.

Who's someone I've connected with lately that I'd like to nurture a deeper friendship with? What did I like best about them?

### Positive Self-Talk:

"I have the capacity to show up for others without losing myself."  
"Consistency is love—I'm capable of building steady relationships."  
"I know I've been burned before, but I can find people who accept me for who I am."

MDW guides help you  
unpack topics and  
provide practical tools to  
help you in your  
everyday.

Reviewed and approved  
by a licensed mental  
health practitioner.

MDW FREE DOWNLOAD



# BIG, BEAUTIFUL, BULLIED

by Carrie Summers, MDW Mental Health Advisor

Let's not tiptoe around it: People are unraveling right now—and not just because of what's happening inside their homes, but because of what's happening outside them.

*A lot of my clients are showing up in session unsure if it's "okay" to talk about politics.*

It IS okay. Because this isn't just politics—it's personal.

When reproductive rights are stripped, Medicaid is slashed, queer and trans people are targeted, and the most vulnerable communities are constantly treated as disposable, your nervous system takes the hit. And it should.

You're not too sensitive. You're not overreacting. You're living in a world where basic safety, autonomy, and dignity are being treated like strategy notes in someone's campaign ad.

## When Your Identity Feels Like a Political Target

If you're a woman, you've probably been told in a hundred subtle (and not-so-subtle) ways that your body is public property.

If you're LGBTQIA+, your existence is politicized before you even speak.

If you're BIPOC, you're expected to show up strong and unbothered, while laws are written to erase your history, your needs, and your rights.

And if you're watching this unfold while trying to go to work, raise kids, or just stay regulated, it's no wonder your mental health is frayed.



The world is starting to feel eerily familiar to anyone who's read 1984 or The Handmaid's Tale—except this version comes with push alerts, political gaslighting, and a president who exhibits more narcissistic tendencies than I care to count. Our rights are being tossed around like debate team prompts—only this is real life, not a junior year extracurricular activity.

And while some people still have the luxury of tuning it all out, many of us don't. We're not panicking—we're paying attention.

So What the Hell Do We Do About It?



Let's talk about coping that doesn't minimize your experience. No "just drink more water" advice here—although, yes, drink some water. But also try these suggestions:

## 1 – Name the Thought

Say: "I'm having the thought that everything is hopeless." This tiny shift separates you from the spiral—it's not denial, it's creating breathing room between you and your fear.

## 2 – Talk to Your Inner Kid

When everything feels too big or too much, that younger part of you—the one who learned to stay small to stay safe—often kicks in. You don't have to go digging through childhood memories to acknowledge her.

Sometimes it's as simple as pausing and saying:

"You're allowed to feel this. I know it's scary. But I'm the adult now, and I'm here to protect you."

You don't need a perfect script. You just need self-compassion in a moment that calls for survival mode.

## 3 – The Ice Pack Method

Overwhelmed? Shaking? Can't get out of your head?

Grab a cold pack or bag of frozen peas and press it to the back of your neck or wrists for 30–60 seconds. It triggers your diving reflex, slows your heart rate, and tells your body: You're not in danger anymore.

It's nervous system regulation, not witchcraft.



## 4 – Mute. Block. Unfollow. Repeat.

You are not required to consume endless horror to be a good person.

You're allowed to unplug from toxic discourse, block that cousin who posts conspiracy theories, and let peace—not algorithms—decide who gets your attention.

## 5 – Tiny Acts of Rebellion

You don't have to save the world today. You can rest. You can say no. You can donate, volunteer, vote, or tell one person the truth about how you're doing. Rebellion doesn't have to be loud to be powerful. Sometimes it's just choosing joy in a world that wants you small and silent.

## #6 - Try the 5-4-3-2-1 technique.



5 things you can see.



4 things you can feel.  
(Ex: the sun is shining on my skin and it feels warm, my socks are tight on my feet.)



3 things you can hear.  
(Ex: the sound of people talking around you in a coffee shop, the hum of your laptop, a car muffler rumbling by outside.)



2 things you can smell.



1 thing you can taste.

This works by engaging the part of your brain responsible for observation rather than panic.

It pulls your focus away from racing thoughts and brings you into the present—where your body can start to feel safe again.



## Therapy Isn't Neutral and Neither Are You

If your therapist can't handle you bringing in grief about reproductive justice, rage over queerphobia, or fear over political extremism, that's not neutrality—it's avoidance.

Politics are impacting your mental health. And they belong in the room.

So does your grief. So does your anger. So does your exhaustion.

You are not broken for feeling this way. You're not the problem—the world just keeps rewarding cruelty and calling it leadership.

## You Are Not Alone and You Are Not Powerless

You are big. You are beautiful. And if you're feeling bullied by systems built on control and cruelty, you're not imagining it. You're seeing it clearly. And you're still standing.

*"Nolite te bastardes carborundorum."*

*Don't let the bastards grind you down.— Margaret Atwood, The Handmaid's Tale*

Remember - your peace, your power, and your voice are not up for negotiation.

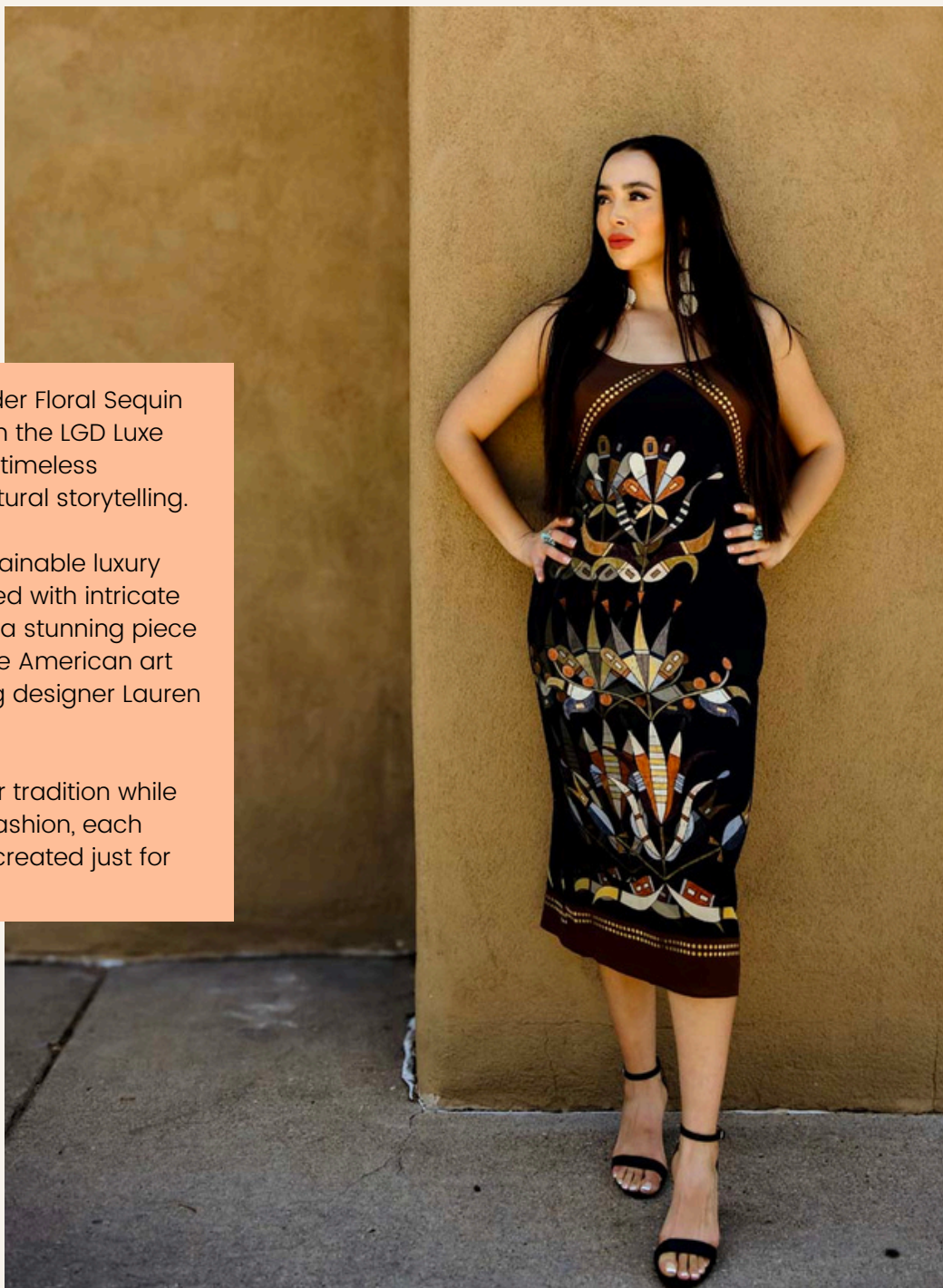


# DRESS

This made-to-order Floral Sequin Silk Slip Dress from the LGD Luxe Collection blends timeless elegance with cultural storytelling.

Crafted from sustainable luxury fabrics and finished with intricate sequin details, it's a stunning piece of wearable Native American art by award-winning designer Lauren Good Day.

Designed to honor tradition while embracing high fashion, each dress is uniquely created just for you.



FLORAL SEQUIN SILK SLIP DRESS

LAUREN GOOD DAY



# ETSY FINDS



Orange Fruit Pin  
Minidreamscreation on Etsy



Barn Owl Bookmark Paperclip  
FramingFables on Etsy



Olive Tree Backsplash  
IstanbulMosaicArt on Etsy





# Therapists with Immediate Openings



## Angie Yong, St. Charles, IL

- A neurodivergent therapist who gets the ADHD brain, executive functioning struggles and the emotional weight of past trauma.

Emerald Path Therapy (in-person and telehealth)

2325 Dean Street, Ste 800L, St. Charles

info@emeralddpaththerapy.com

(630)345-6345

emeralddpaththerapy.com



## Karina Arias, Burr Ridge, IL

- Creates a space where clients feel seen, understood, and supported in building confidence, self-awareness, and tools that work. Specializing in teens and adults navigating life with Autism and ADHD.

Ellie Mental Health (in-person and telehealth)

745 McClintock Drive, Suite 100, Burr Ridge

EllieL08101@elliementalhealth.com

(630)491-6846

elliementalhealth.com/locations/burr-ridge-il



## Christine Krumsee, Telehealth in Illinois

- Providing virtual couples counseling, helping partners navigate conflict and rebuild connection with honesty and compassion. She also offers art therapy for children ages 6–14, using creative expression to support emotional growth, stress relief, and resilience.

Laura Listens

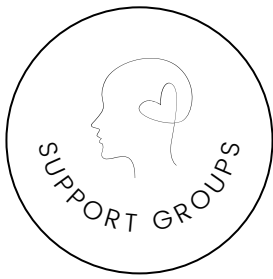
Based in DuPage County but serving all Illinois residents through telehealth

support@lauralistens.com

Text (224) 209-1866

lauralistens.com





# Support Groups

One of the best ways to find emotional and practical support is by joining a support group. Being around other women who understand your struggles can provide relief, encouragement, and a sense of belonging.

## MDW Womens Support Group

1st & 3rd Wednesday of the month

9:15 AM - 10:15 AM

Maple Leaf Coffee House

St. Charles, IL

FREE

Text Elizabeth for more info

630-946-9102

## MDW Moms Support Group

2nd & 4th Wednesday of the month

7:15 PM - 8:15 PM

Batavia Library

Batavia, IL

FREE

Text Elizabeth for more info

630-946-9102

**EmpowerHer  
Anchor Counseling/  
Stable Minds, Elburn, IL  
8.15.25**

A safe space to discuss relationships, balance, mindfulness, life concerns, make connections, and offer support.

Activities may include horse interactions, art sessions, and guest speakers.

RSVP and more info [here](#).

**MONK (Moms of  
Neurodivergent Kids  
+ ND Moms)  
FREE VIRTUAL Book Club  
8.16.25 at 10:00 am CST**

We're reading Low Demand Parenting by Amanda Diekman. Read what you can and feel free to come even if you had good intentions but didn't get to any reading!

RSVP to [amanda@resonanthealingco.com](mailto:amanda@resonanthealingco.com)



# SKIN



## *Carrie's Picks*

These three clean beauty essentials have become non-negotiables in my skincare lineup. The Renew Eye Complex instantly brightens tired eyes (hello, built-in reflectors!) while softening fine lines.

I follow it up with the H.A. Collagen Boosting Serum to smooth and even out my skin tone, then lock it all in with the Nourish Replenishing Moisturizer—a glow-boosting hydrator that leaves my skin dewy and firm all day long.



Renew Eye Complex  
Green Envee



Nourish Replenishing Moisturizer  
Green Envee



H.A. Collagen Boosting Serum  
Green Envee

# BEAUTY



## *Elizabeth's Picks*

This month, I chose three clean beauty staples that have truly earned their place in my daily routine.

The Coconut Mint Deodorant keeps me fresh with zero aluminum or harsh chemicals—plus it comes in a sustainable paper tube and it actually works.

I'm also loving the Undaria Algae™ Body Butter for deep, skin-firming hydration that doesn't feel greasy and smells like I'm fresh from the spa.

And lastly, the Coconut Cleansing Milk, which gently buffs away dullness with tropical fruit enzymes while leaving my skin soft, calm, and happy.



Coconut Mint Deodorant  
Hey Humans



Coconut Cleansing Milk  
Chanla Chau Cosmetics



Undaria Algae™ Body Butter  
Osea



# LIGHT



The Gem Sunlight Shade is a radiant ceiling fixture inspired by the warmth and glow of the sun.

It brings the feel of golden-hour light into your space, casting a soft, summery glow that brightens any room.

GEM SUNLIGHT

TULIP



# PODCASTS

What we're listening to this month.



Flesh and Code – Suruthi Bala and Hannah Maguire explore the dark side of AI love and ask the question, “Can an algorithm truly replace human connection?”



I Feel That Way Too – Host Michelle MiJung Kim explores life’s big, messy questions through honest stories and expert conversations—offering comfort, clarity, and the reminder that you’re not alone.



House of Maher – Olympian Ilona Maher teams up with her sisters Olivia and Adrianna for a bold, unfiltered podcast where they dive into body image, pop culture chaos, sisterhood, and finding joy in life’s messy moments.

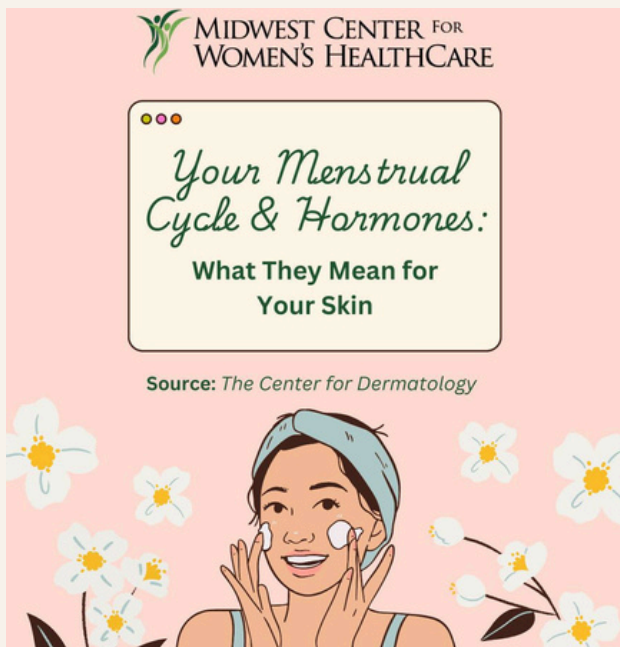


No Feeling Is Final – A raw, darkly funny, and deeply human podcast about mental health, identity, and finding reasons to stay alive—even in your darkest moments.



# SOCIAL

Who we're following to this month.



**Midwest Center for Women's HealthCare**  
Helpful posts around period health, birth control and peri/menopause.



**Complex Motherhood**  
Understanding the complexities of parenting while neurodivergent + parenting neurodivergent kids.



**Everywhere is Queer**  
A celebration of queer-owned businesses, plus a helpful (and free!) app to find a map of queer-owned businesses and organizations worldwide.



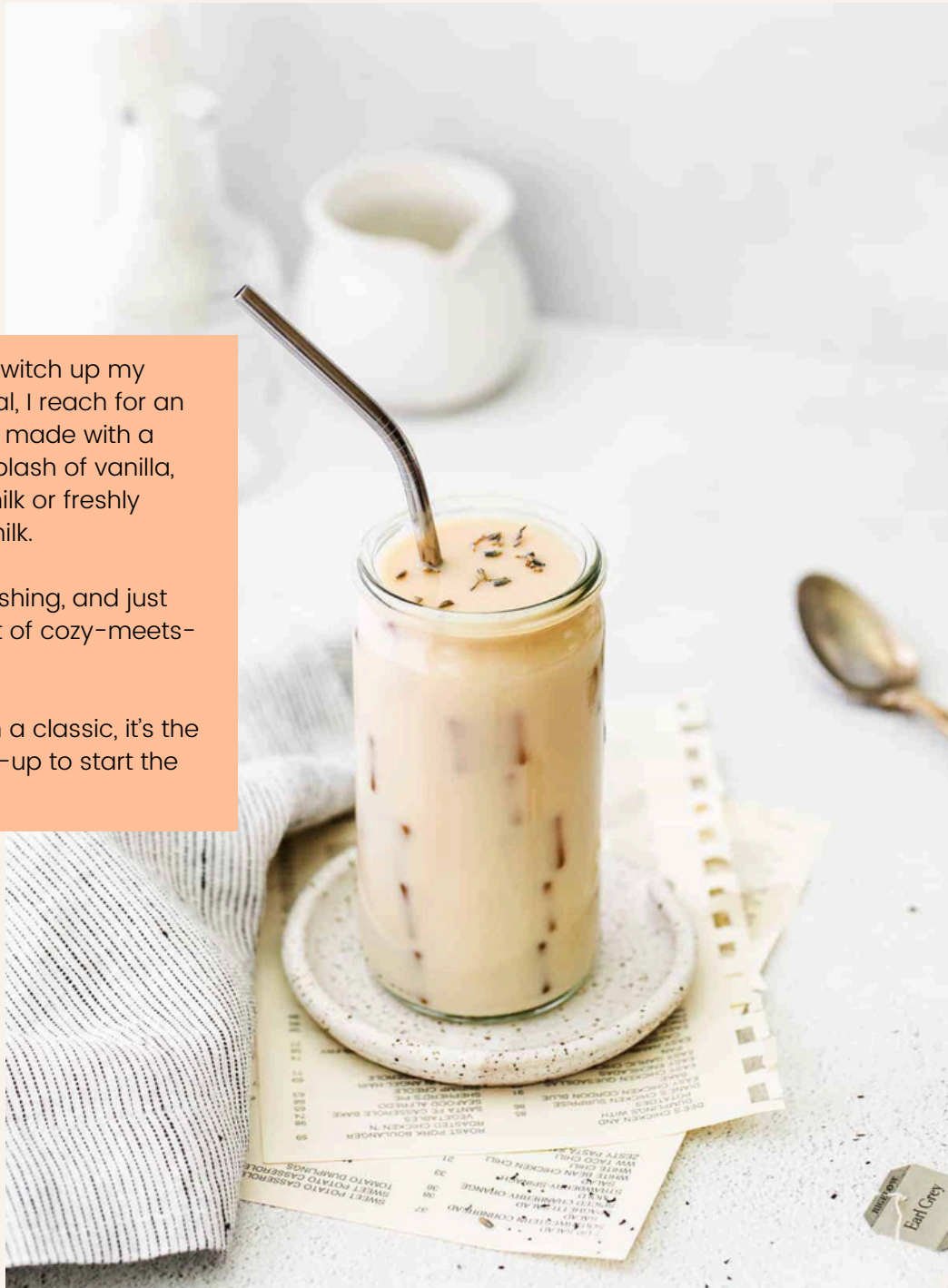
**The Midst**  
Helping women 35+ play by their own rules to find real joy, age well, and discover success on their own terms.

# DRINKS

When I want to switch up my morning tea ritual, I reach for an iced London Fog made with a bold Earl Grey, splash of vanilla, and either oat milk or freshly made almond milk.

It's creamy, refreshing, and just the right amount of cozy-meets-cool.

A chilled twist on a classic, it's the perfect pick-me-up to start the day.



ICED LONDON FOG LATTE

FIT FOODIE FINDS RECIPE





# BAG



This crossbody will become your everyday go-to. It's roomy enough for all the essentials but still sleek and easy to wear.

We're obsessed with the contrast of the floral embossing against the bold, patterned strap—it gives just the right mix of feminine and edgy.

EMMA CROSSBODY  
MINDY MAE'S MARKET





# INSPO



My home and garden are very small so I'm always looking for ways to maximize space.

This display stacks pots vertically and is the perfect way to have your herbs and eat them too.

It's truly an edible and sensory work of art.

IMAGE AND ARTICLE FROM  
MYGARDENINSPO.COM



# about **the modern domestic woman**

Supporting women from all walks of life.

At The Modern Domestic Woman (MDW), we are committed to addressing the holistic needs of women and recognizing the challenges they face in various aspects of life. Our vision is to create a nurturing environment where every woman feels supported and encouraged to thrive, regardless of their circumstances. Through our workshops and resource-sharing initiatives, MDW equips women with the tools and knowledge they need to overcome challenges and pursue their goals with confidence. We believe in providing practical resources tailored to women's needs, ensuring that they have access to essential support services.

MDW focuses on 3 pillars of living:

**MENTAL HEALTH** - MDW Cares is our support community of women rooted in making mental health a priority instead of an afterthought. Because nobody can pour from an empty cup.

**LIFESTYLE** - MDW loves creating safe spaces; at home and in the body you call home. We encourage a healthy lifestyle that meets you where you're at. Not where someone else wants you to be. We also love pretty things at MDW and celebrate style and the artistry of creatives.

**ADVOCACY** - At MDW, we go out into our communities and support women in crisis. We actively partner with organizations that support the rights, recovery, and well-being of women.

Beyond referrals, MDW has free support groups and community education workshops, and an informative and fun blog with free downloadable resources.

For more information, visit [mdwcares.com](https://mdwcares.com) or follow MDW on your favorite social platform @themoderndomesticwoman

Have a question or need a referral? Email us at [themoderndomesticwoman@gmail.com](mailto:themoderndomesticwoman@gmail.com)

