

MINDFUL LIVING COUNSELING & WELLNESS  
EBOOK // PROVIDING COUNSELING ACROSS THE LIFESPAN

# MINDFUL LIVING

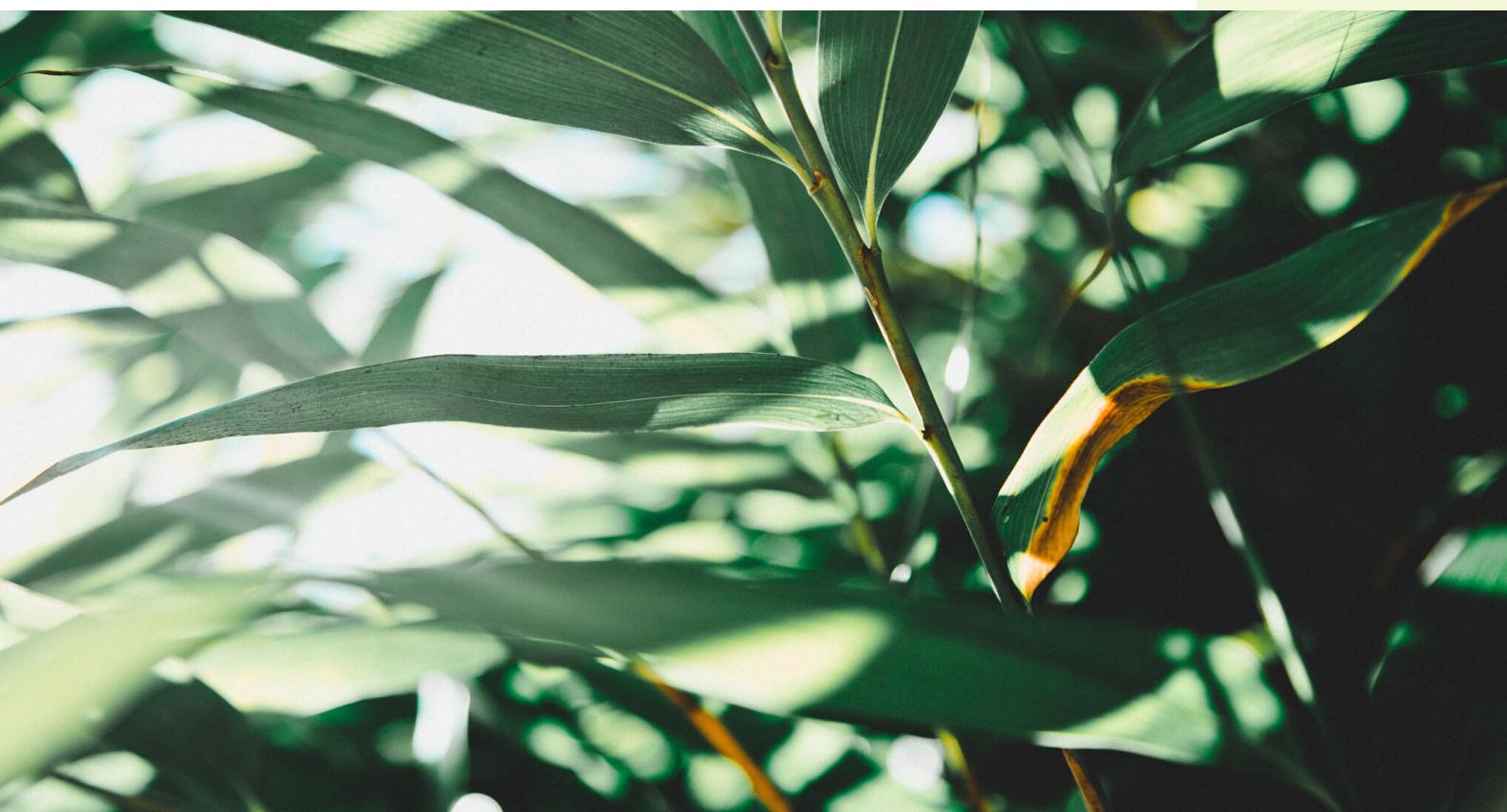


# *INTRODUCTION*

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Welcome to Mindful Living!

Mindful Living Counseling & Wellness is excited to present to you our very own ebook series. Our guide aims to provide you with resource for all things holistic. We intend for our ebooks to be a place where you can catch up on that much needed time for reflection and introspection. To tell you a little bit about us, we are a family owned private practices, who provide therapy services to individual across the lifespan. We hope to support you and your loves ones by guiding you to slow down and enjoy all that life has to offer. Join us as we dive into this issue; packed with tips on remaining calm during this international crisis.



# BREATHE . . .

Due to the increased stress and fatigue on our mental and physical body, we invite you to take a moment to slow down and breathe. In the midst of chaos, now is the time to recalibrate our internal compass. Let's start slowly.

Align your physical body and emotional mind in this moment.

Begin by taking a look around at your surroundings . . .

What can you See . . .

What can you hear . . .

What do you feel . . .

What scent is present . . .

What do you taste . . .



# OXYGEN . . .

Bringing nature's beauty into the home not only decreases stress, but also elevates oxygen levels.

In the presence of sunlight, through the process of photosynthesis, plants convert carbon dioxide into oxygen. Essentially recycling everything we breathe out into fresh air we can breath in. All of this goodness provides a superb environment for those deep breaths we know you love taking!

As many of us find ourselves stuck at home during this time, consider bringing in some greenery to oxygenate your space. If your home is already filled with these beauties, give them a little extra love and attention.



Bringing foliage into the home can  
create a calm environment and is  
found within our environment.  
Consider picking up remnants from  
around your yard.



## *ENERGY . . .*

Starting to feel confined in your space? Open up the blinds and let the light in. Put on your favorite mixtape from a decade ago. Belt out the words and let your body move. Give your space a refresher, moving furniture and clearing out any stale energy. Top it off by placing that candle you haven't burnt in a while and the book you've been meaning to read on your bedside table. Stretch out and enjoy.

# *NOURISH . . .*



"As a Floridian, I love a glass of fresh orange juice, the scent of jasmine blossoms, and a lot sunshine. No matter where you are in the world, take a moment to illuminate your senses." ~ Lindsey

You find yourself at an orange orchard on a sunny spring day. As you gaze out into the bright green and orange lit trees, the sun starts to warm your back. A gentle breeze passes by, ruffling your hair in the wind...

you pause...

The vibrant aroma of orange blossoms adds a natural fragrance to the air. You make yourself a fresh squeezed glass of orange juice and pour it into a painted glass, reminding you of Nonie's house. As you take the first sip, the taste is sweet, yet slightly tangy; almost stronger than the first cup of coffee you had this morning.

You hear children laughing as their kites reach record heights.

You're content. You're warm. You're home.



# *OPEN DOOR . . .*

Alexander Graham Bell

"When one door closes,  
another opens; but we  
often look so long and so  
regretfully upon the  
closed door that we do  
not see the one which  
has opened for us."



Take time today to turn away from regret, look at the present, and make space for another door to open.

When we peer out our window and see our neighbor's door closed during this time, we may take a moment to look externally; opening a door to consider how others are impacted. Meanwhile, the earth is beginning to restore itself and heal as carbon emissions are drastically decreasing. All the while, families and couples are being joined together to support and honor one another. These perspectives would not have come to light if our focus was on the closed door behind us.

# *STEAM RISES . . .*

During a time of tension, we often forget to check in with our well-being. The media and news are exceedingly important, but at times can be overwhelming. Although we say opposites attract, the opposing ideas of whether to consume news can be weighted heavily at either end of the pole; total consumption vs complete distance.

Finding an equidistant balance from the polar opposites is where we begin to discover internal stability. In practice we may wonder, how does one come to a space of balance; this is one of our greatest struggles as human beings.



We can start by placing a cup of tea on our desk. Today, make some time in your day to locate that box of tea you've forgotten about in the back of your cupboard. Bring some awareness into this practice by mindfully noticing your senses.

**As you watch the steam rise, take a moment to reflect on your five senses.**

**Letting your thoughts steep...**

**Visual appeal... Tactual touch.. Aroma...  
Essence of taste... Listen to the calm...**

**Nourish your internal body.**

# *MINDFUL LIVING*

Thank you for joining us!

If you are interested in therapeutic services from the comfort of your home, we offer online therapy to individuals 16 years and older who struggle with mental health related concerns. We are happy to offer a complementary 15-minute phone session to get you started. Currently taking new clients who reside in Florida, Georgia, New Jersey, and Internationally.

The door is always open,  
Mindful Living Counseling & Wellness



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