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Mindful Minute

Elemental Center's monthly digital publication encouraging readers to take a moment to connect with their whole selves.



Self Care Season

Autumn in Chicago is a season unlike any other: In concert and on cue, the leaves of Ash, Maple and Oak trees have all changed into brightly colored costumes; the breeze over Lake Michigan is crisp and brisk; and of course, humans and creatures alike begin to “hunker down” in search of hearty food and comforts (which for us, often come in the form of sweet jams, fluffy blankets and richly scented candles) in preparation for winter’s arrival. Autumn’s crisp, fragrant, and no doubt stunning presence is a clear indicator that times, they are a-changin’.

What does that mean for us as the chilly breeze and cheerful leaves remind us once again that hibernation season is just around the corner? How do we prepare ourselves for seasonal change-- the easy, no-sweat, exciting change-- in addition to those we are all still living through and struggling with as we continue to live through a pandemic? Before we collectively spin out in our heads, let’s talk about some ways we can take care of our whole selves—or even the parts of ourselves that could use a little extra attention-- as we move forward through the autumn season

make time for meaningful rest

For many, summer can be a high-energy season with its long sunny days and plentiful social gatherings. Now that we're on the other side of the autumnal equinox it's quite apparent that the days are much shorter, encouraging us to take time to rest. Rest can take many different forms. Perhaps it looks like spending time with a book, cuddling with a pet, or practicing 5 minutes of meditation. However it may look for you, take the time to slow down and appreciate a few moments of quiet in your day.

taste some seasonal flavors

The autumn season welcomes a harvest of different fruits and veggies—more than just pumpkins and apples! Take a moment to notice the seasonal highlights in the produce aisle and introduce earthy beets, sweet squash and crisp carrots into your next meal. Who knows, maybe your new favorite recipe could be inspired by one of the rich flavors of autumn!

reassess short and long-term goals

Who else has a hard time concentrating when the warm summer sun tempts us to take the afternoon off? It's easy to get sidetracked on working towards our goals when there are summer adventures to be had! Now is a good time to check in on our progress and celebrate our progress or make necessary tweaks to keep ourselves on track. Remember, even small steps in our plans can lead to noticeable progress—even when we get distracted from the “big picture” every once in a while. These are just a few ways that we can appreciate autumn and take time to care for ourselves.

We at Elemental encourage you to enjoy the sights, scents, and crisp breeze the season brings, and make time for well-deserved rest.

