Breakthrough Connections
The official magazine of The Nykia Elyse Brand

Welcome Back
We've Missed You!!

Nykia Elyse
SHARE 10 TIPS TO HELP YOU EMBRACE 2021 PG. 6

Get Manifesting
WITH MELANATED | MEDITATED PG.8

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FOR THE LATEST GEEK BUZZ PG.10
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Happy 2021 Readers!! We are finally back from our 6-month hiatus. After the turmoil of 2020, I’m sure we’re all welcoming the fresh, clean slate of 2021. May this year ahead bring you joy, peace, hope, & good health. Cheers to 12 new chapters, with 365 new chances. Make this year count!!

Breakthrough Connections has a lot of exciting content to bring you all this year and, of course, enjoy the issue!

Nykia E. Johnson
EDITOR-IN-CHIEF
HERE'S TO THE FUTURE!

Happy New Year

Look back with love and look forward with hope.

Nykia Elyse
Psychotherapist | Entrepreneur | Motivator | Author

Nykia E. Johnson
Welcome, January.

January Awareness

Mental Wellness Month
National Mentoring Month
Cervical Cancer Awareness Month
National Slavery & Human Trafficking Prevention Month
1/1: New Year Day
1/9/: National Vision Board Day
1/11: National Human Trafficking Awareness Day
1/18: Dr. Martin Luther King Jr. Day

Quote of The Month

“JANUARY, The first month of the year, A perfect time to start all over again, Changing energies and deserting old moods, New beginnings, new attitudes”
~Charmaine J Forde
Embracing 2021
By: Nykia E. Johnson, MA, LLPC

Wow, 2021 swiftly crept upon us! 2020 totally blindsided us. Due to the COVID madness in 2020 many of you may be cautious about planning for 2021. I’m here to tell you to go ahead & embrace 2021! Start that business, invest in that stock, strive to get that promotion, go back to school, hit that body goal, take that vacation, expand your family. Living your best life in 2021 is as simple as changing your mindset by incorporating some healthy habits, embracing total happiness, & achieving inner peace. Here are 6 ways to fully embrace 2021:

Set Intentions
• Write down your intentions or create a vision board for to reflect on daily.

Visualize It
• Once you have set your intentions, image yourself accomplishing them. Everyday take a moment to visualize what you want to happen in your life as if it was happening right now.

Vow to Live Healthier
• Eat healthier, drink lots of water, sleep well, exercise, pray & meditate daily.

Do Random Acts of Kindness
• You would be surprised by how doing something nice for somebody can change your mood.

Practice Daily Self-care
• Learn to make yourself a priority, do something you enjoy, avoid toxic people & situations, let go of what you can’t control, and speak positive affirmations over your life. Step out of your comfort zone & try something new.

Learn to Say NO
• Let this be the year you learn to say No without explaining yourself!! Learning to say no can be very difficult, but externally rewarding. There’s nothing wrong with saying no, so stop feeling guilty!
"I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
~Maya Angelou
Happy New Year from Melanated Meditated! 2020 was filled with many struggles and disparities but 2021 could be your year for manifesting better outcomes for yourself. This month I’m going to talk about putting ourselves first in every capacity. This year it’s time to be selfish with our time and energy. A lot of times we end up unhappy because we worry so much about other people's happiness, always trying to please people, always giving and saying “yes” before we take care of ourselves. We first need to stop being so available for people, especially the people that do not reciprocate the same energy. People do not realize how draining it is to always be the person that shows up. Set healthy boundaries and only do things that you want to do. DO NOT FEEL BAD ABOUT THIS CHANGE! Never feel guilty for making yourself a priority. Remember that it’s okay to make sure your loved ones are taken care of but do not neglect your own needs.

So this year I challenge you to do what you want to do. Practicing self-care, eating healthier, tackling that business you’ve been hesitant to start, new adventures, learning a new skill, or meditating, it doesn’t matter as long as you are doing it for you.

With love, with Power
Melanated | Meditated
IT IS VERY IMPORTANT THAT YOU STAY TRUE TO YOURSELF.

~MELANIE MARTY
Hi, my name is Ralph Johnson III and this column will be mainly focusing on reviews such as movies, TV shows, video games, and comics. I'm a senior in high school that enjoys anything superhero or action related. My first review of 2021 will be about Cobra Kai, one of my favorite shows of 2020 hope you enjoy it.

Cobra Kai is a spin-off of the 1984 film The Karate Kid. Ralph Macchio, Willian Zabka stars from the 1984 film returns for the spin-off with a new generation of actors such as Mary Mouser, Courtney Henggeler, Xolo Mariduena, Tanner Buchanan, and more did an amazing job in Season 1. Ralph Macchio and Willian Zabka never outshining the new cast. At first, I didn't think this would be great because of the 30-year gap, but it turned out to be great. The plot of the series was dramatic and entertaining. Season 2 takes everything from season 1 and makes it better—the fights in this look great and fun. Miguel, the mean character played by Xolo Mariduena, is one of the show’s best parts. I'm not done with the show but if you haven't seen this series yet, check it out on Netflix sometime. It's a must-see.
Hey Butterflies!! Everything Elyse is an online gift boutique that seeks to encourage & uplift individuals through unique gifts for any occasion.

As a person-centered based practice, Breakthrough Counseling seeks to provide therapeutic interventions to help our clients understand life’s issues, while building skills to effectively reach their goals. Furthermore, we help our clients’ explore ways to cope and manage their feelings and breakthrough to a happier, healthier, and more empowered them.
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