

Nurture with Nova

Your Self-Care Newsletter For March, 2021



Are You Swimming Upstream?

Does life have a lot of resistance? Like you're climbing a mountain with no summit? Or walking the halls in the opposite direction of everyone else?

One step forward, two steps back....

We've been living during this pandemic for nearly a year now, and it may still feel like we just can't get to where we want to go. Perhaps we are focused on the things we can't do now - like sports, concerts, travel, socialization, visiting with family/loved ones, etc.

We may have goals in mind - for the day/week/year, for our career, for our life - that are held up.

The reality is there can always be obstacles - it's just a matter of how we view them.

Can we shift the way we think to find ease?

How do you feel when you hear these words....

Barrier. Blockage. Resistance. Closed. No.

Now try these....

Ease. Flow. Free. Open. Yes.

Just as we can choose which words to read, we can choose which words we focus on, which in turn will shape our thoughts, which will undoubtedly affect how we feel.

Try going with the flow, and see how that feels. Start with just one small area - what can you let go of a little bit more to find more ease in your life?



Rituals

Creating rituals in our daily life can provide meaning, structure, and connection.

We all have them, whether we realize it or not. Some are big, some are small, Some we do alone, others we do with family/friends.

Some simple rituals we may do every day are:

- eating (family dinner, special meals, etc.)
- driving to work
- going to bed
- walking
- drinking a cup of tea/coffee
- watching your show

Less frequent rituals may include:

- Holiday celebrations
- vacations
- seasonal activities
- going out to eat/ordering in

Our rituals can offer structure when life may seem chaotic. They can be the glue that holds us together when it feels we are falling apart.

What rituals do you already practice? What new ones could enhance your life and bring you more joy?



Simplify

What areas of your life feel cluttered? Disorganized? Jammed? This could be in the Marie Kondo sense of 'stuff', or we could be overloaded in different ways.

Information is rapidly available, accessible, perhaps even 'in our face' nowadays. And although access to information is hugely beneficial, it can also lead us to overwhelm and other negative thought patterns - like feelings of 'not good enough' or fear of missing out (fomo) to name a few.

Our brains are wired to seek the hormones that get released when we watch the news or scroll Instagram or Facebook. They give us a false sense of preparedness to increase the likelihood of our survival.

We are training ourselves to seek out stressful situations because of the rush that comes from them.

The trouble with this is we have a difficult time turning these hormones off when they are of no use to us. It may be helpful to monitor our own behavior where this is concerned.

Pay attention to how you feel before, during, and after scrolling social media, or reading/watching the news.



Nature

We all have one thing in common: We are part of the natural world. No matter what our nationality is, what we do for a living, what our interests or beliefs are; we share the same natural home.

How would we be here enjoying our everyday lives if it weren't for our bodies, the trees, the sun in the sky, and the air we are breathing? The simple answer is that we wouldn't. Nature gives rise to all of life on the planet, including our own, and connecting with the natural world is an integral part of our happiness and well-being.

Since the human race evolved thousands of years ago, we have gradually separated ourselves from the natural world. Our modern day lives involve very little contact with nature at all.

How can we re-connect with nature to re-awaken our vitality and true nature? We can place ourselves in a more natural environment, or we can bring that natural environment to us - however that works for you.

Break these feelings down into 2 simple categories:

1. Good
2. Bad

Use this information to monitor your exposure. It doesn't have to be all or none - perhaps just limiting our time, or certain posts, or playing with the feeds we receive on the app could be enough to do some good.

Website of the Month



[Greater Good: The S...](#)

greatergood.berkeley.edu

Based at UC Berkeley, Greater Good reports on groundbreaking research into the roots of compassion, happiness, and altruism.

Embrace the Season....

We're transitioning from winter into spring - a time of renewal, re-birth, sunshine, energy, and color.

Honoring the seasons and their transitions can help us to feel un-stuck.

Honoring can take many forms - art, recreation, writing, reading, cooking - or simply *contemplation* - whatever feels best for you.

As we shift towards spring, I invite you to think about Spring through the following lens:

Seeds

What is your identity and your purpose? How do you want to show up in the world? How do you want to feel? What do you want to accomplish?

Roots

What actions can you take to help your seeds grow? Are there things you can do to help your ideas, beliefs, and goals take root? Are there things you need to let go of? Are there things you can start doing more of?

Soil

How can you cultivate good soil for your seeds? What in your environment will help you grow? This could be things like meditation, journaling, or movement. What could keep you from growing? This

could be too much negative news, toxic relationships, fatigue, or stress.

Garden

What will your garden look like once you've planted your seeds, prepared the soil and taken other actions to help them grow? What blooms in your garden? What will change during the seasons? What will die off and what will continue to grow into next season?

Each garden holds its own unique beauty - cultivate yours with a sense of truth, optimism, and joy :)

Quote of the month....

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."
~ Alan W. Watts

Check out our YouTube Page for Healthy Practices in Mindfulness, Yoga, and More....

 [https://www.youtub...](https://www.youtube.com)

www.youtube.com

Revisit Past Editions....

Nurture with Nova February Edition

Kindness, Writing, Alignment and Creation

Nurture with Nova January Edition

Connection, Environment, and Play

Nurture with Nova December Edition

Gratitude, Breath, Boundaries

Nurture with Nova November Edition

Movement, Water, Rest



About Nova

Nova is a Mindfulness, Meditation and Movement Educator. She is an Experienced Registered Yoga Teacher and Reiki Level II Practitioner with a Bachelors in Recreation Therapy and a Masters in Public Administration. Nova is trained in Mindfulness Based Stress Reduction (MBSR) and is a self-proclaimed Joy Enthusiast. She is a Student Assistance Counselor/Mindfulness Educator through Pivot and is located at Case Middle School in Watertown, NY.

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Looking for more support?

Reach out to your Pivot Counselors....

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