



Amy Chan
Relationship
expert



Healing hearts

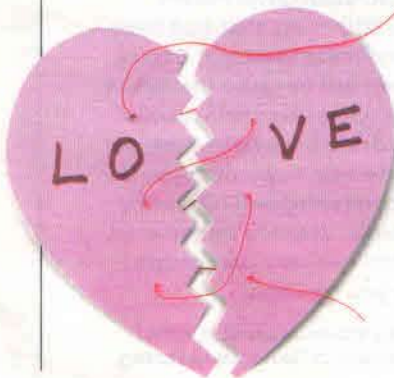
★ MARCH 9 ★

Get Over It Day was started by someone struggling to get over an ex, so we asked Amy Chan, author of *Breakup Bootcamp* and founder of Renew Breakup Bootcamp (renewbreakupbootcamp.com), to reveal the best ways to move on.

PREPARE FOR WITHDRAWAL
Brainstorm a list of ideas that you can turn toward when you "crave" your ex. Call a friend, watch a TV show, or go for a jog without your phone.

REDIRECT YOUR ENERGY
Stop fantasizing about what could have been and focus on a more empowering obsession, like volunteering or finally starting that passion project, like writing a book.

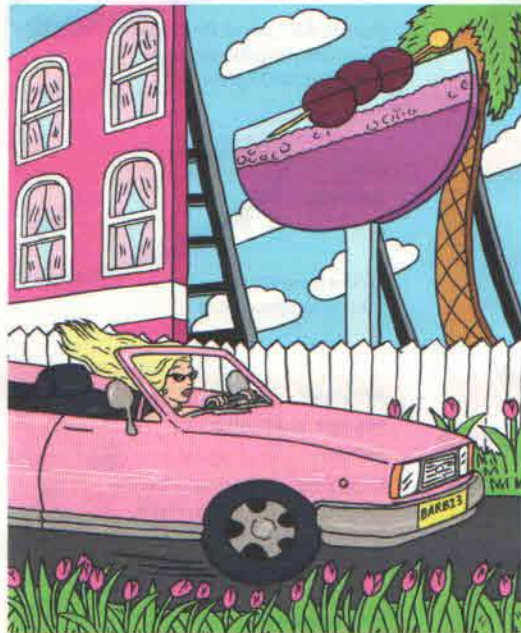
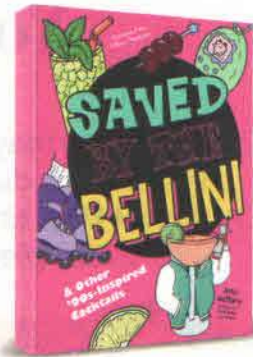
TRY THIS EXERCISE
Write nonstop for 15 minutes. The objective is to let pent-up feelings come out in written form. It's a great way to clear your head, and it can help you reflect, learn, and ease your emotional intensity.



Raise a glass to the past

★ MARCH 24 ★

Take a chill pill (and a walk down memory lane) on **Cocktail Day** with the help of *Saved by the Bellini*, a delightful recipe book full of '90s-inspired cocktails.



BARBIE GIRL

This drink was inspired by the author's love of the 1997 hit single "Barbie Girl" by pop band Aqua.

- 2 oz fresh watermelon juice
- 1½ oz pisco
- ¾ oz crème de cassis
- ½ oz fresh lime juice
- Luxardo cherries, skewered on a cocktail pick, for garnish

In shaker, combine drink ingredients. Fill with ice and shake vigorously for 15 sec. Strain into cocktail coupe and garnish with cherries.

Don't forget about ferrets

★ APRIL 2 ★

For **Ferret Day**, Katherine Quesenberry, D.V.M., M.P.H., chief medical officer and service head of avian and exotic pet medicine at Schwarzman Animal Medical Center in New York City, shares a few fun facts.

THEY'RE NATURAL HUNTERS

Ferrets are native to Europe and Africa and were originally domesticated as hunting animals. Ferrets in the U.S. are not feral, but they are banned as pets in California.

THEY "DANCE"!

Domesticated pet ferrets will often "dance," or hop with all four feet in the air, in excitement or when trying to elicit play from another ferret.

THEY'RE GOOD SLEEPERS

Ferrets housed together generally enjoy sleeping in groups. They also like sleeping in hammocks or curled up under blankets.



Did you know... a group of ferrets is called a business!