



JOIN US
as we launch
our new
wellness
series!

Well
STAY AT HOME  

with
thewellproject 

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:17:05 **Susan Mull:** Hi, everyone!
- 00:18:31 **Olivia Ford:** Welcome everyone!
- 00:19:04 **Susan Mull:** Wow! Superstars! I wanna cry, I'm so happy to see you! 🥰🥰🥰 #happytears
- 00:20:00 **Susan Mull:** I just ran a 5K this morning, for the Race Against Racism, Lancaster! Woohoo!
- 00:22:27 **Gina Brown:** Hi Yolanda!
- 00:24:02 **Jyoti Surve:** hiiiiiiii
- 00:24:18 **Michelle Kohler:** hi everyone
- 00:24:48 **Courtney Biddulph:** Hi Everyone!!
- 00:27:36 **Gina Brown:** Love you too NuNu!
- 00:28:47 **Olivia Ford:** Hi everyone!
- 00:29:30 **Olivia Ford:** <3
- 00:31:06 **Susan Mull:** Ciara - you look great!
- 00:32:30 **Susan Mull:** I am participating in a Visionary woman project with INTERFAITHPHILADELPHIA! It's helping me through this craziness!
- 00:35:06 **Michelle Kohler:** this is great! thank you ladies for doing this
- 00:35:17 **Olivia Ford:** Redefining beauty in these times: *"After this whole pandemic, I might not need to have my eyebrows waxed all the time ... In my head and in my world, I am beautiful!"* - instant classic CiCi quote!!
- 00:35:35 **Krista Martel:** AGREE!

00:36:16 **Susan Mull:** this is amazing!

00:38:32 **Susan Mull:** ooh- genius - work internally - I found this - Alicia Keys, "time for yourself is such an important thing, you're able to vibrate on another level"

00:38:34 **Olivia Ford:** *CiCi: A vision board can help bring out things we may need to change - and crafty, creative activity like this are relaxing <3*

00:38:53 **Olivia Ford:** *CiCi asks: What is everybody doing to help stay relaxed and focused?*

00:39:13 **Olivia Ford:** @Susan: Oooooo love that - Ms Keys is so brilliant!

00:39:58 **Olivia Ford:** *CiCi: This pandemic has been hard for people who find it hard to be alone - but it can be a time to address things we've been avoiding and get ready for when the world opens back up*

00:40:02 **Michelle Kohler:** yes SOOO appreciate the salons, doing my own hair and nails does not work for me!

00:40:05 **Courtney Biddulph:** still working and trying to find my way and address some issues I been putting on the back burner

00:40:29 **Juliana Hawawini:** Me too! Website.

00:40:40 **Olivia Ford:** *CiCi: Has anybody tried or started anything new in the past weeks? It's fine if you haven't! I've been working on my website <3*

00:41:14 **Breklyn Bertozzi:** I have job interview via zoom today at 4 for a peer engagement coordinator position

00:42:01 **Krista Martel:** yay Sandra!

00:42:19 **Olivia Ford:** *CiCi: "Are you bored or are you resting? It's hard to tell sometimes - I'm so used to being so busy all the time"*

00:42:54 **Susan Mull:** I'm walking and jogging a lot! I am finishing books - reading Ta-Nehisi Coates, The Water Dancer, and read The Yellow House about New Orleans, by Sarah Broom - the best memoir I ever read, I'm teaching my 8th grade grandson his end of yr. Language Arts curriculum - we're reading The Diary of Anne Frank, including art, poetry, reading the book and the play!

00:42:56 **Krista Martel:** also doing a lot of cooking here, and using it as a creative outlet.

00:43:35 **Krista Martel:** Wow, Susan! That's amazing! I love hearing what you are all doing!

00:44:10 **Evelyn Scalice:** I've been spending a lot of time with my daughter and doing school work with her. I also just purchased a 30 day workout program and this is my first time doing something like this. today was day 3 and I love it

00:44:33 **Susan Mull:** thanks - I'm trying to be grateful and not be sad and stressed!

00:44:43 **Gina Brown:** I've started doing Yoga and meditation...the meditation is going better than the Yoga. Lol

00:45:04 **Susan Mull:** yes! mindfulness!

00:45:24 **Susan Mull:** oh, Ciarra you are wonderfully eclectic!

00:46:42 **Krista Martel:** CiCi "one day I will wear a business suit" :)

00:46:48 **Juliana Hawawini:** CiCi, you are such an inspirational teacher! This is perfect!

00:47:55 **Jyoti Surve:** I first thought her tee says "heart"... naaah, it says "HEAL". love that!!

00:48:32 **Krista Martel:** Her tshirt says "Healing Is Voluntary" (HIV) --that is her business

00:48:33 **Susan Mull:** oh, I watched "Uncorked" the other night on Netflix - well, it's about Memphis and the barbecue scene and one of the lines on the movie was - one barbecue joint is famous because Frankie Beverly had a stroke there! Whoa! And Courtney B. Vance is the star of the movie

00:48:40 **Olivia Ford:** *CiCi: "Can't nobody knock your hustle ... They may try to distract us, move us off our squares, but they won't win! I will get up every day and try something"*

00:48:50 **Susan Mull:** CC - this is perfect

00:49:29 **Krista Martel:** Ci Ci - can you please run for president?

00:49:32 **Olivia Ford:** *CiCi: cutting out and putting up the word "boost" on her board - for those T-cells! - and committing to adherence <3*

00:50:37 **Courtney Biddulph:** letting go is one of the hardest things to get through

00:50:51 **Susan Mull:** we're all going to be ready to be a political action committee after all this positivity!

00:51:35 **Olivia Ford:** *CiCi: "It really is a choice to be happy. I choose happiness today. It's hard to know what is going on, I have a lot of anxiety ... but I choose happy"*

00:52:05 **Evelyn Scalice:** This time scares me as well. I just keep focusing on the things that are in my control. I do everything I can to keep myself and my family safe

00:52:16 **Jyoti Surve:** CiCi is a GEM - a sparkle in TWP's treasure box

00:52:36 **Susan Mull:** love is bigger than fear!

00:52:50 **Evelyn Scalice:** love the way the board is looking!

00:52:54 **Olivia Ford:** *CiCi: "At some point *you* weren't acting the way you were supposed to be acting and someone still loved you ..."*

00:53:44 **Krista Martel:** I wish you could see all the smiles you are bringing to everyone's faces, CiCi-- because I know I'm not alone!

00:53:46 **Susan Mull:** #curtismayfield - I'm so proud of you- I'm so proud to know all of you- sending love!

00:54:40 **bose oladayo:** You are right Jyoti

00:54:48 **Susan Mull:** this is so healing!

00:55:00 **Maria Mejia:** <3

00:55:01 **bose oladayo:** Yes CiCi we need to love each other no matter what!

00:55:19 **Maria Mejia:** even love those who hurt us

00:55:38 **bose oladayo:** Yes Maria

00:56:15 **Susan Mull:** I'm in the presence of goddesses here!

00:56:53 **Maria Mejia:** I need some magazines! everything is digital

00:56:56 **Olivia Ford:** *CiCi: "I want to be well so that I can live ... and teach my son healthy habits" <3*

00:57:01 **Krista Martel:** You are doing more than good!

00:57:13 **Evelyn Scalice:** Yes! nothing like becoming a parent to put all your habits and your upbringing front and center for us to self examine

00:57:47 **Susan Mull:** I'm on Genvoya too!

00:58:01 **Krista Martel:** I know Maria--we have to think how we can access magazines for those who may not have them. for those who have printers, you can print things off the internet too.

00:58:12 **Maria Mejia:** true

00:58:17 **Jyoti Surve:** someone gimme a little bit of CiCi 🤩 I need a high!!

00:59:19 **Krista Martel:** looking up homemade glue... :) <https://snappyliving.com/11-recipes-to-make-your-own-glue/>

00:59:26 **Olivia Ford:** *CiCi: "I may be concerned about my body but I'm also thinking about the condition of my soul!"*

00:59:26 **Susan Mull:** I listened to Phyllis Hyman this morning, "I don't wanna lose you . . ." I don't wanna lose any of you! 🤩❤️

01:00:12 **Olivia Ford:** *CiCi on keeping it simple: "That makes me think of throwing things in the trash can. I hoard everything!"*

01:00:13 **Juliana Hawawini:** I have all my diaries. We can't throw those out can we?

01:00:40 **Susan Mull:** I have all my diaries . . .

01:01:06 **Olivia Ford:** OMG CiCi me tooooooooooooooo - I have books from college that I always wanted to read again and never did (y'all, I'm 40) plus pretty much every bag from every conference I've been to ... <3

01:01:25 **Olivia Ford:** I have a box of diaries from probably age ... 10?

01:02:16 **Maria Mejia:** it's ok not to be ok <3

01:02:36 **Olivia Ford:** *CiCi: "We are all just balls of beautiful insecurity and mess! And it's OK!"*

01:02:42 **Maria Mejia:** us strong women have the right to feel <3 but we will get through so much

01:02:46 **Susan Mull:** We're all stardust - think how we sparkle!

01:03:07 **Olivia Ford:** "We are stardust ... we are golden!"

01:03:09 **bose oladayo:** Thank you for the courage.

01:03:40 **Gina Brown:** I'm scared too when speaking or presenting.

01:03:47 **Olivia Ford:** *CiCi: "I'm scared right now. What am I going to do about it? Keep going! ... Years ago I wouldn't have been able to do what I'm doing right now"*

01:03:47 **Juliana Hawawini:** That's a big one CiCi. I feel you.

01:03:52 **Susan Mull:** yes!!!

01:04:10 **Olivia Ford:** I believe it! Fear is real for so many of us - I know it is for me! <3

01:05:11 **Gina Brown:** Hi Maria! Looking beautiful sis!!!

01:05:47 **Juliana Hawawini:** I would never know you were so scared by watching this.

01:05:48 **Susan Mull:** Sometimes confronting our vulnerabilities takes a huge amt. of strength!

01:05:58 **Gina Brown:** I believe in you CiCi!

01:06:24 **Evelyn Scalice:** It's been amazing listening to you. dropping gems

01:06:39 **Gina Brown:** I see my niece is in the room, Masonia <3

01:07:08 **Courtney Biddulph:** CiCi is amazing and stronger than she knows

01:07:15 **Jyoti Surve:** @Olivia, I see you. Thank you soooooo much for typing for me

01:07:33 **Evelyn Scalice:** I started an Instagram page for fitness. I'm not a professional but i share some of my stuff on there

01:07:34 **Krista Martel:** Evelyn I think is doing exercise

01:07:37 **Michelle Kohler:** learning new songs on guitar and ukulele

01:07:43 **Susan Mull:** THANK YOU! The tempo of your speech is filling me with love and the ability to be calm like when we employ Tibetan bowls!

01:07:48 **Evelyn Scalice:** that's one of those things I'm trying to be braver about and post more

01:08:00 **Krista Martel:** I play sax too! let's do a duet!

01:08:10 **Michelle Kohler:** love sound of saxophone

01:08:13 **Evelyn Scalice:** @strongmom_fitness

01:08:23 **Evelyn Scalice:** lol i wish i could do my nails!

01:08:27 **Susan Mull:** learn to work the saxophone . . .

01:08:27 **Michelle Kohler:** I can't play wind instruments

01:08:38 **Jyoti Surve:** awwwwwwww 🥰 Hello sweet baby

01:08:42 **Susan Mull:** this was fabulous!

01:08:51 **Krista Martel:** I've used an app with my son - home workout. it's daily and has been good--about 10 minutes a day. :)

01:08:57 **Susan Mull:** Play is so important!

01:08:58 **Michelle Kohler:** can't whistle lol

01:09:27 **Krista Martel:** we should feature people's musical talents in one of the sessions!

01:09:41 **Michelle Kohler:** love ❤️ this

01:09:54 **Michelle Kohler:** that would be fun

01:09:59 **Gina Brown:** OMG I'm going out to find some jacks :)

01:10:00 **Olivia Ford:** *CiCi: "Sometimes I laugh at things that aren't appropriate but it's a nervous laugh!"* lol!

01:10:48 **Krista Martel:** Hi Susan!

01:11:01 **Gina Brown:** Hi Susan!

01:11:27 **Michelle Kohler:** hey Susan!

01:11:42 **Michelle Kohler:** great to see you smile!

01:11:44 **Jyoti Surve:** @Olivia / you need to save CC's quotes / and have it published in TWP website ... these quotes are a gem

01:12:04 **Gina Brown:** Can I be the Godmother, CiCi?

01:12:44 **Olivia Ford:** *CiCi: "Our expectations should be a little different than they were a month ago"*

01:12:52 **Gina Brown:** This feels so good!

01:13:20 **Olivia Ford:** *CiCi: "Keep updating and changing your vision as much as you need to ... Even as adults we do change"*

01:13:48 **Evelyn Scalice:** thank you for doing this. This is great

01:13:58 **Porchia Dees:** ❤️❤️❤️

01:14:13 **Olivia Ford:** *CiCi: "Once your board is done, put it somewhere in your house where you can see it, but be careful who has access to it - not people who may try to sabotage a piece of your vision!!"* <3

01:14:14 **bose oladayo:** Again, thank you so much CICI for this.

01:14:15 **Juliana Hawawini:** This was such a perfect session CiCi. So much gratitude.

01:14:18 **Olivia Ford:** AWESOME!!!! <3

01:14:25 **Michelle Kohler:** thank you all this is amazing! can't wait to see you all again soon

01:15:00 **Courtney Biddulph:** thank you CiCi 

01:15:36 **Juliana Hawawini:** Thanks all.

01:15:39 **Gina Brown:** Love you all!

01:15:44 **Jenna Conley:** thank you all!!!!!!

01:16:16 **bose oladayo:** Good bye, love you all. Stay well and safe all.

01:17:57 **Jyoti Surve:**     