

Positive Enlightenment Consultation

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Welcome to the bi-monthly mental health newsletter

We are delighted to share valuable tips and insights to support your mental well-being. This month, we focus on nurturing your mental health and treating yourself to a delicious and nutritious smoothie.

Mental Health Tips:

Practice Gratitude: Take a moment each day to reflect on the things you are grateful for. Cultivating gratitude can enhance your mood, increase positivity, and improve overall well-being.

Prioritize Self-Care: Carve out time for self-care in your daily routine. Engage in activities that recharge you, such as reading, taking a relaxing bath, practicing meditation, or indulging in a hobby you love. Remember, self-care is essential for maintaining optimal mental health.

Foster Positive Relationships:

Nurture meaningful connections with loved ones. Surround yourself with supportive and understanding individuals who uplift and inspire you. Foster open communication, actively listen, and invest time in building and maintaining healthy relationships.

Engage in Mindful Practices:

Incorporate mindfulness into your daily life. Take moments to focus on the present, observe your thoughts without judgment, and practice deep breathing exercises. Mindfulness can help reduce stress, improve focus, and enhance overall well-being.

Pursue Physical Activity: Engage in regular physical activity to boost your mood and energy levels. Find an exercise or movement that you enjoy, whether it's jogging, dancing, yoga, or cycling. Aim for at least 30 minutes of activity most days of the week.

Let's explore the tips and the refreshing smoothie of the month:

Tropical Bliss Smoothie

Ingredients:

1 ripe banana
1 cup pineapple chunks (fresh or frozen)
1/2 cup mango chunks (fresh or frozen)
1/2 cup coconut milk (or any non-dairy milk of your choice)
1 tablespoon chia seeds
Optional: a handful of spinach or kale for added nutrition

Instructions:

Place all the ingredients in a blender.
Blend until smooth and creamy.
Pour into a glass and savor the tropical goodness!



UPCOMING EVENTS

Group sessions on zoom

Resource fair coming soon

“Allow us to enlighten you”

-Dr. Key, Positive Enlightenment Consultation Services LLC

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