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Her Story to Our Story

A local story on how women's empowerment evolves business

Artificial Intelligence

The pros and cons of evolving technology in modern times

Neurodivergent Children

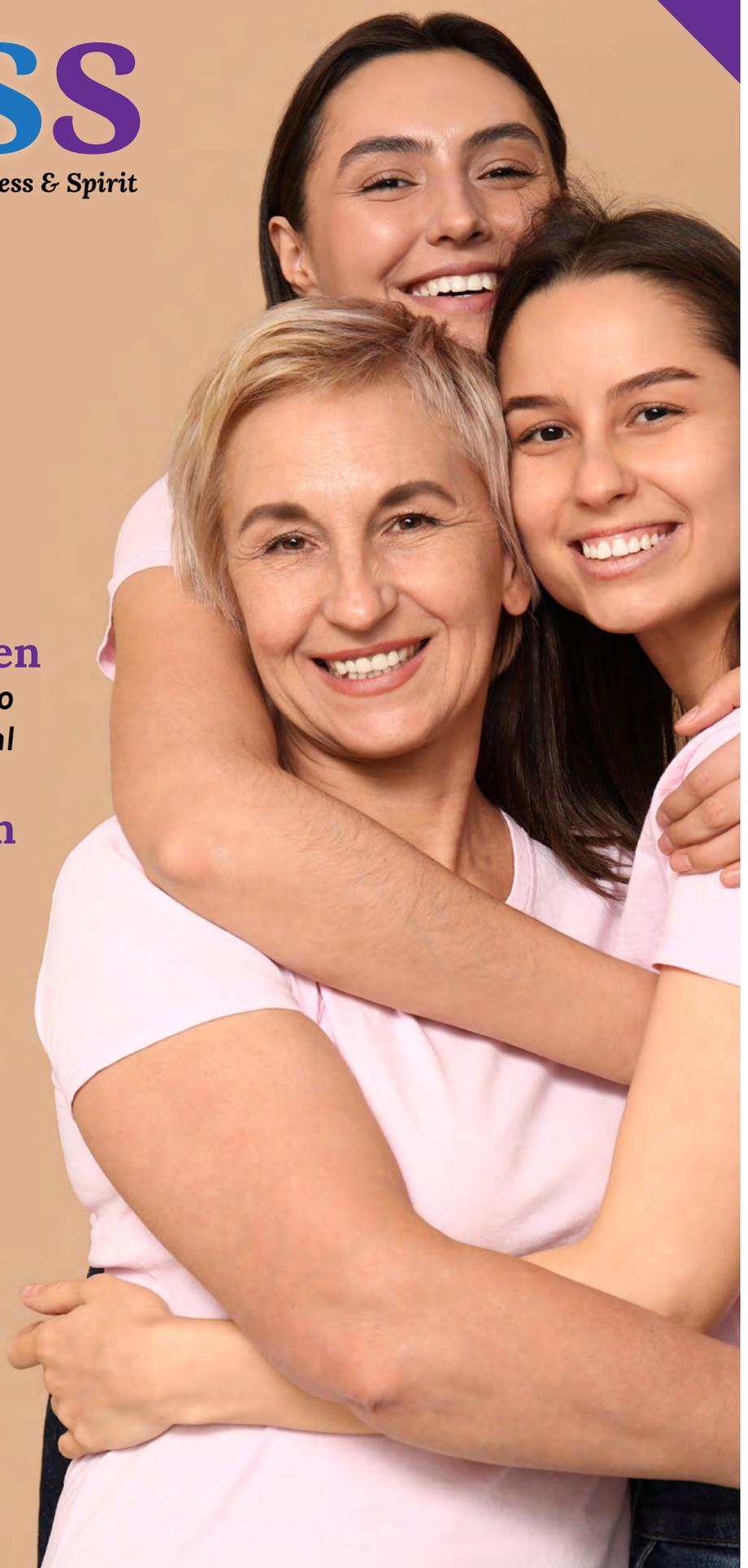
How parents take proper steps to define their child's true potential

Sleep Awareness Month

Dr. Sadiq explains sleep cycles and the need for consistency



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Our Mission

Your Bliss Magazine explores the power of overall wellness. We look to push past the boundaries of physical health and explore aspects of mental, financial and spiritual health. Our goal is to bring you information that you can use to live a happy, healthy and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding nature of technology, knowledge and evolution of the healthcare field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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Developmental Disabilities in our Children

By: Victoria H

Since the earliest days of parenthood, we have continued to grow in our understanding of how children learn, communicate, and experience the world. What was once mysterious or misunderstood is now met with research, advocacy, and compassion. March being Developmental Disabilities Awareness Month is a time to recognize the strengths, contributions, and unique journeys of individuals with developmental disabilities. It is also an opportunity for families to educate themselves, foster inclusion, and ensure that every child has the support they need to thrive.

Developmental disabilities are a group of conditions that begin during the developmental period and may impact physical, learning, language, or behavioral areas. According to the Centers for Disease Control and Prevention (CDC), these disabilities can include autism spectrum disorder, cerebral palsy, intellectual disabilities, attention-deficit/hyperactivity disorder (ADHD), Down syndrome, and more. Some disabilities are apparent at birth, while others become more noticeable as a child grows, and developmental milestones are delayed.

It is important to remember that developmental disabilities exist on a wide spectrum. No two children are exactly alike. One child may need physical therapy to strengthen motor skills, while another may benefit from speech therapy or specialized educational support. Some children require lifelong assistance, while others, with early intervention and accommodation, grow into independent adults who can advocate for themselves and others.

As parents and caregivers, understanding developmental milestones can help us recognize when additional support may be beneficial. While every child develops at their own pace, some signs may warrant a conversation with your pediatrician. If you feel concerned about your child's development in any way, please contact your pediatrician for a professional evaluation and opinion.

If your child is differently abled, try not to panic. Delays do not automatically mean a lifelong diagnosis. However, early evaluation can open the door to valuable resources. There are early intervention services like occupational therapy, speech therapy, physical therapy, and specialized instruction which can make a meaningful difference in a child's development and confidence.

Just know that families navigating developmental disabilities are not alone. Across communities, there are organizations, support groups, and advocacy networks dedicated to empowering individuals and their loved ones. National organizations such as The Arc and local early intervention programs provide guidance, educational materials, and connections to community resources. Schools and community centers are also increasingly embracing inclusive practices that celebrate diverse abilities.

Most importantly, a diagnosis does not define a child's potential. Individuals with developmental disabilities enrich our communities with their perspectives, talents, resilience, and joy. From artists and entrepreneurs to advocates and community leaders, many people with developmental disabilities are making lasting contributions to society. Their stories remind us that ability does not fit into one mold.

Developmental Disabilities Awareness Month reminds us to build a more inclusive world where differences are respected and supported rather than feared. Visit your local library to explore books about inclusion with your children and to find community events. Teach your child about kindness, patience, and acceptance. Every child deserves to be seen, valued, and celebrated. When we commit to awareness and understanding, we create communities where everyone can flourish together. Remember that you are not alone and you are doing a great job. You got this mama!





Excess Consumerism: Spend with Intention Instead

By: Usman Mehmood

We exist in a world that keeps challenging us to purchase more. More upgrades. More trends. Added to that are more things that promise to make us happy or more convenient, or to make us a better person. Consumerism in excess does not come in with a bang; rather it creeps into our life in its guise of self-care, productiveness, or even necessity.

Spending is automatic instead of deliberate before we know it. To avoid the overconsumption, one does not have to renounce the modern world or live without luxuries. It requires awareness. It starts by observing why we spend and not what we spend.

It is not usually only about spending. It is usually concerning our desires in terms of feeling. Comfort after a long day. Distraction from stress. A sense of belonging. A reward of another hectic week survived. Once we realize this we will be able to cease judgment of ourselves and begin to listen.

Deliberate expenditure tempts us to make a break before we buy and set ourselves a nicer question: What need am I attempting at this moment? In some cases the solution is pragmatic. Other times, it is emotional. The acknowledgment of the difference helps us to make decisions more consciously instead of being reactive.

The culture of consumers exists on discontent. We are never told we are missing a newer model a better version of chic. The issue of intentional spending is an obstacle to the story as it redefines what constitutes enough on a personal level. Comparison is not about enough. It is about alignment. When we no longer spend under the spur of outside influence, we will automatically reduce our rate.

We learn to give more consideration and value to quality instead of quantity, usefulness instead of novelty, and longevity instead of impulse. This change does not occur in a day. It occurs over time because we

get to learn to value what already serves us and forget the constant urge to change it.

A space is a way to escape too much consumerism as it is among the most potent means. Time between viewing and purchasing. Time between the desire and action. A moment of hesitation can transform a hasty habit into a conscious one.

That is the space which we can pose such important questions: Will this add value to my life? Will it solve a real problem? Would I even enjoy it within a month? These are the questions that are not to limit happiness; these are the questions to keep it safe.

Intentional spending does not mean spending less by any means. It is about spending better. As money augments our values, then it becomes a tool and not a cause of stress. This can be an investment in experiences and not things, ethical brands, or simplicity.

It can also imply spending liberally in those areas that really count and dropping the sense of guilt regarding saying no to the rest. Satisfaction comes instead of regret when expenditure is within values.

No strict life change is required to get out of excessive consumerism. It is a mindset shift. It will include lapses of spur of the moment buying; purchases influenced by emotion, and non-completely aligned purchases. That does not undo progress. Meditative living accommodates humanity. Every conscious choice, however, big or small, creates awareness.

After some time spending becomes less responsive and more intentional. It is aimed not at eating less in order to be restrained but to eat with clarity, will and self-respect. Spending in a mindful way, we get not only to get our cash back, but also our focus, our efforts, and our harmony.



Artificial Intelligence Education and Overview

By: Megan Plevniak

In a world with AI at our fingertips, numerous questions and curiosities emerge. In a tech driven world, we find ourselves with more questions than answers, along with increased hope and possibilities. Millions of people around the world are putting their trust into AI algorithms in their everyday routines, but the question remains: Is AI making us smarter, or just faster, and how does AI influence our everyday lives?

What is AI anyways? If you were to ask several people about this, you would get different responses. Some believe it's a way of life allowing them to save time, streamline daily activities, and complete tasks quickly and efficiently. Others believe it is a cheat code believing that you never have to study for that test again, create your own resume, send emails to your boss, write a new article for your blog, make travel arrangements, or learn a new topic for your friends' dinner party. And some individuals view AI as dangerous and untrustworthy. They think, will AI collect my personal data? Will it make mistakes? How can I trust AI rather than a professional? All these points are relevant—the bottom line is AI has integrated itself into our world with no plans to halt.

When did AI really come to life? According to research, AI, or artificial intelligence, first came to surface around 1966 with a tool called ELIZA. This was an AI program in which you could interact conversationally. Fast forward to the 21st century which welcomes voice assistants like Apple's Siri, Google Assistant, and Amazon Alexa. No doubt people have heard of these, but AI has since exploded with tools like Chat GPT, Meta AI, Grammarly AI, Gemini, and Microsoft Copilot. These tools are used to generate information and responses based on prompts that users provide.

Modern AI tools are widely utilized in today's society. AI can provide information, guidance, and solve most

problems quickly. AI is a collaborator for individuals with many people using AI tools in both their personal and professional lives. Pros of using these tools are they can help you learn a new topic or skill, brainstorm ideas, generate images, help with writing, such as sending emails and checking grammar, complete a project, create a resume, provide guidance for travel planning by creating itineraries and comparing hotels, and provide guidance around finances and shopping. Another method by which AI is being used is for goal setting and planning. Some people use AI for health and wellness support by creating meal plans, workout plans, and even receiving advice on mental health issues such as learning how to meditate.

This main question comes to mind: are we letting AI make too many decisions for us? How can we stay human in an AI-optimized world? This is a question for us as individuals to answer. For example, AI can answer almost any question, do almost anything, and solve complex problems, but what about that leak in your faucet? Or when your car has a malfunction? In a technologically advanced world brimming with endless possibilities, there are moments when AI is not the solution. You may still need a plumber or a mechanic, and that relies solely on a human. AI can teach you how to fix your plumbing issue (if you prefer DIY) or provide you with a link or a professional on Thumbtack, but there is no doubt you will still need a human for certain hands-on issues.

The question is not whether we should utilize AI, but rather how AI integrates in your day-to-day life. Take me for example: I did not use AI to write this article. I used AI to check grammar, articulate tone, brainstorm, and research some topics. The future may be uncertain, but the culture around AI continues to grow and influence the world.

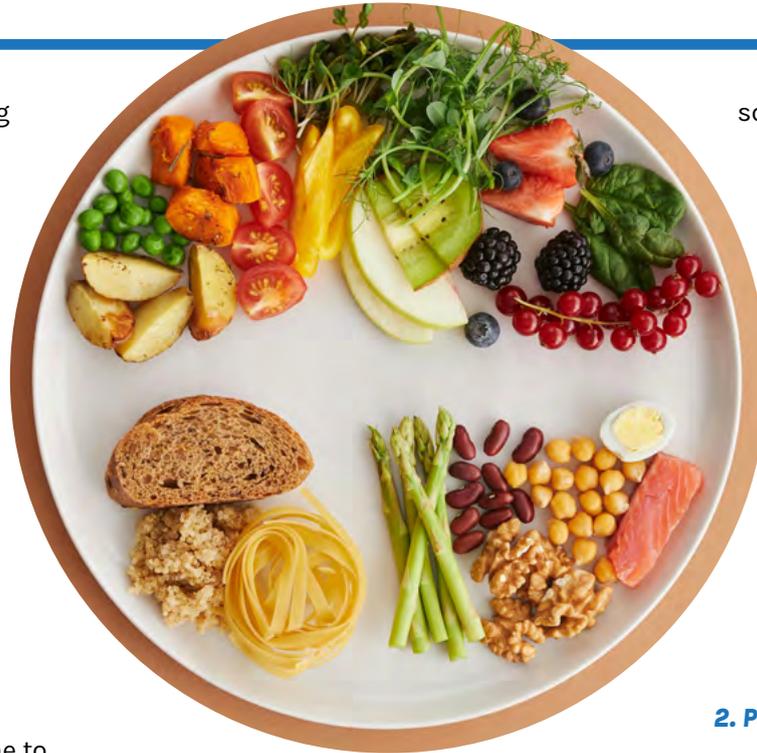
Springtime Reset: Building Healthy Habits

By: Hana Dawood

March is here. The sun is setting later; the grass is getting greener and the air feels a bit fresher. Spring is coming and with that familiar urge to reset begins to set in. Spring resets bring us a sense of new beginnings and maybe permission to throw away bad habits we picked up throughout the winter. Here are some ways to start your spring health reset and build healthy habits without guilt.

1. Daily Movement

Now that the temperatures are rising and the weather is finally getting warmer, what better time to get yourself some movement. If you don't currently exercise every day, spring isn't a reason to go from 0 to 100. Habits don't form overnight. When building habits it is important to remember that consistency is more important than anything. To fit



some daily movement into your schedule, start off with walking outside for 10 minutes. Week by week you can increase the amount of time to walk. And if there are days where you can't meet your daily goal, always try to get some type of movement even if it's for a little bit. It is important to remind yourself that some exercise is better than no exercise. And before you know it, the habit of moving your body will be something you carry throughout all seasons.

2. Proper Diet

Spring is a great opportunity to improve your diet. Having a well-balanced diet influences more than you think including stress, sleep, energy levels, etc. Eating a healthy diet is a common goal we should all strive for. Before you cut out all sugar and carbs, remember to make small changes and then as you move forward, you can adjust your goals. For example, if your goal is to increase your vegetable intake. You can start by eating half a cup of vegetables with one meal. As you get used to the idea of doing that, you can increase how much vegetables you want with each meal. With diet especially, it's important to avoid an all or nothing mindset. It's best to remind yourself that moderation is key. Now, your spring health reset has you feeling better than ever!

3. Quality Sleep

Sleep is important for memory, emotional regulation and even weight management. Most of us have had the experience of staying up too late and not feeling our best the following day. This highlights the importance of sleep hygiene. Sleep hygiene is one of the most underrated health habits to keep in mind. Winding down an hour before going to sleep is one of the most important things you can do for your bedtime routine. It's often easier said than done to put your phone away an hour before shut eye, so start smaller. Start with putting your phone away 30 minutes before and then working from there. In this case, replacing your old habits with better ones is just as important. Replace scrolling with things like reading, journaling, meditating, etc.

This spring, think of your reset as a return to yourself. With the right pace and consistency, you'll build habits that make you feel stronger, clearer, and more like your best self, without guilt attached.

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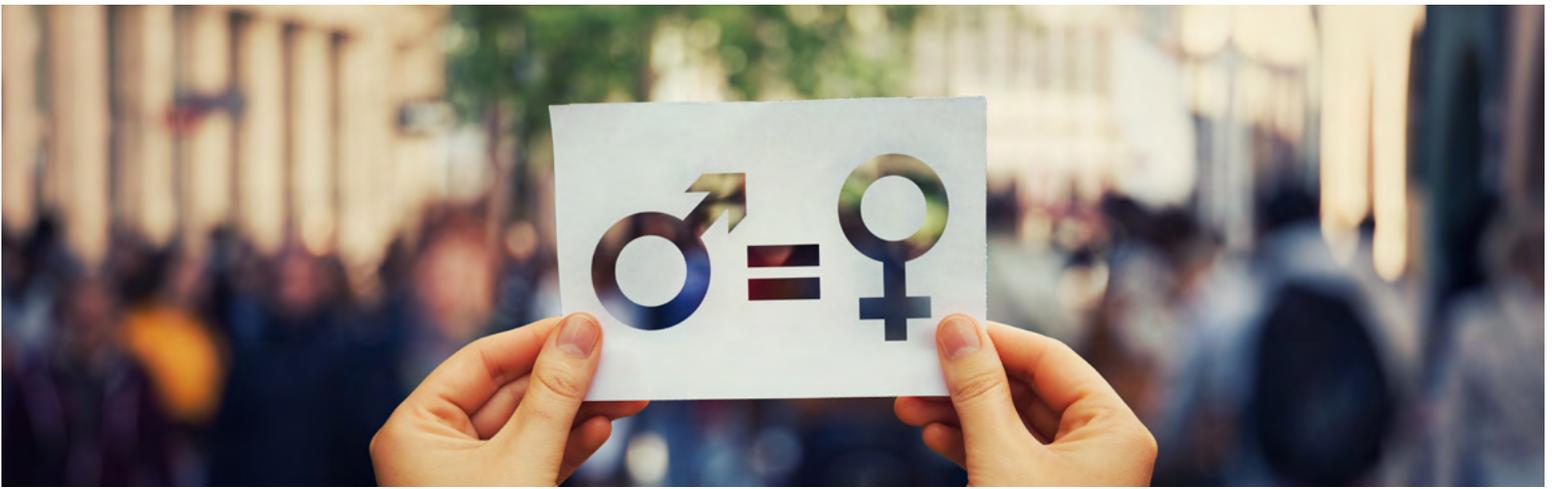
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Her Story to Our Story: Gender Equality Month

By: Jillian Barrile, Owner, Bare by Barrile Photography

In the summer of 2011, between college semesters, I was searching for a job to make enough money to carry me into the next school year. Most seasonal positions were already filled, and the longer I looked, the more discouraged I became. Summer was slipping away quickly, and so were my options.

A family member suggested I call a local country club to see if they needed help on the golf course. When I asked about the position, the man on the other end of the phone paused – clearly surprised.

“Can you come by today?” he finally asked.

When I arrived, I was greeted by the secretary and quickly ushered into a meeting with the general manager. He opened with a sentence I’ll never forget:

“We’ve never hired a girl for this position. Why would you want it?”

I was caught off guard. It hadn’t occurred to me that the job was considered “for boys,” because I had never questioned whether I was capable of doing work that interested me.

No, I didn’t love golf but my family played. The job was outdoors, seasonal, and different from anything I had done before – which checked most of my boxes.

He decided to give me a shot, and I started in the bag room right away.

That summer, I cleaned golf clubs, collected range balls, drove a cart to check on members, and helped prep for tournaments. I left most days dusty and tired, with dirt on my clothes and a few tips in my pocket.

By the end of the season, there was a shift. The general manager hired another girl after me. As he put it, I had become one of their best workers, and it changed his perspective on who could do the job.

It wasn’t my favorite position I’ve ever held – but it taught me lessons that have stayed with me for more than fifteen years.

Jobs don’t come with gender titles. If you feel curious, follow it. You don’t know what lessons are waiting on the other side.



Work ethic isn’t determined by gender – it’s shaped by how you collaborate, how well you understand your responsibilities, how you anticipate needs, and how much care you bring to your role.

Define your own worth. Don’t let someone else decide where you belong. Had I not seen myself as capable, I may never have applied.

And perhaps most importantly: your presence matters. You being there could be the shift in perspective or tradition that has existed for decades.

That short summer job set a precedent for how I showed up in the workforce for



years to come. It reinforced a belief that I was capable of doing – and becoming – anything, regardless of whether it was labeled masculine or feminine.

It also showed me something larger about gender equality: sometimes change doesn't begin with a protest sign or a policy shift. Sometimes it begins quietly – with a woman saying yes to herself before the world accepts it.

Working on the golf course wasn't just about cleaning clubs; it was about becoming visible in a space where women hadn't been visible before.

Creating gender equality starts with each woman deciding to remove the invisible ceilings that tell them where they "should" belong. It's about recognizing that skill, intelligence, leadership, and resilience are human traits – not male or female ones.

When we step into roles that haven't historically been ours, we expand what's possible for the next woman who walks through the door. I didn't set out to make a statement that summer. I simply wanted a job. But by showing up there, I widened the lens of what was possible in that space.

The belief that my presence matters has shaped how I show up in my work ever since.

Today, as the founder of Bare By Barrile Photography & Intimacy Coaching, I work primarily with women who are navigating their own invisible ceilings – not just in the workplace, but within their own bodies, relationships, and identities. Through portrait and boudoir photography, branding sessions, and somatic-based coaching, I help women reclaim authority over how they are seen – by others and by themselves.

Because gender equality doesn't come only from structural shifts, but from internal ones as well.

Yes, we must continue striving for equal pay, leadership positions, and representation. But we must also examine the quiet narratives many women carry:

Am I qualified enough? Is this space meant for me? Will I be taken seriously? Am I worthy?

These beliefs surface often in my sessions. A woman hesitates before stepping in front of the camera. She apologizes before speaking her desire out loud. She downplays her achievements. She questions whether she can spend money on herself.

These aren't personal flaws – they are learned responses shaped by generations of conditioning about how much room women are allowed to take up.

Empowerment is both personal and societal.

The shift happens when she holds their undivided attention in a meeting. When her presence is noticed on the golf course. When she stands in her truth without shrinking.

Looking back, that summer job didn't just give me a paycheck. It gave me proof – proof that my capability has nothing to do with my gender. And that societal shifts begin when we decide we are worthy of the opportunity before anyone else gives us permission to take it.

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Preventive Kidney Health Awareness

By: Ayesha Khan

March is national kidney month, dedicated to raising awareness about the prevention, early detection, and management of chronic kidney disease (CKD). According to the CDC, more than 1 in 7 American adults have CKD. As many as 9 in 10 adults don't know they have it. Kidney disease often develops without noticeable symptoms which makes preventive care critical for protecting long-term health. The kidneys are essential organs that work to filter waste, keep bones healthy, regulate blood pressure, remove excess fluids, balance electrolytes, and support red blood production.

A healthy lifestyle plays a vital role in protecting and preserving kidney function. Eating well with a balanced diet low in excess salt, processed foods, and added sugars can aid in reducing strain on both blood pressure and kidney filtration. Lean proteins, whole grains, fruits, and vegetables all contribute to overall metabolic wellness.



Physical activity is also a key preventive measure. Regular exercise helps to maintain a healthy weight, improve circulation, and lower cardiovascular risk. It can also help regulate blood pressure and blood sugar levels, which are the two leading risk factors for kidney disease. High blood sugar from diabetes can harm kidney and nephron blood vessels, impairing their function. While high blood pressure can cause blood vessels to narrow and constrict, reducing blood flow and over time, vessels weaken throughout the body, including in the kidneys.

We can considerably reduce our risk of renal disease and maintain long-term kidney function by combining regular screening, chronic care disease management, and healthy lifestyle choices.

Spring Cleaning Your Business

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



The first question we must ask ourselves in this new season is not what to fix in our business, but why do we feel the urge to renew. Why do we pause at this point in the year? Why do we sense a subtle pull toward tidying our systems, refreshing our goals, or reevaluating our direction? The uniqueness of Spring reminds us that growth begins not with action but with intention.

As we approach the end of the first quarter, it is tempting to focus only on metrics like revenue, leads, and efficiencies gained or lost. Yet numbers alone cannot show us what our work means to us. They cannot answer who we are becoming through our business, or how the rhythms of our work intertwine with the rhythms of our personal lives. When we treat business, self, and relationships as separate compartments, we create borders like those between distant countries which are lines that demand constant negotiation. This mindset turns the simple act of reflection into a balancing act full of tension.

But perhaps this season invites us to revisit the connections rather than the categories. We are not mechanical parts that can be placed on a shelf while business moves without us. We are whole beings, carrying our hopes, our fears, our families, and our ambitions into every meeting and every decision.

Spring cleaning, then, is not about sweeping out clutter but about realigning your purpose. The first quarter's results are not a verdict; they are a conversation between where you are and where you feel called to grow. Your business is not separate from your becoming; it is one of the branches of your life's tree. Nurture the root, reconnect with your purpose, and the branches will naturally flourish.



Media Corner: A Review of *The Rip*

By: Alex Tilton

The Rip is a police action / thriller starring the reliable old duo of Matt Damon and Ben Affleck. And to their credit, they do a good job. In fact, the movie is overall very good. In fact, it's so good I would be inclined to forgive a few glaring plot-holes and painfully unrealistic movie cliches...but I can't because if the rest was so good why the hell couldn't they get those things right?

Let me start by saying this movie was fun to watch. The story revolves around a group of Miami detectives serving a search warrant-ish document on a nondescript house in one of Miami's satellite towns. They're looking for drug money, and they find a literal ton of it. It becomes apparent that someone, possibly the cartel or dirty cops, are going to come for the money and kill the officers (and the homeowner) to get it.

The meat of this movie is the tension between the officers. They're all painfully aware that one or more of them must be dirty, but they don't have a good bead on who that might be. This is where the movie shines. It was legitimately tense and it felt like I was watching a well-done movie in a theater, in spite of the fact that I was on my couch. The parts were all cast well, and they spared no expense on the production. Netflix usually doesn't skimp on that.

Where it falls down is when they have to resolve this tension and provide an ending for the story. At this point a movie that was a believably tense thriller about the breakdown of trust in a deadly situation becomes a hammy, implausible, *Lethal Weapon*-ish affair



complete with car chases and shootouts that don't have any business in a story like this.

And this is what irritates me about *The Rip*. They were doing so well right up till the end. They really did manage to keep us guessing about who the dirty cop would turn out to be, and how this would be discovered. Even the discovery was fairly well managed. But apparently the director didn't have the confidence to end the movie along the lines it'd been going for 90% of its length. Or...it might have been studio meddling.

It was reported by avclub.com that Matt Damon said that Netflix told him "It wouldn't be terrible if you reiterated the plot three or four times in the dialogue, because people are on their phones while they're watching." Apparently they also requested a big, expensive action set-piece at the beginning of the movie to get the audience's attention, whereas it would usually go at the end.

So, if this is what Netflix is telling them then they *might* have also insisted on a cliched *Lethal-Weapon*-ish ending, on the assumption that this is what audiences would expect. I wasn't there and I don't know how this actually came to be, but those are the two options I can envision.

Either way an otherwise really good movie got hamstrung at the finish line, and it was disappointing to see. But on the whole I do recommend it. Damon and Affleck do a legitimately great job dominating the screen with their presence. I just wish they'd also dominated the ending.





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Better Sleep for a Better Tomorrow

By: *Dr. Riffat Sadiq, CEO of WNY Medical PC, Channel Creator*

When it comes to the many busy aspects of life, getting a good night's sleep is easier said than done. Fortunately, there are many solutions to improve your ability to get proper rest every night. We go through numerous sleep cycles throughout the night, each one lasting approximately 90 minutes. What can we do to experience each of these cycles effectively while sleeping?

The first stage of sleep is the transition between being awake and being asleep. The second stage of sleep involved being fully asleep, but not to its fullest extent. The third stage of sleep is deep sleep, which is the most crucial for body repair and growth. The final stage of sleep is Rapid Eye Movement sleep. This is where brain activity increases, dreams happen, and muscle paralysis occurs. It is simply known as REM.

How do I ensure that I reach each of these levels of sleep every night? Overall, quality sleep is essential for our general functionality and should be taken seriously. Avoid consuming caffeine ten hours before bedtime. Avoid food and alcohol three hours prior to going to bed. Lastly, avoid screen time one hour before lying down for sleep. Consistency is key, and staying on a routine is essential to optimize good sleeping habits. Go to bed and wake up at the same time every day. Also, upkeep the environment you sleep in as a dark, quiet, and cool space. This is key to falling and staying asleep.

Overall, sleep health is essential to boosting our immune system, as well as maintaining healthy energy levels the next day. Speak to your doctor if you have issues sleeping consistently.

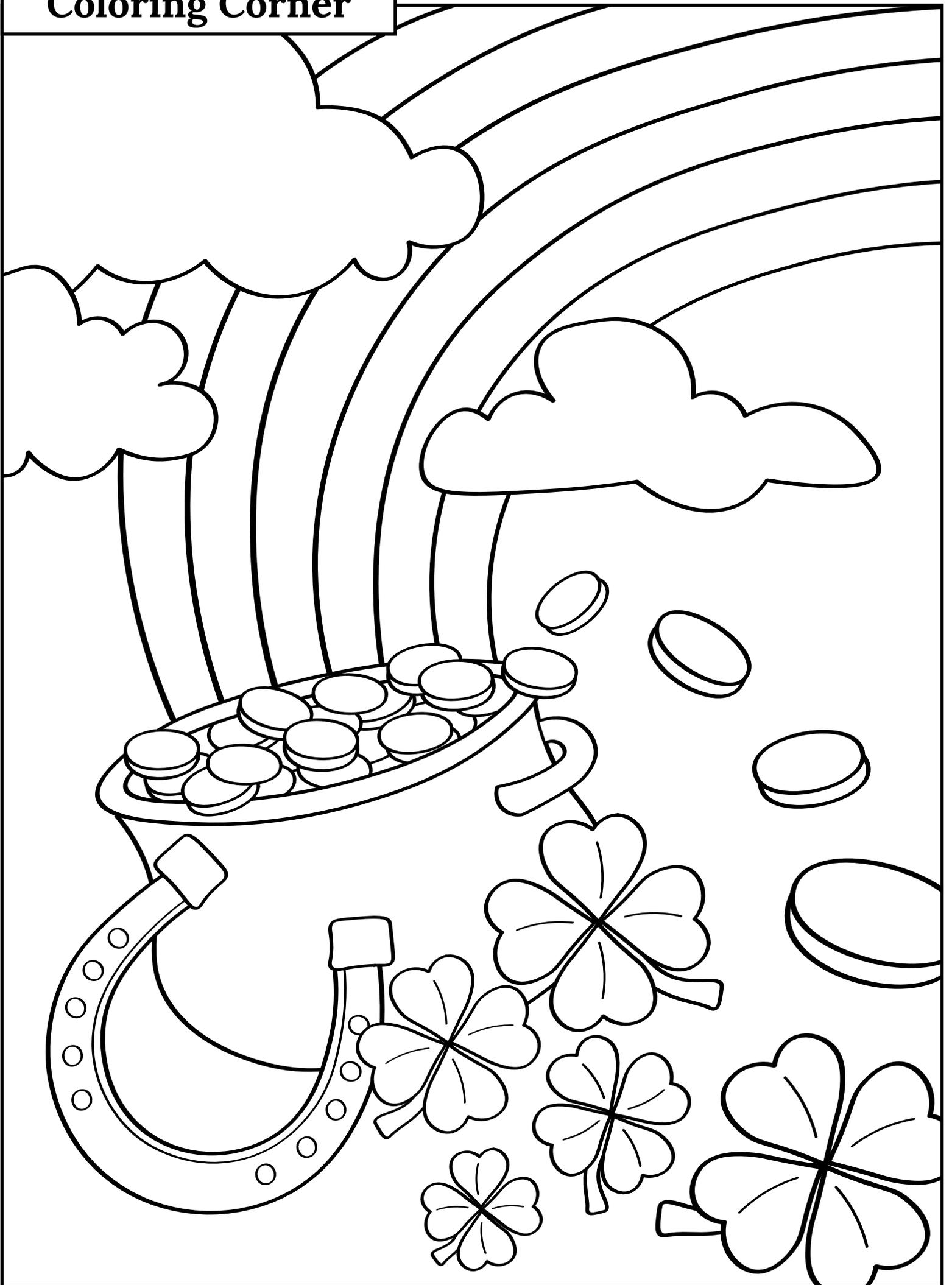


Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.



Coloring Corner



Easy Oven Roasted Vegetables

Choose Your Veggies:

Longer Cooking Vegetables (40-45 Minutes):

Potatoes, sweet potatoes, carrots, butternut squash, beets, brussel sprouts, onions

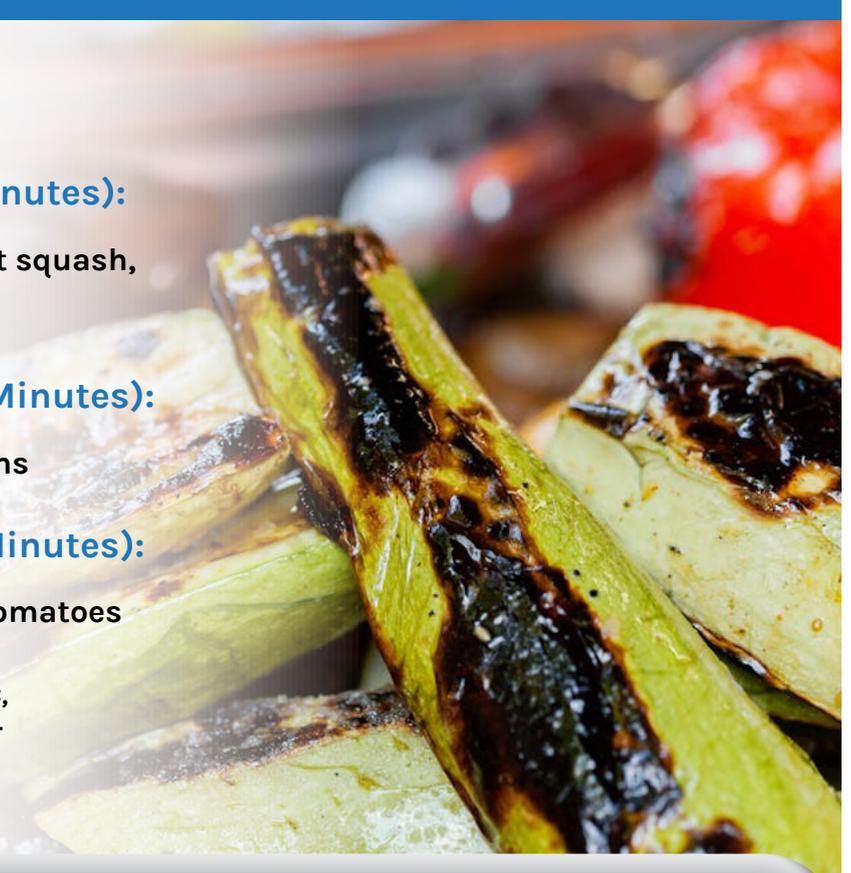
Medium Cooking Vegetables (25-30 Minutes):

Broccoli, cauliflower, asparagus, green beans

Medium Cooking Vegetables (15-20 Minutes):

Bell peppers, zucchini, mushroom, cherry tomatoes

If mixing vegetables with different cooking times, add the quicker cooking ones partway through or roast them on separate pans.



Step 1: Chop the Veggies

Try to keep everything around the same size, about 1-inch chunks. This helps them roast evenly and finish at the same time.

No need to peel the potatoes, but you will want to peel the butternut squash.

Step 2: Make the Dressing

In a small bowl, whisk together the olive oil, lemon juice, lemon zest, rosemary, and garlic.

Swap the rosemary for basil, thyme, oregano, or Italian herbs mixture if you prefer.

Step 3: Make the Dressing

Add the vegetables to a large mixing bowl and pour the dressing over the them. Toss well so every piece is lightly coated.

Step 4: Spread on the Pan

Arrange veggies in a single layer with a bit of space between them.

Line your pan(s) with parchment paper or foil for easy cleanup. Don't crowd the veggies! This traps steam and prevents browning.

Step 5: Season and Roast

Sprinkle evenly with salt and pepper. Roast at 425°F for 20 minutes, stir, then continue roasting for another 15-20 minutes, or until everything is fork-tender and golden brown.

If vegetables start browning too quickly, lower the temperature to 400°F. You'll know they're done when the edges are caramelized and you can easily pierce the thickest pieces with a fork.

Step 6: Serve Immediately

A final squeeze of fresh lemon juice right before serving brightens the whole dish.



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