

CELESTIAL

Magazine

FEATURING

Miss Celestial Universe USA 2026 Sabrina Shafer

A marketing professional, advocate, and pageant leader transforming personal experiences into purpose-driven action while championing domestic violence awareness and community empowerment.

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EDITOR'S LETTER

May 2026 Issue

The Power of Choosing Purpose

Every person carries a story that shapes who they become. Some stories are marked by triumph. Others are marked by challenges that test resilience and character. What often matters most is how we choose to respond.

This month, we are honored to feature Miss Celestial Universe USA 2026, Sabrina Shafer. Her journey reminds us that difficult experiences do not have to define our future. Instead, they can become a source of purpose, compassion, and meaningful action.

Through her advocacy for domestic violence awareness, Sabrina demonstrates the importance of transforming personal experiences into opportunities to help others. She represents a growing generation of women who are not afraid to use their voices to address difficult conversations while creating space for healing and understanding.

As the Celestial Universe continues to grow, we remain committed to highlighting individuals whose stories reflect courage, authenticity, and service. We believe that leadership is measured not solely by achievements but also by the willingness to uplift others along the way.

In this issue, we explore the importance of survivor advocacy, community support, and the strength that emerges when people choose hope over fear. These conversations remind us that meaningful change often begins when someone is willing to speak up and stand beside those who need support.

Thank you for joining us as we continue to celebrate stories that inspire, educate, and empower.

Celestial Universe Press & Media Team

TABLE OF CONTENTS

COVER STORY

Introducing
Miss Celestial Universe
USA 2026
Sabrina Shafer

ADVOCACY IN FOCUS

Education &
Mental Health
The Pressure to
Succeed: Student
Mental Health in an
Age of Constant
Achievement

SOULFUL PHOENIX

Voices That Rise
The Loneliness
Epidemic: Rebuilding
Human Connection in a
Disconnected World

CELESTIAL UNIVERSE EXCLUSIVE

Spring in the
Netherlands

PARTNER & SPONSOR

Expatriate Mental Health NL
The first session of a
pilot community
support group.

SPECIAL GREETINGS

Happy 35th Birthday,
Ms. Anna Jane
Matillano
Women in Tech: Digital
Product Designer

ROUTE OF THE MONTH

"The strongest roots
are often grown in
seasons when no one
else can see the
growth taking place."

THE QUESTIONS WE CARRY SERIES

What kind of love are
you learning to
accept?

COVER STORY

p.1

Miss Celestial Universe USA 2026 Sabrina Shafer

Turning Adversity Into Advocacy

At twenty-six years old, Sabrina Shafer has already discovered something that many spend a lifetime searching for: purpose.

Living in Chicago, Illinois, Sabrina has built a life grounded in determination, compassion, and service. A graduate with honors in marketing and a successful professional in sales and marketing, she has developed a career centered on communication, leadership, and meaningful human connection. Yet her greatest passion exists beyond professional achievements.

Growing up, Sabrina witnessed the realities of domestic violence. Rather than allowing those experiences to define her future, she transformed them into motivation to create positive change.

Today, she advocates for greater awareness, support, and resources for survivors while encouraging open conversations about an issue that affects millions of individuals and families worldwide.

Her commitment to empowering others extends into the pageant community. As Co-State Director of USA Crown Illinois, she works to create inclusive and affordable opportunities for women to participate in pageantry.



COVER STORY

p.2

Her philosophy is simple: a title is determined not by appearance alone but by character, purpose, and the impact a person has on their community.

Pageantry first entered Sabrina's life during childhood and later became an important part of her adult journey. Through competition, she found confidence, self-expression, and a platform to share her story. More importantly, she discovered a community that encouraged growth, leadership, and advocacy.

Her decision to join Miss Celestial Universe USA reflected her belief in a platform that values service and purpose. She saw an opportunity to align herself with an organization that prioritizes advocacy and meaningful community engagement.

If given the opportunity to serve as a national titleholder on the international stage, Sabrina hopes to expand conversations surrounding domestic violence awareness and prevention. Her vision includes education initiatives, survivor support programs, and partnerships that help communities become safer and more informed.

Sabrina Shafer represents more than a title. She represents resilience, compassion, and the belief that every challenge can become an opportunity to create positive change. Through her advocacy and leadership, she continues to inspire others to find strength in their own stories and purpose in their own journeys.



ADVOCACY IN FOCUS

Education, Mental Health & Community Outreach



The Pressure to Succeed: Student Mental Health in an Age of Constant Achievement

May is often associated with milestones in education. Across many parts of the world, it marks the beginning of examination periods, graduation preparations, university admissions decisions, and the final stretch of an academic year. For students, it can be a season filled with anticipation and hope. Yet behind the celebrations and achievements, there is a growing conversation taking place around the mental health challenges many young people face in pursuit of academic success.

In countries across Asia, Europe, Africa, and the Americas, educators and mental health professionals continue to raise concerns about increasing levels of stress, anxiety, and burnout among students. While access to education remains one of the most powerful tools for social and economic mobility, the pressure associated with academic performance has become a significant concern for families, schools, and communities alike.

For many students, success is no longer measured solely by learning. It is often tied to grades, rankings, scholarships, university admissions, and future career opportunities. Social media can amplify these pressures by creating constant comparisons with peers who appear to be achieving more, studying harder, or reaching milestones faster. What was once a private academic journey is now frequently lived in public view.

The emotional toll can be substantial. Students describe feeling exhausted long before the academic year ends. Some struggle with sleep disturbances, while others experience difficulties concentrating, persistent worry, or feelings of inadequacy. In many cultures, discussing these challenges remains difficult because academic excellence is viewed as a responsibility rather than an aspiration. As a result, some young people suffer quietly, believing they must simply endure the pressure.

The issue is not limited to one country or region. In South Korea, Japan, India, the United States, the United Kingdom, and many other nations, mental health concerns among students have become part of broader educational discussions. Schools are increasingly recognizing that academic achievement cannot be separated from emotional well-being. A student who feels overwhelmed or unsupported may find it difficult to engage fully in learning, regardless of their ability or potential.

What is encouraging is that many institutions are beginning to respond. Schools and universities are expanding counseling services, introducing well-being programs, and encouraging more open conversations about stress and mental health. Educators are exploring ways to create learning environments that challenge students while also supporting their emotional needs. Parents and communities are becoming more aware that resilience is strengthened not only through achievement, but also through balance, connection, and support.

The conversation around student mental health invites a broader question about how society defines success. Academic excellence remains important, but so does the ability to maintain healthy relationships, develop self-confidence, and navigate challenges without sacrificing well-being. Education should prepare young people not only to perform, but also to thrive.

As another academic year approaches its conclusion for millions of students around the world, May serves as a reminder that behind every report card, examination score, or university acceptance letter is a young person carrying hopes, fears, and dreams. Supporting their mental health is not separate from education. It is an essential part of it.

Because true success is not only measured by what students achieve, but also by whether they have the support and well-being needed to sustain that achievement throughout their lives.

SOULFUL PHOENIX

Voices That Rise



The Loneliness Epidemic: Rebuilding Human Connection in a Disconnected World

May is often associated with celebration. Schools approach graduation season, communities prepare for summer gatherings, and social calendars begin to fill with events that bring people together. Yet beneath these visible signs of connection, a quieter issue continues to affect millions of people across the globe: loneliness.

In recent years, loneliness has emerged as a growing public health concern in countries across Europe, North America, Asia, and beyond. While loneliness is often imagined as the absence of people, many individuals experience it even when surrounded by family, colleagues, or friends. It is less about physical isolation and more about feeling unseen, unheard, or disconnected from meaningful relationships.

The conversation gained increasing attention throughout 2025 and 2026 as governments, researchers, and mental health organizations reported rising concerns about social isolation among young adults, working professionals, migrants, older adults, and even adolescents. Technology has made communication easier than ever before, yet many people report feeling less connected in their daily lives. Messages are exchanged instantly, but genuine conversations often feel increasingly rare.

For migrants and internationals, the experience can be particularly complex. Moving to a new country often requires rebuilding a social network from the ground up. Familiar traditions, family support systems, and lifelong friendships may suddenly be thousands of kilometers away. Even when life appears successful on the surface, many individuals quietly struggle with homesickness, cultural adjustment, and the challenge of finding a true sense of belonging.

Young people face their own version of this reality. Social media platforms provide constant opportunities to connect, but they also create environments where comparison and performance can overshadow authentic relationships. A person may have hundreds of online contacts while still feeling profoundly alone. The gap between appearing connected and actually feeling connected has become one of the defining challenges of modern life.

What makes loneliness particularly important is its impact on overall well-being. Research continues to show links between chronic loneliness and increased risks for anxiety, depression, stress-related illnesses, and reduced quality of life. Human beings are inherently social. Meaningful relationships are not simply desirable; they are fundamental to emotional health and resilience.

Yet within this challenge, there are also signs of hope. Across the world, communities are responding in creative ways. Support groups, cultural organizations, volunteer initiatives, community centers, and advocacy projects are creating opportunities for people to build genuine connections. These spaces remind individuals that they do not need to navigate life's challenges alone.

The solution to loneliness is not merely increasing the number of interactions people have. It is creating environments where people feel safe enough to be authentic. True connection develops when individuals feel accepted without needing to perform, impress, or hide parts of themselves. It grows through shared experiences, honest conversations, and the simple act of being present for one another.

Perhaps one of the most important lessons emerging from this global conversation is that loneliness is not a personal failure. It is a human experience that many people encounter at different points in life. Recognizing this reality can help reduce the stigma that often prevents individuals from reaching out for support.

CELESTIAL UNIVERSE EXCLUSIVE



Spring in Europe

As spring unfolds across Europe, the Netherlands transforms into a vibrant celebration of color, culture, and renewal. From the world-famous tulip fields and the breathtaking gardens of Keukenhof to the historic canals of Amsterdam lined with blooming trees, the season offers a reminder of growth, beauty, and new beginnings. It is this atmosphere of openness, diversity, and international connection that makes the Netherlands a fitting home for Miss & Mrs. Celestial Universe. As a nation known for welcoming people from different backgrounds and cultures, it reflects the very values that our platform seeks to embrace and promote.

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SESSION 1 SUMMARY Migration Stress and Emotional Adjustment



SUNDAY, MAY 24, 2026



6 FULL ATTENDEES



Expatriate Mental Health Support Group Pilot Program – Session 1

In May 2026, the Expatriate Mental Health Support Group Pilot Program successfully launched its first session, bringing together six international participants to explore the realities of migration stress and emotional adjustment. The session created a safe and supportive space for open conversations about homesickness, cultural adaptation, changing identities, and the challenges of building a life in a new country. Participants reflected on their expectations versus reality after relocation and shared experiences that many had previously carried in silence. What emerged was a powerful reminder that emotional struggles related to migration are often shared, even when they feel deeply personal. Through connection, understanding, and peer support, the session demonstrated the importance of preventive mental health initiatives that help internationals, migrants, and expatriate families feel seen, supported, and less alone during one of life's most significant transitions.

SPECIAL GREETINGS

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Happy 35th Birthday, Ms. Anna Jane Matillano

Empowering Women in Technology

As women around the world continue to push for greater representation in technology, design, and innovation, Anna Jane Matillano stands as a powerful example of what is possible when talent, determination, and purpose come together. A Filipina Product Designer based in the Netherlands, Anna Jane has spent more than a decade helping local and international companies transform ideas into meaningful digital experiences. Her journey from growing up in Palawan to leading design initiatives across global technology projects reflects both resilience and a deep passion for lifelong learning.

This May also marks the celebration of Anna’s 35th birthday, a milestone that highlights not only her professional achievements but also the impact she continues to make by inspiring women to enter and thrive in the technology industry. Beyond her work as a product designer, she actively shares her knowledge through speaking engagements, mentorship, and educational initiatives that encourage young women to explore careers in tech with confidence. Her story reminds us that innovation is strengthened when diverse voices are given space to lead, create, and shape the future. As she celebrates another year of life, Anna Jane continues to represent the kind of leadership that empowers others to believe that their background, gender, or starting point should never limit what they can achieve.



QUOTE OF THE MONTH

“

The strongest roots are often grown in seasons when no one else can see the growth taking place.”

This quote reminds us that some of life's most important growth happens quietly, away from recognition or applause. There are seasons when progress feels invisible, when efforts seem unnoticed, and when challenges make it difficult to see how far we have come. Yet beneath the surface, resilience, wisdom, confidence, and character are taking root. Just as a tree develops its foundation underground before it reaches upward, people often experience their greatest personal growth during periods of uncertainty, healing, learning, or transition. The quote encourages us to trust the process, even when results are not immediately visible. It serves as a reminder that meaningful transformation is not always measured by outward achievements, but by the strength we develop within ourselves while continuing to move forward with patience, courage, and hope.

THE QUESTIONS WE CARRY SERIES

The Questions We Carry Series

HEY, I GOT A QUESTION!

No. 5

What kind of love are you
learning to accept?




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Sabrina Shafer
Miss Celestial Universe USA 2026

A global platform advancing women's leadership, advocacy, and cultural identity through purposeful representation and international collaboration.

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 Send us an email at
info@celestialuniverse.org