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**The W Community**  
**Monthly**  
**Newsletter**  
**JUNE 2022**



Welcome to June! Wow, it's been six (6) months of bonding via the monthly newsletter, and I couldn't wait to write to you again. I bet I am not the only one that feels like May came and left within the twinkle of an eye. In May, we talked about: How to avoid stress, three hacks for career growth, celebrating children, and the MHSS (Maternal Health Service Support) loan. The good news is, you can still catch up on our May newsletter when you click the link in our bio, on any of our social media pages; Facebook, Instagram, and Twitter @thewcommunity.

Now relax and enjoy!



A smiling woman with short dark hair, wearing a purple hoodie, is shown from the chest up. She is holding a silver umbrella over her head. The background is a blurred, rainy scene with a purple tint. In the top right corner, there is a large purple number '7'.

7

## **RAIN DAY, FUN DAY!!!**

Who says fun days are reserved for sunny days? I know the rainy season comes with cold, bad roads and might be a showstopper when it comes to outdoor events, parties, and activities. However, it is also an opportunity to spend quality time with your loved ones. You can bring the fun home, here's how to do it like a Pro.

## **PLAY GAMES:**

Turn up the atmosphere with fun indoor games such as board games, card games, computer games, etc. My favorite is Sudoku, yeah right! I am a renowned champion in my home. There are a lot of fun indoor games to choose from , with no age restriction.

## **MOVIE MARATHON:**

What movie have you been longing to see? If you do not have one, you can check online for reviews of movies you might be interested in. It could also be a movie you have watched years back and you want to savor the experience once more. Arrange for a bowl of popcorn or other snacks to make it even more memorable.

## **GO DOWN MEMORY LANE:**

There are some inspirational conversations that hit deep on a rainy day. You could start by looking at old pictures or listening to an old song. Reminisce on memories and share unforgettable experiences.

## **READ A BOOK:**

A 'read aloud' moment with loved ones is always fun. There's this soothing feeling it comes with. Depending on the genre of books that interest you, find your favorite spot at home, with a warm cup of tea and enjoy your read.

## OTHER FUN ACTIVITIES:

There are other fun activities such as arts and crafts, karaoke sessions, cooking competitions, etc., depending on what you like. Lots of showers come with June but it doesn't have to stop you from having fun.



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# THERE IS NO SUCH THING AS SPARE TIME!

The ASUU (Academic Staff Union of Universities) of Federal Universities in Nigeria has declared a strike for months now. The strike can be an opportunity to learn something new, intern, acquire a new skill, or even start a business. The fact is, you have enough time on your hands and the best part is that, you have the right to choose what you want to do with your extra time.

## **DO SOMETHING PRODUCTIVE:**

Having a degree is great, so is learning a skill. Cooking, writing, driving, and swimming are basic survival skills. Do you have any of them? If yes, then you have a chance to try out other survival skills, and if no, well... there is no better time than now to learn one or ALL. There are also several online platforms such as Coursera, Udemy, EDX, Alison, etc., and offline classes that offer great courses with diploma certificates. You can also intern at your dream job or from a business owner. Whatever choice you make, the goal is to stay productive!

## **START SOMETHING:**

Big things often have small beginnings. Why wait till tomorrow? Start today and start small. So many influential people today started from their little space. How can you make an impact on society in your own little way? What challenges or problems have you identified in your environment? How can you solve it? How can technology help you leverage the opportunities in your environment? These are questions to guide you on your great discovery. What do you want to start? It could be a blog, a logistics company, or a business. The most important thing is, you take the first step today!

## SPEND MORE TIME WITH YOURSELF AND FAMILY:

Life is short and every second counts. Don't miss out on any opportunity you get to spend time with your loved one. Bond with your friends, reflect on old memories, create new memories, help out with chores, and have conversations. The truth about spending time with your loved one is one of these days you would either say "You wish you had" or "You're glad you did"

Finally, remember life always comes with hurdles. Some are within our control and others are out of control. The most important thing is to make the most out of it. In the words of Henry Rollins, "There is no such thing as **spare time**, no such thing as **free time**, no such thing as **downtime**, all you have is **a lifetime**. So GO! Take advantage of your spare time!



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# **GOSH! CAN THESE CRAMPS GO AWAY?!**

Take a deep breath, count 1 to 3, take a fast pace around the room, and take another deep breath. The cycle of this routine is endless, and it could last for 3-5 days or more. Menstruation comes with its signs such as bloating, backaches, headaches, and other experiences unique to you. You are not in this alone. Did you know that around 80% of women experience period pain at some stage in their lifetime? Well... now you know. Here are tips to help you feel better:

## **AVOID EATING FOOD WITH HIGH SALT CONTENT**

Menstruation already gives you a bloated feeling. Eating salty foods can worsen your cramps, leave you bloated and cause great discomfort.

## **WORKOUT ROUTINES HELP**

Yoga routines such as butterfly, saddle pose, and dragonfly can help ease the pain and lighten your mood. Workouts help reduce headaches, backaches, and cramps.

## **DON'T SKIP MEALS OR TAKE JUNK**

You need all the energy and nutrients to make up for the blood you are losing. Skipping meals make you low on energy, lethargic and irritated. Eat healthy meals that are high in iron, calcium, and omega 3. Also, you need to resist the urge to munch on junk foods. Lastly, it's better to drink lots of water as you mind your business!

## **AVOID WAXING OR SHAVING**

Before and after your menstruation, your pain receptors increase which makes your skin quite sensitive. You can experience great discomfort, itching, pain, and also infection if care is not taken. You can try waxing or shaving days before or days after menstruation.

## MINIMIZE YOUR CRAVINGS

You might find yourself craving caffeine content. However, this can escalate your cramps, cause lack of sleep and lead to breast tenderness. Staying awake makes you bear more pain and dispense more energy too.

I hope this helps you overcome the pain that might come with another menstrual cycle.



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# A GOOD-NEWS FOR FEMALE SCHOOL OWNERS

Give your school more visibility, make your students get to school on time and track your student and give parents peace of mind about the location of their children with a school bus. Give your school a competitive advantage with the following opportunities a school bus has to offer:

## **PROVISION OF AFFORDABLE TRANSPORTATION**

Every child deserves a shot at getting the best education. Most parents do not have the time and opportunity to transport their kids to school. Owning a school bus offers parents a chance to cater for this need, at an affordable price.

## **SAFETY FOR SCHOOL KIDS**

Generally, school buses are designed with safety in mind. They are branded in a way to make other vehicles on the road conscious of the fact that "it's a school bus" and they should be careful around it.

## **AN ASSET FOR THE SCHOOL**

Owning a school bus not only improves your school's image, it is also an asset that generates revenue. The revenue from school bus payments can be used to maintain the bus and offset any liability.

The good news is that with a W power vehicle finance loan, a female school owner can now get access to a brand new pre-owned school bus from any of our approved dealers.

The features of the loan are as follows:

- **Equity Contribution for as low as 10%**

- **A competitive interest rate of 15%**

- **Loan tenor of up to 48 months**

- **Access to vehicle registration finance, vehicle tracker installation, and subsidized comprehensive motor insurance.**

Don't miss out on this exciting opportunity, send an email to [wcares@accessbankplc.com](mailto:wcares@accessbankplc.com) today!

Terms & Conditions apply.



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## *Bye Ladies!*

This is the sixth month of 2022, it is the perfect opportunity to appraise your goals for the year! If you haven't started, no pressure you still have six (6) more months to GO. Remember there is no such thing as spare time, every minute is your opportunity to start something new, spend time with your loved ones, take care of your health, and most importantly have FUN. This June, what would you rather do on a rainy day? Sleeping is not an option! Join the conversation on any of our social media pages @thewcommunity #enjoyrainydays or #rainydayfunday