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June 2026

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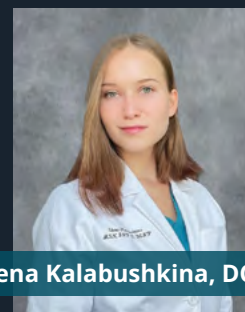
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Our Mission

Your Bliss explores the human spirit, the wealth of relationships, mental and physical health, and spiritual well-being. We celebrate moments of achievements, triumphs and patience for diverse audiences. Our goal is to bring you information that you can use to explore and celebrate health, wealth, happiness, and spirit.

With the ever-expanding nature of technology, knowledge and healthcare, 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 fulfilling and whole life.

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Summer Activities for National Safety Month

By: Victoria H

Summer is nearly here and the great outdoors are calling! School is out, the days are longer, and the calendars are filled with splash pads, park dates, backyard cookouts, beach trips, and neighborhood walks. It can feel exciting, chaotic, and just a little overwhelming all at once. June is National Safety Month, providing the perfect reminder that a little preparation can go a long way in helping you enjoy the season with more confidence and less stress.

When it comes to outdoor events, start with the basics of protecting children from the elements. Young skin burns quickly, so sun protection is important even on cloudy days. Rash guards, lightweight long sleeves, wide-brimmed hats, and shaded strollers or parasols can help keep infants cool and protected. Sunscreen is essential for children age 1 and older, especially during the peak afternoon. Don't forget to stay hydrated! Active little ones can become overheated faster than adults, so keep water bottles nearby and take breaks in the shade often.

It is also a good idea to keep a small summer first-aid kit packed and on standby. Scraped knees, bug bites, and unexpected tumbles come with the season. A simple kit with bandages, antiseptic wipes, allergy medication approved by your pediatrician, anti-nausea remedies for travel, and any emergency medications such as inhalers or EpiPens can make outings safer. One life-hack is to keep emergency contact information written down in case your phone's battery dies.

Water safety deserves extra attention during summer months. Doesn't matter if you're in a pool, lake, splash pad, or even a shallow kiddie pool; children should

always have a fully attentive adult watching them. Drowning is often silent, not dramatic and splashy like it appears on television, which is why constant supervision matters so much. Use age-appropriate swim areas, properly fitted life jackets when needed, and remember that floatation devices are not a substitute for supervision. Swim lessons can also help build confidence and familiarity with water, even for very young children!

Summer also brings festivals, fairs, parades, and crowded public events. Dressing children in bright or matching clothing can make them easier to spot in larger crowds. Another life hack is to take a quick photo of your child before any event so you have an up-to-date image and outfit description if needed. As your babies grow, teach them your full name, phone number, and how to identify safe adults such as police officers, event staff, or other parents with children. For parents of "runners," let's normalize using child harnesses or leashes without guilt or shame. Every child is different, and some toddlers are incredibly fast and impulsive! Don't think of safety tools as a parenting failure. They are simply another way to keep children safe while allowing families to enjoy outings together.

All of this information is not to make parents anxious. Being prepared helps ease your mind so you can stay present for the moments that matter most! Moments like sticky ice cream smiles, sandy feet, cannonball splashes, and giggly late-evening walks. Summer memories are meant to be joyful. With a little planning and awareness, families can get outside, explore, have fun, and stay safe doing it. Start preparing now so you can relax later. You're doing great!





Why Does Ordinary Life Feel So Expensive?

By: Alex Tilton

Because it is.

Your pay hasn't increased to match inflation. Tariffs have affected the cost of everyday consumer goods. The war with Iran has closed off the world's most important shipping corridor and the price of fuel rose as a result, which drove up the price of literally everything else. Russia's war in Ukraine drove up the price of grain and mangled the fuel oil distribution routes the world has depended on for decades.

Generative AI companies have acquired the available stocks of computer RAM, which raises the cost of virtually all consumer electronics. Before that it was the cryptocurrency miners who bought up all the GPUs and made it impossible to find replacement parts for aging computers.

Streaming platforms are constantly buying each other out, reducing options and increasing prices, often without an objection from the FTC or the DOJ, both of whom are responsible for enforcing antitrust laws regarding mergers and acquisitions.

So what if anything can you do about it? In some cases, nothing. You can't control the effects of the war that erupted in the Middle East this year but you can make some changes in your day-to-day life. I was asked to provide some advice for how to navigate this tumult, so here it goes:

I gently advise you to embrace austerity.

It won't be easy or fun, but it will ensure you can pay your rent, buy your groceries, and (hopefully) afford health insurance. There are no easy fixes. Online influencers who peddle 'simple life hacks' are lying to

you, because they assume you'll cough up some of your hard-earned money for the illusion of hope. Real hope comes from forming a realistic plan, and taking action to make it happen.

Cut back spending on streaming services, they're rapidly declining in quality anyway and they don't deserve your dollars. Keep one or two, and accept that you may not have every show you want to see.

Don't eat out. Buy ingredients, learn to cook a few of your favorite meals, and save what you would've spent on a restaurant. This will, of course, hurt our local restaurants...but you can't save everyone. Austerity has unavoidable consequences, and we have to accept that.

This is my own opinion, but too many tax payers' dollars are going to support sports teams. Threatening to take the team elsewhere is something that the fans definitely do not want to happen so the allocation of funds is agreed upon by government officials and team owners.

I suggest a good way to save your hard-earned money and support your local team is to stay home and watch the game on TV rather than pay exorbitant prices for seats and refreshments.

Cancel your gym membership and take up jogging. Mow your own lawn instead of hiring a service. Make your own coffee at home instead of going to Starbucks... the list goes on.

None of this is rocket science. You've heard it all before and you're probably already done some of it. But that's the best advice I have. When times are lean, we learn to go without.



Summer Outdoor Fitness Trends

By: Hana Dawood

As summer is approaching a lot of us are thinking about ways we can stay active and enjoy the sun as much as we can. While having picnics, or laying on the beach are great summertime activities, don't miss out on taking full advantage of staying active and healthy during this time. Here are some outdoor fitness trends so you can stay fit and happy simultaneously this summer.

1. Social Fitness Clubs

Run clubs, walking groups, and cycling meet ups are becoming increasingly popular among young adults who want exercise to feel more engaging and community oriented. These groups combine movement with social interaction, making fitness feel less intimidating and more enjoyable. Social media has also contributed to this trend, with platforms like TikTok and Instagram helping local fitness communities grow rapidly. This summer fitness is shifting away from the idea that workouts must be intense and toward routines that feel sustainable, social, and mentally refreshing.

2. Outdoor Pilates

This activity combines the power of low-impact exercise with relaxing outdoor environments. From beaches to parks, outdoor Pilates can happen anywhere at any time. Pilates has gained more attraction in recent years due to its focus on core strength, flexibility, posture and controlled movements. Now people are practicing it with outdoor environments

to make the workout feel less stressful and more enjoyable. Some fitness classes have even started incorporating goats or kittens into outdoor Pilates to create a more fun and relaxing experience.

3. Weighted Vests and the Walking Trend

Walking has become one of the most popular outdoor fitness trends this summer because it offers a simple and sustainable way to stay active. Trends such as "hot girl walks", hiking, and weighted-vest walking, also known as rucking, have come to light for many young adults. Wearing a weighted-vest allows individuals to improve their endurance, strength and cardiovascular health while feeling like it's a low-impact exercise. Many people also enjoy walking because it supports mental well-being by reducing stress and encouraging time outdoors during warm weather.

4. Pickleball and Recreational Sports

Sports such as pickleball, beach volleyball, and tennis are attracting people of all ages who want to stay active in a fun and low-pressure environment. Pickleball has gained the most momentum in recent years due to it being very beginner friendly and its friendly social atmosphere. Some people may see these activities as a way to get their workout in and as a way to hang out with friends. As the summer months are right around the corner, recreational sports have become more appealing as an alternative to traditional gym-based fitness.

Mental Health and the Outdoors

By: Ayesha Khan

In a world where most people spend most of their time indoors, the outdoors can offer more than just fresh air and scenery. While nature cannot substitute therapy or medication, research suggests that time in nature is linked to better mental health, including reduced stress, lower anxiety, mood improvement, and stronger overall well-being.

Nature can promote relaxation in both the body and mind, which is one of the advantages of simply being outside. According to the World Health Organization, green and blue spaces such as parks, forests, rivers and lakes are often associated with better mental health results. These areas might promote physical activity, lessen stress, and foster social interaction. According to the WHO, various people may benefit from diverse natural environments based on their needs and communities.

Nature may also help with anxiety and depression. According to a systematic review and meta-analysis on nature-based outdoor activities, adults' mental health outcomes were found to be improved by outdoor interventions like gardening, green fitness, and nature-based therapy. Benefits were found for both healthy folks and those with more severe mental illnesses as well as typical mental health issues.

Another key benefit of the outdoors is that it encourages moving outside. Walking in a park, hiking, biking, or simply stretching outside can combine the calming effects of nature with the mental health advantages of physical activity. Exercise is already known to improve mental health, but moving outside might be more pleasurable and less stressful.

An outdoor routine can feel more like a break than a job for those who have trouble staying motivated.

According to a large study published in *Scientific Reports*, those who spent at least 120 minutes a week in nature were more likely to report good health and higher well-being than those who did not spend time in nature. Also, the time did not have to occur all at once, shorter visits throughout the week were also linked to advantages.

People have the availability to reset their minds outdoors. Many individuals work indoors, spend hours looking at computer screens, or have ongoing responsibilities every day. Spaces in nature can help provide sunlight, fresh air, a change of sight and often a sense of peace. People may be able to slow down, think more deeply, and become more aware of their surroundings as a result.

However, equal access to nature isn't always available for everyone. There are fewer safe parks, less trees, or limited transportation to outdoor areas in some places. Therefore, increasing access to safe and clean green areas should be considered both a public health issue and an environmental one.

Overall, being outdoors can have a significant positive impact on mental health. Nature provides an inexpensive means of lowering stress and enhancing well-being, whether one chooses to take a stroll, sit by a body of water, or just relax in a park. Even brief periods of time spent outside can help many people feel calmer, healthier, and at ease in their daily lives.





Local Voices: Pride & Community

By: Shay Nowak

Pride month to me isn't just a celebration; it is resistance. Being trans, being gay—it's not something I soften to make anyone else comfortable. I stand in rooms where people argue my right to exist and take up space anyway—unapologetically, aggressively, fully. I speak when it would be safer to stay quiet, and I fight even when I'm drained because I know the cost if I don't. Pride is a revolution, turning struggle into fight and fight into something that cannot be contained. It's standing in a world that hesitates around me and refusing to waver back, still shouting: I'm here. I'm not moving. I'm not yours to erase.

I used to think I was alone in the fight to breathe comfortably, love freely, and exist rightfully—but I was wrong. Through years of struggling, fighting, and surviving, I learned there are voices yelling with me, harmonizing, even if I can't hear them all. That perspective shifted again recently when I faced discrimination at my college and watched students, staff, and educators rally behind me while the



administration stood against me. I started to believe my voice was losing power, that taking up space loudly was becoming useless, that my existence itself was rejection. But they showed up. They learned, listened, and used their privilege to create space for me—to create space for all of us. There are allies everywhere. Even when we don't see them, they see us.

Not everyone will have the capacity to understand you—and that doesn't make you less valid. Your experiences, your identity, your feelings—they are real whether anyone else understands them or not. The right people won't make you minimize yourself or wear masks to be accepted—they will meet you where you are and make space for you as you are. Your community is out there; you just have to stay long enough to find it. I promise you, it does get better. You are loved. You are important. You are beautiful. You matter. I am proud of you for surviving long enough to read this—but stay a little longer, hold on a little tighter, love a little deeper. You didn't survive your worst days just to disappear before your best ones could find you.

Teaching the Next Generation about Juneteenth

By: Victoria H

Teaching the next generation about the meaning of Juneteenth requires representation, honest history, and meaningful exposure that connects the past to the present. Juneteenth is a celebration of delayed freedom and a reminder that progress in this country has always been contested, incomplete, and fought for. When we teach young people about Juneteenth in isolation, we risk reducing it to a moment in history rather than as part of a larger, ongoing story.

Juneteenth commemorates June 19, 1865, the day enslaved Black people in Galveston, Texas were finally informed of their freedom over two years after the Emancipation Proclamation was signed. It marks the end of legal slavery in the United States, highlighting both the promise of freedom and the painful reality of how long justice was delayed. Often called Freedom Day, Jubilee Day, or Emancipation Day, Juneteenth honors Black resilience, culture, and community while also encouraging reflection on the ongoing struggle for racial equality.

This education becomes even more critical considering tragedies like the 2022 Tops grocery store shooting in Buffalo. The racially motivated attack was not an isolated incident. It was a painful reflection of the same systems of hatred and dehumanization that have existed for generations. For young people, events like this can feel confusing, frightening, or distant unless they are given the tools to understand how history shapes the present. Teaching Juneteenth alongside these realities helps frame racial violence as part of a

broader historical context that also includes resilience, resistance, and community strength.

One of the most powerful ways to bridge this gap is by encouraging young people to engage directly with their own family histories. Interviewing grandparents, elders, and relatives allows history to move beyond textbooks and headlines into lived experiences. These stories of migration, survival, joy, loss, and perseverance ground historical events in real human lives. Preserving family histories through recordings, writing, or shared conversations ensures that lessons of the past are not forgotten, and that personal narratives remain a source of pride and understanding.

Public cultural events also play a vital role in this education. Juneteenth celebrations, community gatherings, and cultural programming create spaces for visibility, connection, and collective learning. They allow people of all backgrounds to witness Black history as American history, fostering empathy and shared responsibility. These events affirm that remembrance is active, communal, and necessary.

By teaching Juneteenth through history, family storytelling, and public engagement, we empower future generations with more than knowledge and context. In doing so, we help young people carry this legacy forward with awareness, compassion, and a commitment to building a more just and inclusive future, one where remembrance fuels action rather than silence.



Professional Perspective's: Benefits of Diversity in Business

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



The first question we must ask is not how to diversify a team, but why we would want to. What is a business if not a collection of viewpoints moving toward a shared purpose? When we speak of growth, innovation, or resilience, we are really speaking about perspective. How many ways can a problem be seen, understood, and solved. Diversity is less of a policy to implement and more of a capability to cultivate.

Too often, diversity is discussed as a moral obligation or a box to be checked. That framing misses the point. The real value lies not in avoiding exclusion, but in actively benefiting from inclusion. When teams are built from people with similar paths, similar assumptions follow. Comfort increases, but curiosity fades. Homogeneity may feel efficient, yet it simply limits vision.

Consider leadership shaped by varied lived experiences. Decision-making becomes more balanced, risk is assessed more completely, and blind spots are revealed earlier. Teams that include leaders who have navigated different professional and personal journeys tend to communicate with greater clarity and empathy. This is not about representation for its own sake; it is about strengthening judgment at the top.

Now expand the lens globally. Offshore teams bring cost efficiency, alternative ways of thinking, problem solving, and pacing work. Remote workers add another dimension, proving that productivity is not rooted in proximity but in trust and autonomy. These models force organizations to improve communication, document knowledge more clearly, and measure outcomes rather than presence. The business becomes sharper as a result.

A wide range of career stages within one team creates another advantage. Experience offers context and foresight; newer perspectives challenge outdated assumptions and introduce speed. When these viewpoints collaborate rather than compete, innovation becomes continuous instead of episodic.

The case I am making is that diversity is not something to manage separately from performance. It is performance. A business, like a river, grows stronger as more streams feed into it. Each adds depth, movement, and resilience. When diversity is welcomed for its contributions, not just tolerated, it becomes a competitive advantage. The organization learns faster, adapts better, and sees further. In that richness of perspective, businesses do not just survive change; they are shaped to lead it.



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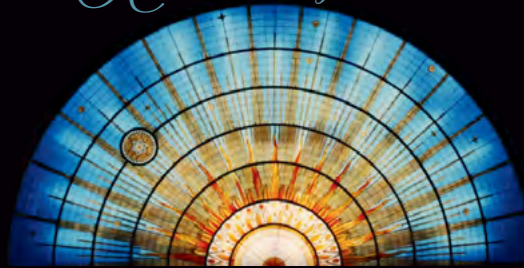
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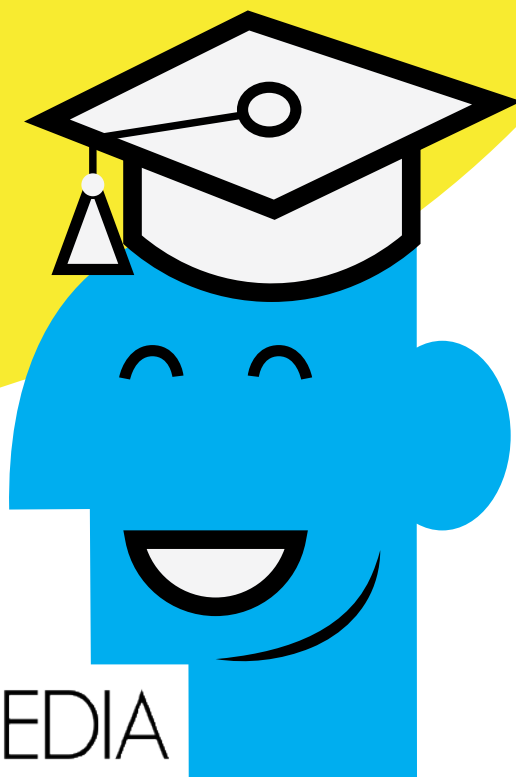
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Media Corner: A Review of *Train Dreams*

By: Alex Tilton

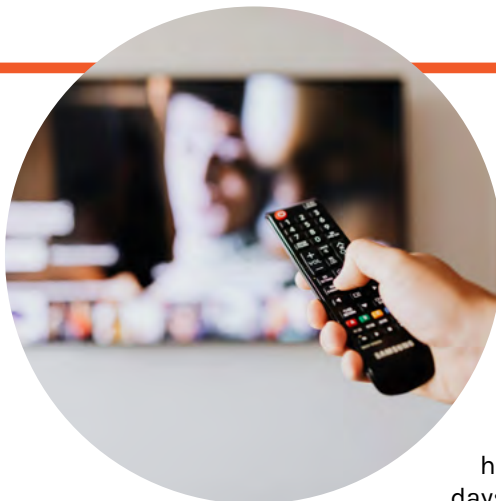
Sometimes a simple story is best. *Train Dreams* demonstrates this by creating what might be the most beautifully atmospheric movie experience you're going to have. It's better than anything I've seen since *All Quiet on the Western Front*. Some spoilers ahead, but in this case, that really might not matter at all. My verdict up front is that you *need* to watch this movie as soon as possible.

Train Dreams tells the story of the life and times of Robert Grainer, a logger living in the woods near Bonner's Ferry, Idaho. He's shipped out to Idaho as a child, orphaned with no knowledge of his parents. He drops out of school after a while because it simply doesn't interest him, and he becomes a logger. The work is brutal, and he witnesses a murder that haunts him for the rest of his life. He eventually meets a woman named Gladys, marries her, and starts a life with her in a quiet cabin by a creek and they have a baby girl.

Every year Robert goes away for the logging season to support his family. The long absences and brutal job take their toll, so Robert and Gladys make plans to start farming their acre of land and build a small sawmill on it. But before this can happen, Robert needs to work another year as a logger to save up money. Upon his return he finds a forest fire in progress. His home is reduced to ashes and there is no trace of his family.

He spends a long time searching for them and waiting to see if they come back, only to finally admit to himself that they are almost certainly dead and he will not see them again. He briefly returns to logging, only to realize that he's grown too old to keep up with such a physically demanding job and starts a small freight and transportation business.

Along the way he interacts with various other loggers, and townsfolk, and eventually becomes a forest



department fire spotter living in a remote observation tower. He grows older and one night he encounters a feral young woman he thinks could be his daughter, who may have grown up on her own in the woods after surviving the fire. He cares for her for one night, but awakens to find her gone, and eventually admits to himself that he cannot be sure if it was real or if he imagined it. He lives out his remaining days in his cabin, finally achieving a sense of peace and connectedness with the world he's been living in for 80 years before dying peacefully at home.

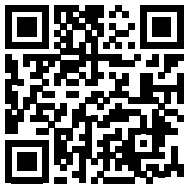
And that's it. That's the entire story. The life of a very simple, honest, hardworking man in the woods of the Pacific Northwest. But even if you know everything that happens ahead of time this movie will still hit you like an emotional sledgehammer.

There is no pandering. There is no cynicism. There are no tangents. There is no 'quest' to be completed or any villains to be vanquished. This is just a man living his life and hoping to find some meaning in it all. The acting is so good that you don't *need* any of those things. The atmosphere and the journey are so immersive, authentic and painfully *honest* that imposing a typical story structure on it would've been a mortal insult.

But the director understood this and leaned hard into the spirit of the novella by Denis Johnson. Lead actor Joel Edgerton demonstrates that he is a master of his craft and bears the full load of the story with a quiet dignity and emotional range that will stick with you for a long time after the viewing. If you haven't seen *Train Dreams* yet, do so at your earliest opportunity. This film is justifiably filed under 'movies you need to watch'. It left me feeling emotionally worn out, but strangely content and peaceful. It is an indisputably powerful piece of art that gives me hope for the future of filmmaking.



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A Doctor's Guide to Men's Health: Preventive Care

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

June is Men's Health Month, and I want to have an honest conversation about something many men still avoid which is preventive care.

Too often, men wait until something feels wrong before seeing a doctor. But the most dangerous health conditions are colorectal cancer, prostate cancer, and testicular cancer, as they often show no early symptoms. By the time you notice something, treatment becomes significantly harder.

Let me be direct.

Colorectal exams, including colonoscopies, remain the gold standard for detecting early-stage cancer. Starting at age 45 (or earlier with family history), this screening saves thousands of lives each year.

Prostate exams, including both PSA blood tests and digital rectal exams, are essential for men over 40 or 50 if you have risk factors. The discomfort is minimal. The peace of mind is invaluable.

And for younger men: testicular self-exams take two minutes a month. This simple habit has caught countless cases early when cure rates are highest.

I understand the hesitation. No one looks forward to these screenings. But being a responsible man means taking proper care of your health not out of fear, but out of respect for yourself and those who rely on you.

This month, schedule the appointment you've been putting off. Ask the questions. Get the results. Your future self will thank you.



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.



Vegan Taco Salad

with Creamy Southwestern Dressing

4 Servings, 25-30 Minute Cook/Prep, 517 Calories per Serving

Salad Ingredients:

- 1 Large Head Romaine
- 15 oz. Can Garbanzo Beans
- 3/4 Cup Walnuts
- 3 Tbsp. Taco Seasoning
- 1 Tbsp. Water
- 15 oz. Can Black Beans
- 1 Cup Sweet Corn, Cooked
- 5 oz. Grape Tomatoes
- 1/3 Cup Red Onion

Dressing Ingredients:

- 1 Cup Vegan Yogurt
- 2 Tbsp. Lime Juice
- 1 1/2 Tbsp. Apple Cider Vinegar
- 2 Tsp. Chili Powder
- 1 Tsp. Onion Powder
- 1 Tsp. Garlic Powder
- 1 Tsp. Maple Syrup
- 1/4 Tsp. Salt



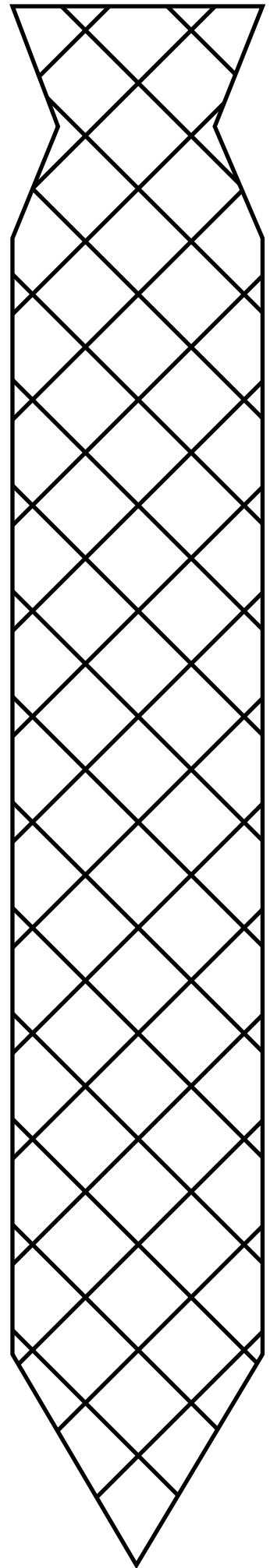
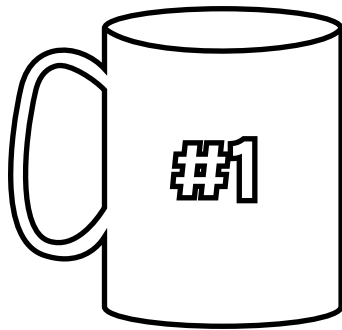
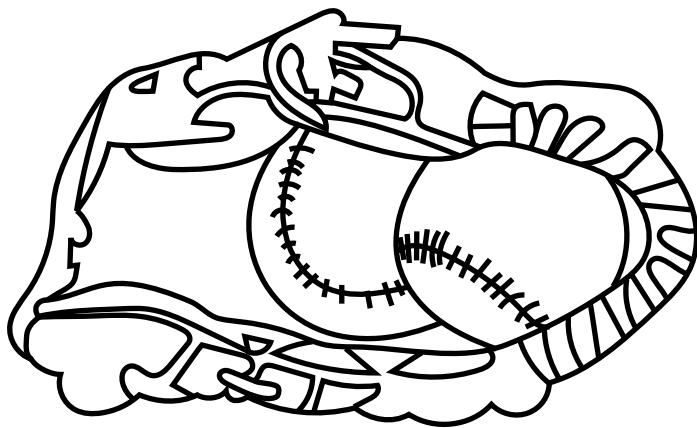
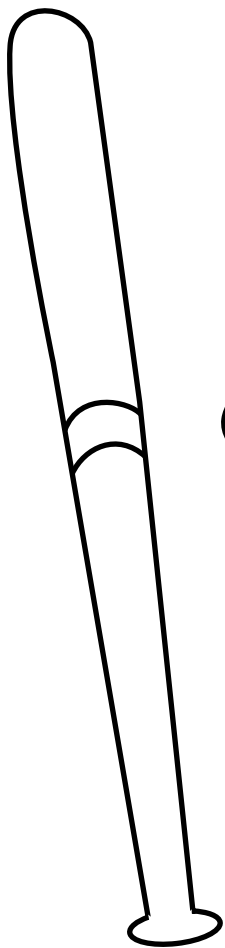
Salad Recipe:

1. Preheat oven to 375°F (190°C).
2. Rinse and drain chickpeas.
3. With a food processor or manually, crumble chickpeas and walnuts, and mix with taco seasoning and water.
4. Line a baking sheet with parchment paper, and spread out crumbles.
5. Bake crumbles for 10 minutes.
6. Combine dressing ingredients in a large bowl and whisk.
7. Stir crumbles, then return to oven to bake 10 more minutes, or until crispy enough.
8. Finely chop romaine, half grape tomatoes, finely dice the red onion.
9. Place all salad ingredients, including the crumbles into a large bowl and toss to combine.
10. Place portions of salad to serve, and pour over dressing. Add any desired toppings like tortilla strips or cilantro.

Dad

Father

Papa



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