



# ILLUMINATED

a quarterly newsletter

Aug  
2022



At last, we have reached **August**- a month of hot days, warm nights, almost-endings, and almost-beginnings. I have always experienced August as **a sustained moment of luxuriating in the last of summer** before turning over a new leaf. Accordingly, this issue of *Illuminated* presents a love letter to late summer days, an infographic on the concept of savoring, & a guided walking meditation to help you connect with your surroundings. Enjoy.

Warmly,

Dr. Jenna Schleien

Clinical Psychologist & Founder, Lumina Psychology

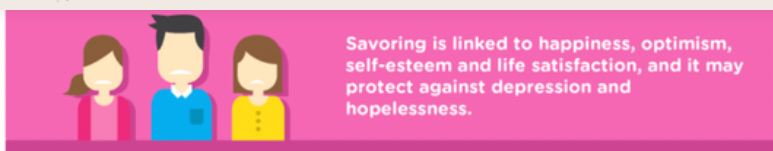


## A love letter to late summer days -

In a piece for *Title Mag*, Jonna Henze writes poetically about the Augusts of her childhood with dreamy imagery and subtle but powerful illustrations of feeling. For me, it evokes nostalgia for summers past and a desire to connect mindfully with summer in anticipation of its transition to fall.

read

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## HOW TO BE A SAVORER

### 10 WAYS TO PRACTICE SAVORING

Psychologist Fred Bryant, an expert on savoring at Loyola University in Chicago, suggests we:



## How and why you should savor the joys, pleasures, and positive feelings in your life -

Sometimes life sucks, and sometimes life is lovely. Just as we aim to create space to fully experience and process the unpleasant feelings associated with life's burdens, we should also create space to savor its joys. Research suggests that savoring, or mindfully attending to positive experiences and feelings, has major payoff. This infographic from *Happify* (one part shown to left) illustrates the concept of savoring and how to practice it in day-to-day life.

view

## Breathe in your summer surroundings with a guided walking meditation -

Abigail Poulton, from the podcast series *As You Are*, presents a 10-minute guided walking meditation designed to help you connect, eyes-open, to your immediate surroundings. A walk anywhere will do- a morning stroll through your neighborhood, an evening saunter through the park, or a weekend exploration of somewhere entirely new.

listen



A bonus, just for fun - Like Spotify, but for natural soundscapes from all over the world. Did someone awesome forward you this newsletter? Subscribe here. Do you have an idea for a featured resource? Write to me here under the Contact tab.

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