

february 2022 february 2022 february 2022 february 2022 february

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fluxus
mindful. creative. sustainable.

who we are



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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Ren Salas & Nikole Wells



self care ritual

By now, we all know that self care is important. It's landed itself squarely into my (and many other millennial and gen zers) vocabulary. But hashtag self care isn't just face masks and bubble baths, it's about listening to your body and working to deepen your connection with your mind, body and soul. There are so many lists that you can find online on self care ideas and why it's important, but I wanted to share a few of my self care rituals, and how I've worked to infuse them with self love.

“self care isn't just face masks and bubble baths, it's about listening to your body and working to deepen your connection with your mind, body and soul.”

For self care of the mind, I like to meditate. I must admit, 80% of the days, I can't seem to sit still and my mind just keeps telling itself that I'm SUPPOSED to be meditating. So on the days when my mind feels like it's running 1,000 miles an hour, I'll try to do something a bit more active, but do it mindfully.

Usually I'll do a brain dump. I'll just pour out all of my inner thoughts on paper, it doesn't have to make sense, I just

start writing down what I'm feeling or whatever I feel like writing down. This helps calm down my mind

by making my thoughts more tangible. Another go to is to mindfully drink my morning tea. I've always been more of a tea person, but this can work for any morning beverage. I like to go sit out on the porch or by a window (away from distractions like my phone) and watch the sunrise, or just take in my surroundings. I like to list out a few things that I'm grateful for, whether it be for the trees, the sunshine, for myself for taking this time, or anything else that comes to mind. I allow any thoughts to come up while I sip, I acknowledge them, then I let them go. I also like to incorporate breath into this as well, actively taking in big breaths in between sips of my tea.

For self care of the body, I like to do a few different things. I'm already

someone who stretches every day, but I've started to put on music that makes me want to dance and sing, so it's really added a layer of fun to my daily stretches. This also puts me in a great mood in the morning, and I'll usually dance my way into the bathroom to do my skincare with a smile on my face. In the bathroom, I've really started to integrate self love in the form of mantras. I make my own coffee scrub at home (legit just coffee grounds, granulated sugar & coconut oil), and on the days when I exfoliate my skin in the shower, I like to visualize cleansing myself of negativity. Any negativity that I've carried with me throughout the day or week goes down the drain with my scrub. After my shower, I love to slather myself with lotion.

My skin gets pretty dry in the winter months so I love to nourish it by mixing lavender body oil into my daily lotion. When I apply the lotion, I've been saying self love mantras and showing gratitude for my body. I tell myself things like "I am strong, I am healthy, I am loved" and thank my legs for carrying me through my days, and my hands for petting cute puppies. I do this to the areas of the body where I'm applying my lotion, and it really has added a whole new level of mindfulness and love to something I was already doing on a daily basis.

For self care of the soul, I love to venture out in nature. I like to schedule it so that I actually take the time to do it, because it really is good for the soul. If you are fortunate enough to live by the beach like

I do, I would always recommend going to dip your toes in the sand, but a walk around your neighborhood can be just as effective. If the weather is less than ideal, I love to do something creative or new with a loved one. This can be cooking a new recipe together, getting arts-and-craftsy, or taking a class together. You don't have to sign up for a 6 week pottery class per se, it can be as simple as watching a YouTube tutorial on how to make an origami frog (if you're looking to do something for virtually free). Personally, I know that nature and flexing my creative muscles feed my soul, but I would recommend writing out a list of things that make you feel alive, and taking just an hour out of your week to do one of those things. 🌙



how to date yourself

When I first heard of the concept of dating oneself a couple years ago, I was pretty confused. I knew about self-care but didn't realize that dating yourself can be a huge part of your self-care routine.

So what does dating yourself mean? It is pretty much what you would think a normal date is but take out the other party.

And no, you don't have to be single to date yourself. First, you might make time to ask yourself what activity would bring you joy. Then, you make the plans - this is important. Put it in your calendar! Make it an appointment with yourself that you're not going to reschedule or miss, this shows yourself that you are a priority in your life. Go on the date!

Take yourself out and be present for every moment. Explore your thoughts and give yourself the attention and acknowledgement you deserve. Find joy in spending time with yourself and getting to know yourself deeper.

My personal experience with dating myself has been hard. I want to encourage you if you feel like this is intimidating and uncomfortable - me too. I don't love doing things alone, I'm always down for company. But I've realized that through spending intentional time with myself, it has strengthened my independence, and has strengthened my relationships with others.

You've probably heard the saying that you are the longest relationship you'll have. It's a simple

phrase and kind of made me think "duh" at first, but I let it sink in and I realized that the phrase hits deep - it's so true. We build relationships with others by spending quality time with them and getting to know them. How can we expect to have a healthy relationship with ourselves if we don't spend time with ourselves and truly get to know who we are as individuals? ✨





NORMAL PEOPLE SALLY ROONEY

Carlotta **Film for Her**

ATOMIC HABITS JAMES CLEAR

mantras of the month

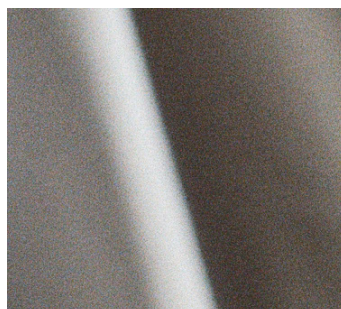


February, the month of love. Named after the Roman purification festival, Februa, February is now host to a few U.S. holidays, including Black History Month! While Valentine's Day primarily gets the spotlight, it's important to remember that self love and a healthy relationship with oneself is the best foundation in any romantic or platonic relationship. As the great Ru Paul always

says, "If you can't love yourself, how in the hell you gonna love somebody else?"

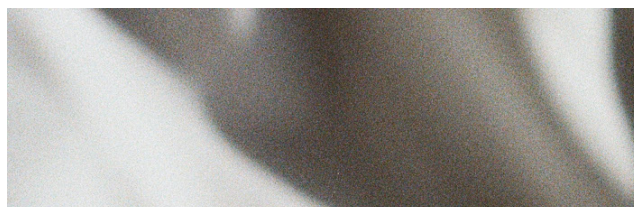
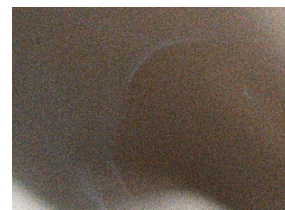
On my personal journey of self love and self acceptance, I've found that mantras and affirmations have been really beneficial for me, so I thought that I would share my mantras that I'm using this month that you can either use or draw inspiration from. 🌙

I am always attracting abundance



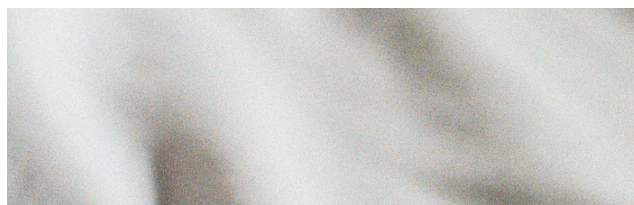
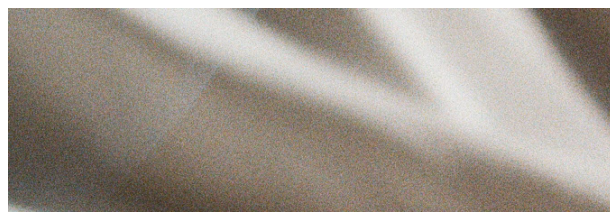
*The universe is always conspiring
in my favor*

I am worthy of achieving my dreams



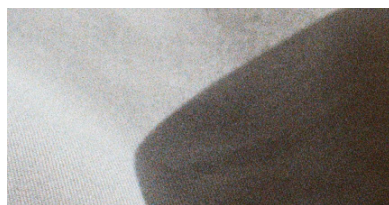
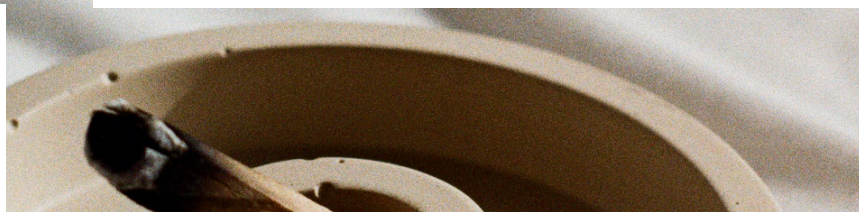
I am surrounded by love

I show others my true self



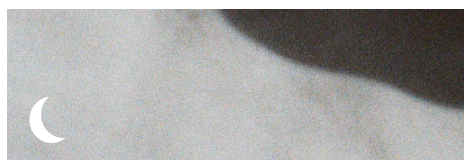
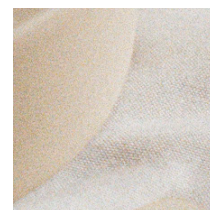
I am kind in my honesty

I define who I am



I am worthy of love and affection

Good things happen to me every day



I am becoming my highest self

love is patient

So recently, my life has been all about growing my patience. I rescued a puppy this week and he is precious. The precious angel baby is also teething and learning where to

use the bathroom, which can be frustrating. Through reflection of the past

week, I truly believe I was meant to take care of Pasquale, my pup, so that I can grow in my patience.

Personally, I have always looked to the Bible verse 1 Corinthians 13:4-8. It's a pretty popular verse about love and it goes into saying what it means to love. The first description of love is

“love is patient”. I believe that the divine knows this is a trouble area for me and decided to bring Pasquale into my life to grow my patience.

“Not only have I had to grow in my patience towards him and others, but also towards myself.”

I've had to learn how to pause to decide the best course of action before I

respond to Pasquale when he's naughty and how to show him I love him even when he has done something wrong.

Not only have I had to grow in my patience towards him and others, but also towards myself. Training a puppy can be discouraging and



can feel like it's a "one step forward, two steps back" kind of deal. I've had to remind myself that I'm doing the best I can to create a safe and nourishing space for Pasquale. And my self-patience has grown knowing that I am growing as a dog-mom.

That being said, I hope that any of you who might

also be going through a test of patience know that you're not alone and that I believe that through the challenge and growth, we'll be able to love bigger and harder than before.

P.S. Dm or email (fluxusbrands@gmail.com) me any and all puppy training tips! ✨

a note from the writers

Our second edition of 2022 is all about love baby! We are so excited about this year & 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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