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# *fluxus*

*mindful. creative. sustainable.*

# *a letter from the editors*



Hi there! We are Fluxus, a brand that produces content with the goal to encourage sustainability, mindfulness, and creativity. Created by two sisters, Fluxus has become our passion project and creative outlet. This edition, formatted to be viewed digitally, is a true reflection of where we are in our personal journeys of change. Fluxus, being the latin word for 'flux', means 'a constant state of change'. Our name is just the perfect depiction of this brand and who we are as individuals. We are always changing and evolving and hope you embrace this facet of yourself. We want to extend our thanks for reading the words that come from our inner most selves.

All of our love,  
Ren & Nikole



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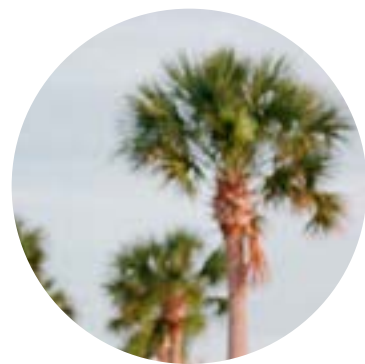
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Ren Salas & Nikole Wells



# *new year, new pursuits*

Happy new year! It's 2022. I'm usually not a fan of the classic phrase "New Year, New Me" because I feel it implies that the "old" me is not worthy of bringing into the new year. I love accepting every version of me and I want those past versions to walk with me every day. The past versions of myself remind me of the places that I've grown and the areas I can improve.

Towards the end of last year, I started to lose touch with my creativity. Creative outlets are so important. They allow me to release anxiety and give me a

sense of purpose. So coming into the new year with my creativity slipping further out of my reach, I decided I need to be more intentional with myself. More intentional in my creative pursuits. More intentional in my self love practices. More intentional in taking care of myself physically, mentally, and spiritually.

*“ I love accepting every version of me and I want those past versions to walk with me every day.”*

It all comes back to how I am spending my time.

What am I putting my physical and mental

energy into? Are those things bringing me purpose and fulfillment?

I've taken some time to reflect recently and reevaluate the different areas of my life - career, emotions, relationships, creativity. As I take time away from the areas that do not serve me, I've been searching for new passions to indulge my energy. I've compiled a small list of some creative activities that I want to give a try. Maybe you'll find these activities inspiring as well.

- Take a pottery class. I've been wanting to do this for so long, and I've decided 2022 is the year. I'm holding myself accountable. I usually don't love super messy activities, but life is a mess so maybe embracing small messes will help me embrace the larger messes that come and go with daily life.

- Paint. I was in search of more artwork to adorn my apartment with, and then I thought - why not create something that I can display for myself and my guests. It may not be a masterpiece, but it will remind me to be proud of myself for creating, even if it's not the best of the best.
- Photography and Videography. Two outlets that I use as a freelancer. I'm not a highly experienced professional, but I do have a deep passion for these two creative outlets that I've offered as services to some. I want to get back into these two passions of mine just for myself, and take some personal time with my camera.
- Make a candle. There are candle-making classes downtown in my city



that I have put on my list to give a try. I burn my candles every night and am always looking for new candles to bring home with me, so why not make my own!

- Take a hike. Nikole is the queen of hiking in our family. She's always looking for a great space to hike through nature on our trips. I love this about her so I've put it on my list to always be down for a hike with her.
- Star gaze. We did this a few times in Italy over the past summer and it was so peaceful and beautiful. Yes the bugs

are not pleasant, but maybe with the colder weather, I can bundle up enough to hide my skin from them and really enjoy some outdoor time with the stars.

- Take more walks. Walking is a great, simple way to get the body moving and gets us outside breathing fresh air!
- Thrift more and visit flea markets. I am always looking for fun new sustainable additions to my home and it's fun to experience with yourself or with a friend 🌟





## *three steps to build & keep habits*

Ah, the new year. It's that time when lots of people decide that they have a narrow window of time to implement the changes that they've wanted to do (or at least think that they've wanted to do) for

a while now. It's the time when people decide to start things. Start going to the gym, start a new diet, even start a new hobby. Starting something isn't exactly easy, but continuing to do it is even

harder. That's why we make these things that we want to do into habits. People have written entire books about how to build and keep habits, and while I'm no New York Times Best Selling Author, here are my 3 simple, bite-sized steps to build and keep habits.

**1. Set Yourself Up**  
This one might seem obvious, but it's very important. Want to start waking up earlier? Maybe don't stay up till 2 am watching Netflix. Want to start doing yoga in the morning? Lay out your yoga mat in your room so you can roll out of bed and get straight into it! Along with making it physically

*“Starting something isn't exactly easy, but continuing to do it is even harder. That's why we make these things that we want to do into habits.”*

easier for yourself to get the jump on the habits you want to start doing, make sure to set yourself up by starting simple. It can be hard to start meditating for thirty minutes a day when you've never done it before, so start with something that'll be hard to say no to, like meditating for one minute. Make it easy for yourself to begin these habits, and then you can build on them later.

**2. Let People Know**  
Motivation is not going to be enough for you to complete your goals, because it's hard to maintain and is easily lost. You're going to have to keep on your habits,



even when you don't feel like it. Accountability is a great way to do this. Tell a friend or someone you trust what your plan is, and ask them to help keep you accountable. Another easy way to keep yourself on track is by using your own visual cues. Write your habits on sticky notes and leave them around the house. Whether it's a reminder to drink enough water, or if you want to go for runs in the afternoon, encountering the habits you're looking to create for yourself is going to help you focus on the habit, and be more likely to complete it.

### 3. Show Grace

There have been a few studies on how long it takes people to build habits, and while there is no set time for everyone, we know that forming habits can take a long

time. Consistency is very effective, but life gets in the way sometimes (as we've all learned from 2020). The important thing to do is show yourself grace. Acknowledge when you've fallen off, brush yourself off, and get back up. There is no perfect time to start doing something, so why not start now? And when life gets in the way, as it has a way of doing, show yourself some love, and power through. 🌙



# *setting intentions in the new year*

Whether you're into New Year's resolutions, goals, or intentions, we all want to feel like we are progressing and improving.

We don't need a new year to create new habits or intentions, but it feels nice to wrap up the past year and start with a clean slate. I like to take advantage of beginnings - new years, new weeks, new days - to reevaluate my practices and notice what I can do to better take care of myself.

First, what is an intention? Intentions begin as thoughts created in the mind that then need a course of action.

So how do you set an intention?

Identify the goal or desire. Clarify what you have to do to get there.

Bring awareness to your thoughts - release any negative or limiting self talk. Lean into your intention. Visualize it. See yourself in the moment when you accomplish your goal.

How does it make you feel? Remember your intention daily. Make it part of your practice to check in with yourself.

Is what you're doing today getting you closer to where you want to be tomorrow?





# *a week without social media*

Along with doing Dry January for the first time ever, I also decided to detox my relationship with technology this month. In the past, I've limited what socials I use. I never downloaded TikTok, I rarely used Snapchat, I don't think I ever had Facebook on my phone, and I haven't had a Twitter since I was a teenager. While I succeeded in limiting the amount of platforms I was active on, I was never really able to lower the amount of time I spent on social media.

Instagram was a real time-sucker for me. I would

wake up and mindlessly scroll, telling myself that it was better than just falling back asleep (as I have been known to abuse the snooze). So this month I decided I wasn't going to go on social media, specifically Instagram. Here is a review about

how my first week went.

Without Instagram, this week I was able to learn how I feel on a

deeper level. I've picked up my phone a handful of times, yearning to scroll, and since I haven't let myself, I actually sit with the things I'm feeling. I ask myself why I felt the desire to scroll. Am I bored? Am

*“Figuring out the answers to these simple questions helps me redirect myself into a better direction.”*





I feeling overwhelmed?  
Do I just need a break  
from work? Figuring out  
the answers to these  
simple questions helps me  
redirect myself into a better  
direction.

If I'm just bored, I'll check  
my to do list and see if  
there's anything else that  
I need to get done. If I've  
done what I need to, I'll  
check my list of things  
to do when I get bored  
(yes, I do have a list, and  
I recommend making one  
for yourself). I can watch

a movie that's been on my  
list (yes yes I do have a lot  
of lists), go take my dog for  
a walk, or call up a friend.

If I need a break, I'll usually  
make myself a light snack  
or have a cup of tea. If  
I'm not hungry, I'll take  
a little stretch break. I've  
also learned that some  
light cleaning, like putting  
dishes away helps calm  
me and makes me feel  
productive, which is an  
attribute that I am very  
happy to have.



If I feel the desire to do something mindless, it's usually because I am feeling something that I don't want to, like anxiety or mental exhaustion. If I feel this way, I take a minute to close my eyes and allow my feelings to be there. I sometimes look for the root of them, and journal about it, or I

simply feel them, then let them pass. Whether or not you decide to give up Instagram for any period of time, I would encourage you to check in on how you're feeling before (and after) opening the app. There's nothing inherently wrong with social media, it all depends on how and why we use it. 🌙



# *a note from the writers*

Our first edition of 2022, woohoo! We are so excited to start this year with you all and are pumped about the things we have coming soon. While we work on these secret projects, you can currently look forward to our weekly podcast episodes every Tuesday and our monthly digital editions (like the one you're reading now) that come out on the 15th of every month! We will most likely announce new content and projects on our instagram, so please make sure to follow us there. We would also love some feedback! Let us know your thoughts on our digital layout, content you would love to see from us, and anything else! DM us or feel free to send an email.



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