



Have you ever been the strong one — even when your soul felt shattered?

Yeah, same.

So many of us are walking around with invisible weight strapped to our backs. Anxiety that doesn't clock out. Grief that sneaks in during quiet moments. Burnout that coffee just can't fix. And yet... we smile. We show up. We hold it together.

But here's the truth, friend: you don't have to fake fine.

If no one's told you lately — it's okay to fall apart.

It's okay to cancel plans, cry in the shower, or say "I need help."



LET'S TALK MENTAL HEALTH (BECAUSE IT MATTERS)

May is a call to slow down, tune in, and speak up. Mental health is health. Full stop.

It's as vital as your physical body or your bank account — and yet, for so long, we were told to;

- ✓ Tough it out.
- ✓ To ignore it
- ✓ To smile through the pain.
- ✓ Push through,
- ✓ To slap on some lip gloss, scroll through Instagram, and pretend everything's fine — even when we're barely breathing under the surface.
- ✓ Or hide the hard stuff behind filters and small talk.



But let's be honest- pretending 'Doesn't heal us. Silence doesn't save us!

The stigma around mental health has robbed too many people of peace, of help, of hope — and it's time we say ENOUGH.

- ✓ Mental illness is not a weakness. It's not "laziness". It's not being "too sensitive."
- ✓ Anxiety, depression, PTSD, bipolar disorder, eating disorders — they are not character flaws. They are real medical conditions that deserve real support, just like a broken leg or high blood pressure.
- ✓ And yet... too many of us suffer in silence-because therapy is still whispered about like a scandal, vulnerability is mistaken for failure and we're told to pray it away or push through it like nothing's wrong.



BUT MENTAL ILLNESS DOESN'T JUST LIVE IN ONE PERSON.

It echoes. It weaves itself into family dynamics. It strains friendships. It makes work feel impossible. It dims the light in our communities. And often, the ones who seem the happiest — the go-getters, the strong friends, the ones who "have it all together" — are the ones quietly breaking inside.



It's time to stop hiding.



To stop whispering.



To stop telling ourselves we're too much or not enough.

Because you, exactly as you are, are worthy of care, love, support — and healing.

MIND CHECK, BODY CHECK, HEART CHECK!

We check our phones a hundred times a day.

We check the bank account. We check our emails. We check off to-do lists like our lives depend on it.

But when was the last time you checked in with you?



Not the you at work.



Not the you on social media.



The real you — behind the smile, beyond the hustle.

This month, I'm inviting you to pause. To breathe. To listen to what your soul has been whispering all along.



Book the therapy session. (Even if you don't feel "bad enough" to go.)



Take the day off — unapologetically.



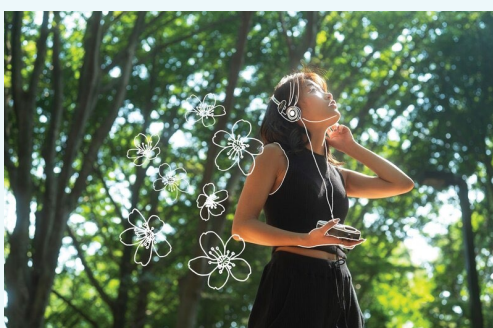
Call that friend you've been meaning to check on.



Let yourself cry. Let yourself laugh. Let yourself just be.

Because taking care of your mind isn't some luxury reserved for when life slows down. It's the baseline.

- ✓ You don't have to earn rest.
- ✓ You don't have to justify your healing.
- ✓ You don't have to "have it all together" to be worthy of love and care.



You deserve:

Peace, Pleasure and Protection — for your mind, body, and spirit. Always.

— Queen ShanShan

WELLNESS SPOTLIGHT: NAPPILY NATURALS APOTHECARY

- ✓ There are moments when your body whispers, "slow down."
- ✓ When your spirit says, "come home."
- ✓ And when your soul asks for something deeper than surface-level self-care.

At **Nappily Naturals Apothecary**, healing begins at the root—a place where the healing practices of our ancestors are honoured. Where every jar, every herb, every oil is lovingly made with the belief that wellness is not just skin-deep — it's soul-deep.

Here, wellness isn't about trends.

- ✓ It's about truth.
- ✓ It's about showing up for yourself in the most loving, intentional way — and remembering that healing doesn't have to look pretty to be powerful.

And if you've been waiting for a sign to start putting yourself first — this is it.

FEATURED COLLAB: WOMEN OF WELLNESS WITH SHARON WILLIAMS

This month, Nappily Naturals Co-Owner, Sharon Williams will spotlight something truly powerful — Women of Wellness.

This campaign is a love letter to every woman who's ever poured from an empty cup. To the nurturers. The fighters. The healers. The ones still learning how to care for themselves while caring for everyone else.

This collaboration honors the strength and softness that live side by side in all of us.





Episode 64: “Manifestation Ain’t Woo – It’s Work and Wisdom”

Guest: Sharon Williams – Entrepreneur + Co-Owner of Nappily Naturals

Manifestation always gets a bad rap.

Too many people think it’s just wishful thinking, vision boards, and moon water.

But...

Queen ShanShan sits down with the — boss woman, entrepreneur, and co-founder of Nappily Naturals — Sharon Williams for one of the realest conversations.

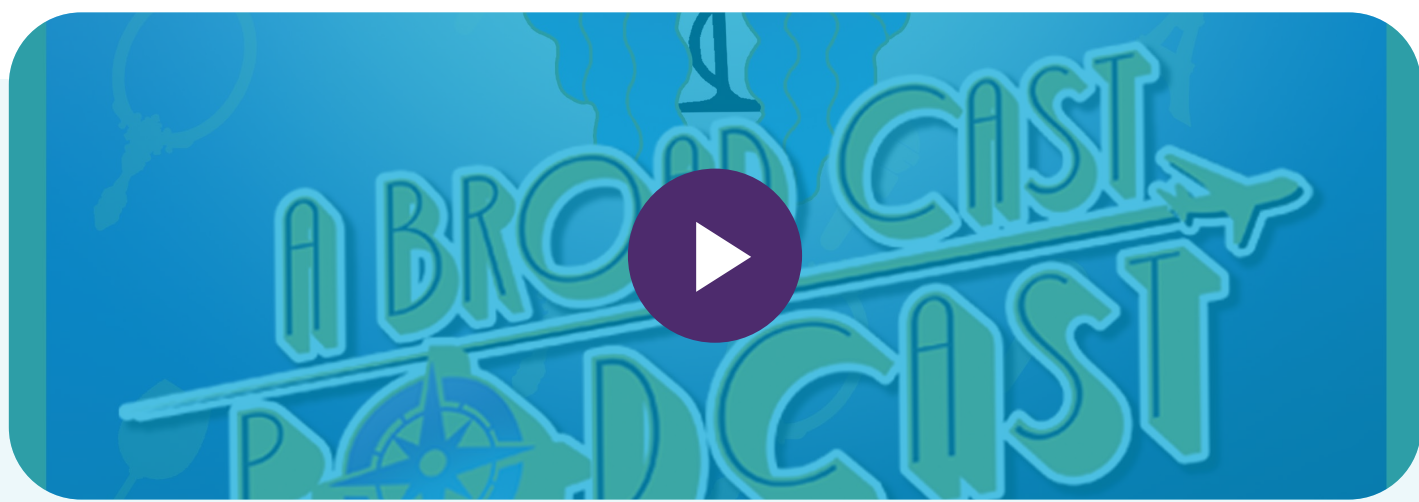
We got into it — the kind of talk that lights a fire in your soul!

- Why joy isn’t a luxury — it’s a necessity.
- How breaking generational cycles starts with knowing yourself and choosing differently.
- A raw, powerful convo about why mental and spiritual care is non-negotiable, especially for Black and Brown communities — and how reclaiming your peace is one of the boldest, most loving things you can do.
- And a peek into the beautiful Nappily Naturals Wellness Farm in Texas (yes, it’s a real place — and it’s a whole vibe).

This one’s got laughter, truth bombs, healing energy, and major “aha!” moments.

So if you’re in your glow-up era or just trying to make it through the week

Watch the full episode → [Click here to feel inspired](#)
Or stream it anywhere you get your podcasts: [A Broad Cast Podcast](#)



QUEEN SHANSHAN’S EATS OF THE MONTH

Because life’s too short for boring meals and bland vibes.



Lost DTLA – Rooftop Tacos with a Side of Skyline

If you’re craving bold flavors and even bolder views, Lost DTLA is your new rooftop obsession. Tucked above the buzz of downtown LA, this open-air taco and cocktail bar is where city lights meet chill vibes and spicy bites.

We got into it — the kind of talk that lights a fire in your soul!

- ✓ Rooftop energy with Mexico City soul — string lights, skyline views, and DJ sets that get better with every sip.
- ✓ Must-try bites: guajillo chicken tacos, shrimp ceviche, and the mushroom quesadilla that had me humming at the table.
- ✓ Cocktails that do not play — the mezcal-forward “Up In The Sky” is smoky, citrusy, and dangerously good.

718 S Hill Street, Los Angeles
Thursday–Sunday, 5 PM till late
getlostdtla.com
[@getlostdtla](https://www.instagram.com/getlostdtla)



Pro Tip:

Book ahead on SevenRooms and show up cute — it’s a rooftop after all.

Koi Restaurant & Lounge – Zen Meets Zesty

KOI RESTAURANT

Now if you’re feeling’ yourself and want a dinner that says “*I’m the moment,*” head to **Koi in West Hollywood**. The candlelit glam, flowing water walls, and plates that show up like art- and gives an amazing;

- ✓ Flawless Ambience- Bougie without being stuffy which gives upscale peace and Instagrammable luxury.
- ✓ The Miso Bronzed Cod--Melt-in-your-mouth magic.
- ✓ The “She’s So LA” Roll? Crunchy, spicy, and a whole mood.
- ✓ Pair it with a lychee martini and a bestie in heels — chef’s kiss.

730 N La Cienega Blvd,
West Hollywood

Monday–Thursday & Sunday: 5:30–10PM |
Fri–Sat: until 10:30PM
koirestaurant.com/losangeles
[@koirestaurants](https://www.instagram.com/koirestaurants)



Pro Tip:

Book ahead on SevenRooms and show up cute — it’s a rooftop after all.

TRAVEL ESCAPE: CANCUN VIBES + QUEEN SHANSHAN AT JOIA PARAÍSO

Because sometimes... a girl just needs to float in a pool and forget what day it is.

I packed my sunscreen, a few fabulous swimsuits, and my need for a serious mental reset — and let me tell you, JOIA Paraíso by Iberostar delivered.

Located just 30 minutes from Cancun Airport (read: no long car rides, no stress), this adults-only, all-inclusive resort is everything the name promises: pure paradise.

From the moment I stepped into the marble-tiled lobby with a welcome drink in hand, I knew I was about to be spoiled. And I was so here for it.



It was healing wrapped in high thread count- just book the flight and say “yes” to peace.

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WHAT'S HOT IN LA — MAY 2025?



FOLLOW ME TO A BETTER PLACE! THE LUXE LEDGER



Your monthly excuse to get out, dress up, and be seen.

May is bringing the heat — and the culture. So mark those calendars and plan those outfits, boo!

Date	Event Name	Location	Highlights
Apr 28+	Beyoncé – Cowboy Carter Tour	SoFi Stadium	Expect cowboy hats, couture, and a genre-blending show that's part concert, part visual art installation. Giddy up.
May 4–5	Cinco de Mayo Fiesta	Olvera Street	Celebrate culture, community, and some of the best tacos you'll ever eat. Live music, vibrant parades, and artisan markets bring the heart of Mexico to downtown LA.
May 11	LA Night Out @Lost DTLA	Lost DTLA Rooftop	Rooftop energy meets R&B + Afrobeats under the stars. Sunset views, spicy cocktails, and vibes that go all the way into the night.
May 18–19	Venice Art Walk	Venice Beach	Stroll through artist studios, catch live painting sessions, and soak in the artsy-meets-beachy magic only Venice can serve.
May 25–26	Fiesta Hermosa	Hermosa Beach	It's the unofficial kickoff to summer! Food trucks, indie art, and live music all weekend long, right by the ocean.

Shine hard, rest often, and laugh louder than your worries!
With love, sunshine, and SPF,
— Queen ShanShan

VENDOR SHOUTOUT CORNER (FOOTER SECTION)

Supporting the brands that keep our glow going.

Vendor	Description / Link
ShanInsure	Life & health planning – www.shaninsure.com
Exquisite Dentistry	Smile glow-up experts – www.exquisedentistryla.com
Nappily Naturals	Holistic wellness, Food, home goods - nappilynaturals.com
The PHYT Gym App	Fitness from your phone – www.thephytgym.com
Draya by Swiminsta	Luxe swimwear – shopdraya.com



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