



Positive Enlightenment

October/November 2022

SERVICES OFFERED

Life Coaching
Credit Repair
Prevention Services
Notary Public
Mobile Fingerprinting

SUICIDE PREVENTION

As we slowly leave the summer months, we may need to fight off any negative or ill feelings as it gets colder. It is time we recognize the signs of suicide in ourselves and others. Fall can be nice but once winter hits there will be little to no sunshine that effects moods, feelings, and immune systems. Always be aware of your own feelings as well as others that may be struggling. If talking is not helping, please reach out and get help as soon as you can.

HEALTHY RELATIONSHIPS

As we move into fall it gets cooler, there is less sun, and we can easily become irritated. We might feel a lack of motivation, sadness, and may take out displaced aggression on our partners. Now is the time to keep the lines of communication open by taking walks around the block, small staycations, or giving each other space by engaging in cheap and inexpensive healthy hobbies.

Forest BATHING

Forest bathing is a Japanese tradition (*shinrin-yoku*) where people would spend time in nature. The purpose is to live in the present moment while immersing your senses in the sights and sounds of a natural setting. If there are no forests where you live then find a nice spot that is quiet, free of nearby technology, and where you can take deep fresh breaths of air. It will make you feel like a new person with less stress, try it out and let us know how you felt.

Remember

We are all in this together never feel like you are alone!

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"Allow us to enlighten you"

QUICK HEALTHY RECIPE



Pumpkin Pie!

- 1 (15 ounce) can pumpkin puree
- 1 (14 ounce) can Sweetened Condensed Milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- 1 (9 inch) unbaked pie crust

Directions-

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Whisk pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg, and salt together in a medium bowl until smooth. Pour into crust.
3. Bake in the preheated oven for 15 minutes.
4. Reduce oven temperature to 350 degrees F (175 degrees C) and continue baking until a knife inserted 1 inch from the crust comes out clean, 35 to 40 minutes.
5. Let cool before serving.

Contact Ashley