

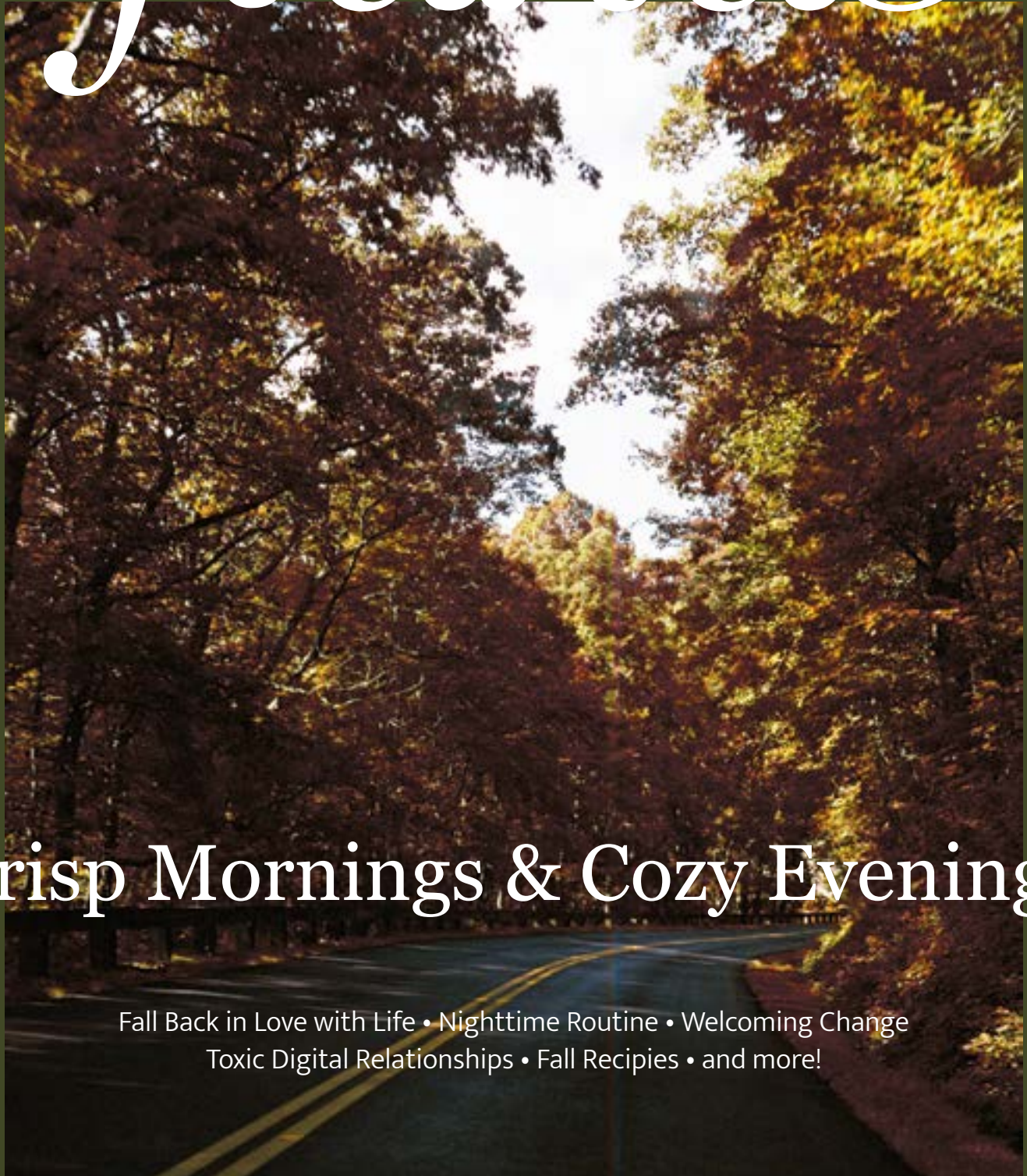
issue 02

fall 2020

fluxus

Crisp Mornings & Cozy Evenings

Fall Back in Love with Life • Nighttime Routine • Welcoming Change
Toxic Digital Relationships • Fall Recipes • and more!



Editor's Letter

Hi! We are Fluxus! A brand that produces content that revolves around sustainability, mindfulness, and encouraging creativity. Created by two sisters, Fluxus became our passion project and an outlet for creativity.

We offer a source of inspiration and guidance for those looking to improve their lifestyle by becoming more reflective.

Fluxus is the Latin word for flux, a word that means 'a constant state of change'. Our magazine currently revolves around the changing of seasons, and we believe that humans are made to constantly evolve and change. We hope that after reading our magazine, you'll find your growth towards a deeper understanding of yourself is a change that you'll cherish.

The name of our 2nd issue, Crisp Mornings & Cozy Evenings, encompasses all that we love about the fall time. Although fall activities this year look different than in years past, we hope that you'll take inspiration from our issue and make the best of this season!

Happy reading!

*Love,
Ren & Nikole*



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Special thanks to

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"For me, I've always had a love-hate relationship with change, but this year has taught me to welcome change and shift my perspective."

Welcoming Change

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"While I used to struggle to feel productive after the sun went down, I've now come to count it as a blessing in that I just add time to my evening routine."

Night-time Routine

Fall Back in Love With Life

A guide to slow living

Words by: Nikole Wells

I must admit, I too have fallen down those YouTube rabbit holes of watching people vlog about their 'daily routine living in the mountains' or watching those channels that tell you 'how to live a slow and fulfilling life'. Their days seem to last 45 hours as they have time to wake up with the sun, frolic around a garden and harvest their own lunch. As much as these videos fill me with the desire to drop everything and move to the countryside and not have a care in the world and never look at a phone or clock again, this isn't my reality. So how do people who, you know, have work and/or attend school, live this slow lifestyle while still being able to accomplish goals and deadlines? The answer is simple in writing but difficult in daily life; balance.

Balance is something that my therapist and I often talk about. I've found that I am a happier person when I'm able to split my days between productivity

and doing things that are beneficial to my mental health (i.e. self care, spending time with friends, and being creative without the need to produce an end product). Days like those unfortunately rarely just 'happen', they are something that I've planned for. These days happen when I set aside specific times that I will be doing these things. I think at this point I should also mention that I am not an expert in this field, nor am I a therapist, I am just someone who needs to take their own advice and am looking to share with others things that I've noticed help me out. Whether my ideas

work for you, or if they make you stop and think what would work for you, that's really the whole point of this article. With that being said, let's move into the specifics of how to structure your day in order to live that slow life while still maintaining productivity.

It all starts with noticing

I am a morning person. I am that person that goes to bed around 9 or 10 each night. If the sun has gone down already, it's hard for me to maintain focus and my productivity levels go down drastically. On the other hand, I had a roommate who was most productive in the late afternoon and throughout the night. She would often go to bed around 2 or 3 in the morning because she was up doing

work until then. She and I both had different times where we felt the most productive, and because we both worked during the times that suited us, we were able to get things

done. While unfortunately society is set up that most work from 9-5, this time frame of productivity doesn't suit everyone. Whether you are constrained by these working times or not, it's important to notice when you feel the most productive, and how long you are able to maintain productivity. It's easiest for me to explain by using examples. I am a person who gets distracted easily, my mind wanders a lot and if I don't set times for work with breaks in between, my mind will take a break all on its own. For me, I find that working in hour intervals (50 minutes on, 10 minutes off)

works great. My brain doesn't wander off as much because it knows I've given myself a certain amount of time to do work, and that a break is never too far off. This leads us to our next point

Taking breaks

Some people find that frequent breaks stall their productivity, as they take a while to hit the productivity level, and interruptions to the work flow cause them to have to start the wind up of productivity all over again. As the previous point addresses, we are all built differently, and it's good to take notice of what works best for you as an individual. Whether you take breaks every 45 minutes or every 3 hours, breaks are important as they give the brain time away from the task at hand and allow us to come back to the

project feeling more rested and perhaps with a new perspective on the idea. My teachers have always made a point to tell us to walk away from projects when we feel stuck, it doesn't help anyone just to stare at something we feel isn't working.

We all take breaks that constitute scrolling through our phones for 20 minutes, and that's fine (sometimes). Mindless activities can serve as a good break from work, but we can also get sucked into these mindless things. Most of our work now a days is done on computer or some sort of technology/screen, so diverting focus from one screen to another doesn't give us enough of a barrier between work and rest. It's harder for your brain to find the difference between the two as they both take place with you

Photo Caption: An apple orchard in North Carolina, wood planks in the foreground that hold up vines and bushes, viewer can see down the path separated by trees and greenery and mountains and blue skies are seen in the background.

Photo Credits: Nikole Wells



looking at a screen. A more 'productive break' would be something that is easy for your brain to recognize as a true break. Examples include getting up and stretching, going for a walk, sketching on paper or playing a game of sudoku (just some examples of things I like to do). Whatever you do for a break, taking them will help improve clarity and I find forcing myself to take breaks and work on a schedule actually makes me get the task at hand done faster.

Make time for it

Just as I've found it helpful to plan out work and my 'productivity' hours, it's also important to make time for those things that you wish you could do but "just don't have time for". In our adult years, it's not often that we just happen to have a few hours or a whole day free. Wish you had time to read in the evenings? Make time for it! Schedule yourself 15 minutes before bedtime to read a few pages of a book, I promise you won't miss that evening twitter scroll. Wish you could have a nice morning routine like those girls on instagram do? Give yourself an hour in the morning to wake up, stretch, have your coffee, write out a to do list and meditate. You'll be more focused and awake during the day, and having a game plan before working increases productivity versus just jumping into it without a to do list. On this same line of thinking, prioritize your time. Unfortunately there are only 24 hours in a day, and you have to decide how to split up that time. A priority for me is sleep, I cannot function if I don't get at least 8 hours of sleep a night, so I make sure to have a bedtime alarm that reminds when I should be getting ready for bed. This helps me go to bed around the same time every day, and this helps me also wake up around the same time too. I also really value my morning and night time routines. I like having those times to wake up and wind down stress free. ♥



Photo Caption: landscape showcasing fall coloured trees on mountains and a blue sky.
Photo Credits: Nikole Wells

Things to Add to Your Routine that Promotes Slow Living

Want to add slow living into your routine but unsure of where to start? We've got you covered! Here are a few things you can add to your daily life that we hope inspire you!

- Mindfully making and drinking your morning coffee/tea
- Journal in the morning to collect your thoughts before you start the day
- Similarly journalling before bed can help to ease racing thoughts and promote better sleep
- Set reminders on your phone to help you remember to stretch after sitting down and working for a while
- Don't want to give up that hour of time in front of the TV? Add an activity while you watch! You can stretch or pick up a hobby that lets you work with your hands (i.e.. embroidery, baking, etc.)
- Not good at sitting in silence and meditating? That's okay! Instead try to do an activity while wholly focusing on what you're doing. Put on music and sit down to really listen, eat a meal without any distractions, drink a glass of water and really focus on the water going down your throat and nourishing you
- Not everyone likes to read, but thankfully audio-books are a thing. Instead of scrolling through social media, listen to a book or a podcast to stimulate your brain, even while you're relaxing
- Take just 5 minutes daily to practice mindfulness. Whether its breathing exercises, sensory games or any other thing that helps you feel grounded in the present moment ♥

Welcoming Change

Everyone deals with change differently, so instead of having just one person write this article, we decided it would be beneficial to both write a few paragraphs on how we personally accept, fight with and welcome change.

Words by: Ren Salas

I think we can all agree this year has brought about a lot of change. Throughout this year, I found myself often reflecting on 2019. I remember our family summer trip to Costa Rica and my trip to visit my sister, Nikole, in Australia. This year I have found myself less present and more in a state of reminiscing – which we all know living in the past is not the way to live.

I reminisce on my trip to Australia in December 2019 – the last moments before my anxiety peaked. I remember leaving Australia a few days after the wildfires started. I remember walking the same path with a view of buildings that were visible the day before being concealed by the smoke. Leaving Nikole to come home and a week later knowing she was wearing a mask to filter the air she was breathing weighed heavy on my family.

After starting my spring semester, my roommates and I gathered to read about the coronavirus. COVID-19. We read about how it was affecting China, and then Europe and their ways of life. Never did we think it would make its way into our lives. We humored the idea that it might come over to the west, but ignored it, thinking it wasn't possible. Little did we know, we would leave university to go home for spring break and not come back for the rest of the semester.

I remember watching Tik Toks (yes, the college kids who said they'd never get a Tik Tok, and then cracked mid-quarantine? I am one of them) about the coronavirus and how quarantine would never end. Now, months later, I understand the idea that the world will never go back to how it was before.

In the midst of the pandemic, I was still in school – but not really. My classes transferred online and I was forced to endure the worst

Photo Caption: An arm is extended across the horizon line and shows a lady bug perched on the arm. In the background are out of focus bushes.
Photo Credits: Nikole Wells



education I've ever experienced. For some background, I chose to go to a *very* small university in order to get a good education with more time with professors to get help and learn more effectively per my learning style. Being online hindered the rest of my semester and increased my stress levels drastically. I was scrambling to get my projects done on an architectural software (that is not compatible with my computer) whilst teaching myself how to navigate that new software. Meanwhile, I was also required to find an internship in the midst of a pandemic in order to make sure I could graduate on time. I cried at least once a day, my heart rate was constantly high, and I developed terrible acne for the first time as a result of my anxiety. Although our situations may be different, I know a lot of you can relate.

So, change. As much as I want to say I hate 2020, I remind myself of the good moments within the distress. I want to be transparent – as I'm writing this, I am still struggling with how this year is playing out in my health, schooling, and personal life, but I am thankful for my experiences this year and how I have been forced to put a focus on my mental health. For me, I've always had a love-hate relationship with change, but this year has taught me to welcome change and shift my perspective. Our minds are so powerful and what we tell ourselves finds its way into reality. It has been important for me to take time to address my thoughts and cultivate a safe space within my mind to foster love and appreciation for myself, those around me, and the world.

Words by: Nikole Wells

As a Sagittarius, I thrive off change. I've not only dealt with change well my whole life, I've sought it out. When I was a kid, I would always change up my bedroom every few months. Each time I rearranged the few pieces of furniture I had or added more decor, it felt like a breath of fresh air. While I do admit that I look back a bit more than I should, the way forward has never really frightened me. Honestly, I give horrible advice to friends who tell me they are afraid of change. To me, change is a part of life, and yes, sometimes change can turn out bad, but how boring to never explore outside your own boundaries.

Between the ages of 17 and 22, I've moved to three different countries (four if you include moving back home). Was it scary moving to a place where I didn't know anyone or (in two of my cases), didn't even speak my language? Honestly, for me, not really. Sure I'd get moments of panic and wonder, oh my god, have I made a huge mistake? Or I'd wish that my Mom was closer than several time zones away so that I could have her help me. It was hard moving away from home and to a new place, but for me, it would have been harder to stay at home.

So, I deal well with change, but what about static?

Let's address an elephant that's currently in the room. This article is being written in late 2020, and the coronavirus that's been plaguing the world for the last 8 months hasn't really decreased

in severity. I had to come home from my travels abroad and stay at home. I don't think that anyone dealt with lockdown well, and I certainly didn't either. My depression spiked and I found I had no motivation to do anything as I worked, ate and relaxed in the same room all day. Now it's not entirely the change in pace that threw me off, after all, I was (and still am) living through a global pandemic.

Worldwide plague aside, the best way, in my opinion, to deal with fear of change, is to look back at all the other changes in your life that went right. Remember how great that change of job turned out? Or glad you decided to spice things up and change your hair and now it's your go to look? I bet that you're glad you aren't the same person you were in high school. The world is constantly changing, in both big and small ways. Change doesn't have to be scary if you let your mindset be that of "what are all the ways this change could go right and bring me joy". ♥



Photo Caption: Autumn car ride through the Blue Ridge Mountains in Asheville, NC.
Photo Credits: Nikole Wells



SELF-LOVE *Bingo*

get 8 hours of sleep	make a mood board of your ideal day	laugh <small>(memes, youtube etc.)</small>	take yourself out to dinner
rearrange/clean your room, closet, get organized	write a letter to your younger self	take a bath and put on hair/face mask	go for a walk/spend time in nature
make a playlist	have a cozy AM/PM <small>(candles, blankets, hot drinks)</small>	do yoga/meditation	practice gratitude <small>(write down 10 things you're grateful for)</small>
cook yourself a healthy meal	watch an old movie	compliment yourself	learn a new skill
read or listen to a book	disconnect from social media/technology	get creative <small>(indulge yourself in a creative, art project)</small>	celebrate the small wins

Chef Louise Rakers

"Our food mantra is focusing on eating as whole foods as possible"

Words by: Ren Salas

Chef Louise Rakers is a professional vegan and gluten-free chef and baker from Denmark. Before finding her passion, she worked in a stressful environment in social services, ultimately causing her gut issues. Louise began searching for how to naturally heal herself. Her findings led her to come across the vegan and gluten-free lifestyle, which she fully indulged herself into. This led her to finding her passion for healthy plant-based cooking and establishing her brand, Nordic Cooking. Her new food mantra became focusing on eating as whole as possible!

She loves to share her passion for healthy eating with others through her work. She teaches cooking and baking classes, is available as a private chef, and is your go-to lady for any special or casual meal/dessert needs. Louise is an angel and we are so thankful to know her and learn from her! Check out her website, Nordic-Cooking.com, for any more information. ♥



Photo Caption: Chef Louise Rakers, posing in a white dress on a sofa.
Photo Credits: @suz__photography on IG

hyg·ge (“hue-guh”)

noun

a quality of coziness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture).

Oxford Languages



SAY WUT' BUTTERNUT SQUASH SALAD WITH APPLES

Pour champagne vinaigrette on it...

INGREDIENTS

- 1 medium-sized butternut squash – peeled and cubed
- 3-4 teaspoons olive oil, divided
- sea salt + black pepper
- 2 cups baby spinach or arugula
- 1 romaine lettuce, chopped
- 1/4 cup sliced gala apples
- seeds from 1 pomegranate (optional)

Champagne Vinaigrette:

- 1 garlic clove, finely chopped
- 2 teaspoons dijon mustard
- 1/4 cup champagne vinegar
- 2 teaspoons fresh lemon juice
- 2 teaspoons maple syrup or honey
- 2 or 3 dashes hot sauce
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup extra virgin olive oil

PREP TIME

Prep | 20 m

Cook | 20 m

Servings | 4

Duration | 3 days

INSTRUCTIONS

- 01** Preheat oven to 400 degrees (F) and position a rack in the center of the oven
- 02** Toss butternut squash cubes in olive oil and 1 teaspoon sea salt and 1/2 teaspoon pepper – roast for 20-25 minutes or until tender
- 03** Chop or loosely tear your greens and add to a serving bowl along with the pomegranate seeds
- 04** Make the champagne vinaigrette by whisking together the garlic, mustard, vinegar, lemon juice, maple syrup/honey, hot sauce, salt, and pepper in a large bowl. Slowly whisk in the olive oil until the dressing is emulsified
- 05** Lastly, you may add 1 tablespoon olive oil and 1 tablespoon balsamic vinegar instead of the champagne vinaigrette – if desired. Serve immediately



Photo Caption on Page 12: Close up of apples topped on the Butternut Squash Salad with dripped dressing.

Photo Credits: Ren Salas

Photo Caption on Page 13: Top view of the Butternut Squash Salas with Apples.

Photo Credits: @suz__photography on IG



Photo Caption: Staged Nordic Orange Carrot Cake with drizzle, placed on a wooden cutting board.
Photo Credits: @suz__photography on IG



NORDIC ORANGE CARROT CAKE

INGREDIENTS

- 1 tablespoon flaxmeal
- 3 tablespoons warm water

Dry Ingredients:

- 2 cups of gluten-free flour
- 1 cup cane sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon arrowroot
- 1/2 teaspoon fine sea salt

Wet Ingredients:

- 1 1/4 cup carrot juice
- 3/4 cup sunflower oil
- grated zest of 1-2 oranges
- 1 large carrot finely grated
- 1 teaspoon finely grated fresh ginger

INSTRUCTIONS

- 01** Heat oven to 350 degrees (F)
Grease 4"x6" pans
- 02** Combine flaxmeal and warm water in a small bowl and set aside
Whisk together dry ingredients until well mixed
- 03** In a separate bowl, combine wet ingredients and add the flax-egg
Slowly add wet ingredients to dry ingredients while mixing until batter is smooth
- 04** Fold in the orange zest, grated carrot and ginger until evenly combined
Divide batter between cake pans
- 05** Bake for 20 minutes
Test with a toothpick – if clean, it's done, if not, bake 5 more minutes or until toothpick comes out clean
Cool cakes in the pans



BREAKFAST GINGER BREAD SMOOTHIE

Breakfast for the holiday lovers...

INGREDIENTS

- 2 cups of unsweetened plant milk of choice
- 2 tablespoons ground flax seeds
- 1 heaped tablespoon almond butter
- 1 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cinnamon
- pinch cloves
- or 1 banana

INSTRUCTIONS

- 01** Combine all ingredients in blender and blend until smooth.
- 02** Enjoy!



Photo Caption: Staged Breakfast Gingerbread Smoothie with paper straws, featuring gingerbread.
Photo Credits: @suz__photography on IG

Night-time Routine

In our last issue, we wrote a piece about the importance of a morning routine. For fear of sounding redundant, I'll touch on the importance of a night-time routine a bit, but I hope to focus on detailing my own evening routine and inspiring you to either update your own or to start having one.

Words by: **Nikole Wells**

Ah. Fall. The mornings and evenings are cool, the days are growing shorter but at least you don't sweat through your cute outfits anymore. Call me basic, but autumn has always been my favourite time of year. I love the cooler weather and I'm able to spend time outside without dying from the heat or get attacked by a swarm of mosquitoes. However, one of my least favourite things about the fall is that the sun goes from setting at 8 to setting at 5 in a span of what feels like two days. Personally, my body is very in tune with the light and so when the sun goes down, my body thinks it's time to sleep. While I used to struggle to feel productive after the sun went down, I've now come to count it as a blessing in that I just add time to my evening routine.

In the United States, we have developed what's known as a 'hustle culture'. People pride themselves on always working and never taking a break from 'that grind'. But the truth is our bodies (and minds) weren't made to work that way. Rest is important because it allows us to regenerate and heal and be able to come back renewed the following day. You can only go so long without resting before our bodies just shut down. In order for our bodies to work efficiently, we have to make time to rest. I love having a night-time routine, I find that this routine helps me fall asleep faster and sleep better

at night and also helps me to wake up feeling refreshed the next morning. If I ever skip my evening routine, I find that I didn't sleep as well and that I'll wake up feeling sluggish (and that I probably hit the snooze a few times). A morning routine is great, but in reality the routine starts the night before.

Without further-a-do, here are 8 things that I like to incorporate into my evening routines. (Keep in mind that my routine changes every so often, and I may not do certain things nightly, and may only do them once a week or once in a while)

"The truth is our bodies (and minds) weren't made to work that way. Rest is important because it allows us to regenerate and heal and be able to come back renewed the following day."

1. I set a strict distinction between work and rest, that means that I don't do work in the bedroom, or on the couch, and I always make sure to get dressed while I work (yes even when I'm working from home), and to never work while wearing pajamas or my comfy clothes. These little cues help my brain to realize when it's time to work, and when it's time to rest.

2. In the same line as my previous point, I like to light candles when it's time for me to start winding down. I'm a person who is highly sensitive to smells, so when I roll on lavender oil onto my wrists or neck, or when I light a calming, home-y candle,

these scents help me feel calmer and slow down my brain from its previous state of being in work mode.

3. I'm a person who likes rewards, I was always very motivated by stickers as a child, and I remain motivated by completing tasks. I'm also quite hard on myself when I don't complete everything I set out to do that day (which is something I'm working on), but at the end of the day, instead of beating myself up and pondering what I didn't do, I reward myself for what I did do that day. This realignment of thinking always helps put me in a better mood, as letting my thoughts linger on what wasn't, doesn't help me in any way, shape or form. I will often reward myself with an episode of a TV show that I want to watch, a few chapters of a book that I'm reading, or by playing a game (my current obsession with Sudoku has earned me the title of "grandma" in my friend group). These rewards should be realistic however depending on your situation, 5 minutes of work should not be rewarded with 2 hours of TV time, but if all you could manage to do that day was get out of bed, eat three meals, and call some loved ones, you shouldn't base your reward off what others were comparatively able to accomplish that day.

4. Another reward I like to give myself is a nice cup of tea. Everyone knows how important drinking water is, but I've never been one who wants to chug a glass of water right before bed. Instead, I like to sip on some tea in the 30 minutes leading up to sleeping. This not only hydrates me before I fast for 8 hours, but the warm tea helps to slow down my thoughts and movements as I slowly sip on it for a few minutes.

5. I also like to use the time while drinking tea to list what I'm grateful for that day, what awesome / fun thing happened, or just journal how I'm feeling to get it all out before laying down to sleep. This helps put me in a positive mood before lying down, so that I'm not still wrestling with any thoughts when my head hits the pillow.

6. I cannot overstate how important this one is, even though it's a pretty common one that we all know about but like to ignore: limit screen time. Yeah yeah we all know that the blue light that's emitted from screens simulates sunlight in our minds and makes us stay awake, and feel awake for longer, but we all still go

for that nightly instagram scroll in bed. Putting your phone on Do Not Disturb mode while sleeping is a great way to make sure your sleep cycle isn't thrown off by tech, but utilizing "Downtime" if you have an iPhone helps take this to another level. Basically you set hours that you want your apps to lock and for your notifications to not pop up. I have mine set from 9 PM to 9 AM but it's totally customizable.

7. Stretching before getting into bed, or while in bed is great. It helps relax your muscles, slow down your breathing, and prep your body to lie down for several hours. This is a MUST for me, even if I'm not sleepy when bedtime comes around, just taking five minutes to stretch helps me relax right into my mattress and fall asleep quickly.

8. Another thing I like to do right before bed is set sleep and wakeful intentions. Recently, I've been having a harder time going to sleep. I'm usually someone who can pass out within five minutes, and I've never had insomnia, but recently it has been taking me upwards of 20 minutes to go to bed. I find that setting the intention of falling asleep quickly, getting a restful sleep, and waking up energized in the morning actually helps those things to happen. Really, your intention can be worded anyway you want it to be depending on what you want, but I always recommend to let go of the day, state that your sleep will be peaceful and restful, and that you will wake up the next morning refreshed, energized, and in a great head space to start your day. ♥

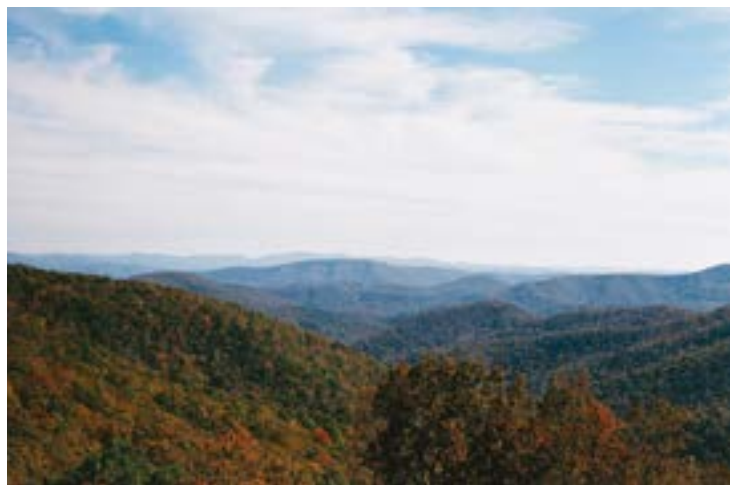


Photo Caption on Page 18: Mountains covered in fall foliage.
Photo Caption on Page 19: Looking down a vineyard row.
Photo Credits: Nikole Wells



Passion Corner: Toxic Digital Relationship

In each of our issues we like to dedicate the last article as a space for one of our writers to write about something that they are passionate about, whether or not it fits with the theme of the edition

Words by: Ren Salas

Most of us have social media. Maybe you even accessed this article through the link on our Instagram page. There's a reasonable stigma around social media that it can be bad for our mental health. As beautiful and aesthetic as social media can be, it can also cause negative emotional responses such as triggering comparison, jealousy, sadness, fomo, etc.

So... How do we know if we need to re-evaluate our digital relationships? Firstly, re-evaluating your relationship with social media is never a bad idea. With that being said, here are some signs that maybe you should take a closer look at your digital relationship.

Are you constantly stressed or has your anxiety increased? Anyone feel separation anxiety from your phone/social media? How about a consistent feeling that you're missing out or comparing your life to others? If any of these describe your feelings, it's okay and it's normal, but it might be time to take a step back and put some energy into developing a better relationship with your technology.

What to do to put your mental health first and cultivate a better digital relationship:

Unfollow accounts that create unhealthy responses within you

Sometimes accounts are visibly negative, but other times, accounts that are not doing anything necessarily wrong just have a bad effect on us mentally and that's okay. If you find yourself being

jealous of someone else, it's not always either of your faults, it's just what it is. It's important to recognize what accounts build you up and make you feel good and which don't. Unfollowing accounts for your mental health is necessary and should not have any negative connotation.

Reduce your screen time

Screen time!! To be honest, my screen time is still higher than I want it to be, but I'm getting there. I personally set time limits on my social media apps. It blocks notifications and helps me remember that I should be reducing my time on those specific apps. I also "hide" some social media apps in folders on my home screen. They're still accessible, but it helps to not have them as big and noticeable as my other apps.

Take a break

Taking a break from social media can be super beneficial. It can help you become more present and reconnect with nature. Taking social media breaks has even become popular - which I think is amazing. Taking breaks is something great to implement into your digital relationship occasionally or even something to practice often.

Although it is now popular for people to be "real" and "raw" on social media, we can sometimes forget that it is still a highlight reel for the most part. We should scroll carefully. Take a minute and become aware of your current mood and thoughts before deciding if it is a good time for you to immerse yourself into the social

media realm. Will it lift you up in this moment?

If you're already on social media and you realize it's not lifting you up, close out your applications and even turn off your phone if you feel the need. Go outside, meditate, journal, etc. Bring yourself back to the present and back to a state of gratitude. Re-evaluate your mindset before powering your phone back on. Technology is beautiful and social media brings some needed aesthetic to my personal life, but that doesn't mean we should ignore the downsides to it. It's important to be aware of the positive effects as well as the negative effects of technology so that we can better navigate how it fits into our lives. ♥

"As beautiful and aesthetic as social media can be, it can also cause negative emotional responses such as triggering comparison, jealousy, sadness, fomo, etc."

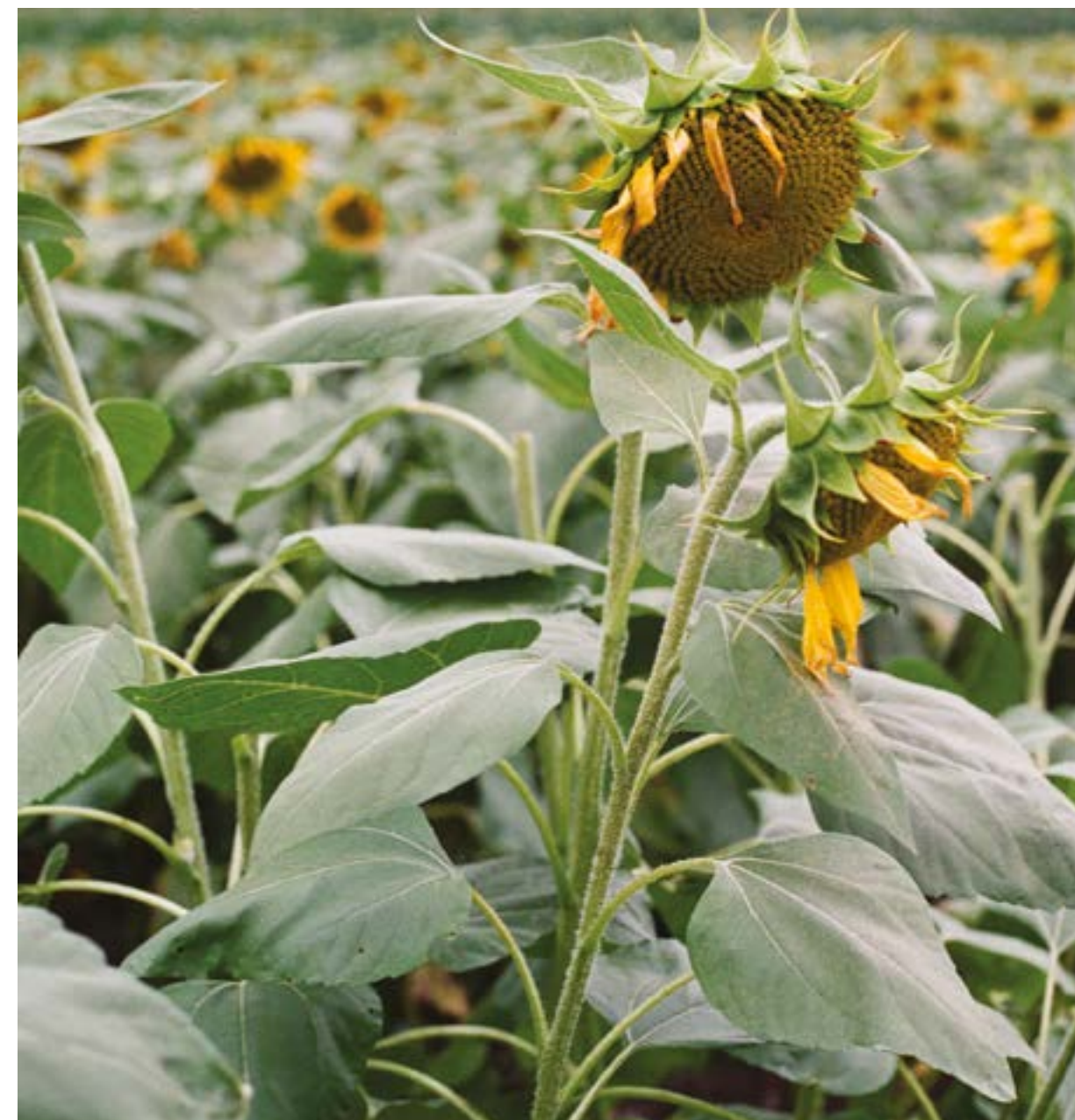


Photo Caption: A sunflower field, with two sunflowers in focus in the foreground.
Photo Credits: Nikole Wells



NORDIC COOKING

A Sustainable Food Company

The Holidays are upon us, and Nordic Cooking has a
Vegan Weekend Meal Box with your name on it!

These boxes feed 2 adults for 2 - 3 days and are delivered all over the Charleston area.
Eating healthy plant based meals has never been so easy!