



Newsletter | September/October 2023

## Topic- Empower Your Mind, Body, and Spirit

Welcome to the September/October edition of the **Positive Enlightenment Consultation Services LLC newsletter!** As we transition into the autumn months, it's essential to prioritize self-care and mental well-being. In this issue, we're sharing valuable tips and insights to help you move towards a healthier, happier life.

- 1. Move for Mental Health-** Cardio and strength training have been proven to have a profound impact on your mental well-being. Engaging in regular physical activity releases endorphins, reduces stress, and enhances your mood.
- 2. Nourish Your Body and Mind-** The mind-body connection is undeniable. Nourishing your body with wholesome, balanced meals not only supports your physical health but also affects your mental clarity and emotional balance. Pair this with mindful meditation to create a harmonious synergy between your body and mind.
- 3. Strengthen Your Mind-** Engaging in activities that challenge your cognitive abilities is essential for mental fitness. Try puzzles, brain games, or learn a new skill.
- 4. Prioritize Healthy Sleep-** Quality sleep is the foundation of good mental health. Establish a bedtime routine, **limit screen time** before bed, and create a calming environment in your bedroom. Adequate, restorative sleep will leave you feeling refreshed and better equipped to face life's challenges.
- 5. Embrace Self-Care-** Self-care is not a luxury; it's a necessity. Set aside time for activities that bring you joy and relaxation, whether it's reading a book, taking a bubble bath, or spending time in nature. Self-care replenishes your spirit and enhances your overall well-being.

At **Positive Enlightenment Consultation Services LLC**, our dedicated team is here to support your journey towards positive mental health and well-being. If you need guidance, motivation, or someone to talk to, please don't hesitate to reach out.

We hope you find these tips helpful as you navigate the upcoming months.

Remember that your mental health is a priority and taking steps to care for yourself is a profound act of self-love.

Wishing you a peaceful and enriching September and October.

Stay empowered and love yourself,

*Dr. Key*

## Smoothie of the Month

### Berry Blast Smoothie:

#### Ingredients:

1 cup mixed berries (strawberries, blueberries, raspberries)  
1/2 cup Greek yogurt  
1/2 cup almond milk  
1 tablespoon honey or maple syrup (optional)

#### Instructions:

Place all the ingredients in a blender. Blend until smooth and creamy. Adjust sweetness with honey or maple syrup if desired. Pour into a glass and serve.

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