



What Matters?

It hit me at the local Farmer's Market. I was in my usual rush to get my weekend chores done, so that I could get on to more important stuff. But wait! What could be more important? This is exactly where the treasures of life are. Right here, in the day to day activities.

Joy, happiness, satisfaction: you'll find it in the little things. In the beautiful mounds of zucchini and tomatoes; in the warm dishwashing suds; in the fragrance of onion sautéing. It is right before you. Slow down and you'll find it.

How Much is Enough?

"How much is enough" is a recurring question for myself and many of my clients. We drive ourselves in so many ways. We need more, want more, expect more.

Think of something that you'd like more of. If you got it, would it be enough? Or would you want even more? When we get out-of-balance, we reach a point where it is never enough. It is more a frame of mind than a factual situation. When this happens, as soon as we achieve something, we set the bar higher. And drive ourselves harder. There is no joy here.

How do we shift our perspective so that what we already have is enough? How can we be happy here, now? Slow down and decide what really matters. Enjoy what is in front of you at this very moment. Let it in. See how much you can find to appreciate. Take a few slow, deep breaths, and allow yourself to enjoy just being alive. That is enough.

Remembering the Air

As you slow down and breathe, take a moment to consider the air that you inhale. We can't see it, so we often think of it as empty space. We forget about it. What a shame.

As you relax and allow your breath to come and go without effort, you may notice that it naturally slows down and lengthens. Bring awareness to the air as you breathe it in. Throughout the ages air has been recognized as a mystical, life-giving substance. It connects each of us to everything around us, and to each other.

As you breathe, imagine yourself filling with life force. Feel cleansed, refreshed, nourished. Get the most from your breath. There is something very fulfilling about being conscious of this precious resource. Let it feed you. Remember the air.

How Much Food is Enough: Quality vs Quantity

The question "How much is enough" is particularly poignant in regards to food: how much food is enough?! Chances are you've read about how much more we are eating as a nation.

Eating is often triggered by the presence of food itself. We eat because it is there, and because we like it and want it, rather than cuing into our actual hunger. Add super-sized portions, and no wonder we are eating too much.

When you learn to enjoy the taste of the foods you eat, an interesting thing happens. Taste buds adapt quickly, and unless we are very hungry, we tend to satiate quickly. Which means that if you have a dessert, and really pay attention to taste, after awhile it stops tasting as good.

When you focus on quality, it is natural to stop eating when it no longer tastes as good. When you focus on quantity, you eat until its gone, and may or may not have even noticed the taste. By bringing your attention to quality instead of quantity, you will find it easier to enjoy what you eat and stop when you have had enough.

Seasonal Foods

Late summer and early fall is a sensory delight for fruits and vegetables. Tomatoes are at their peak now. Recently we ate a simple dinner of tomatoes and basil with white beans and a little cheese. It felt just like summer exploding on my tongue. I have posted this easy recipe on my website for anyone who'd like to try it. It is one of our favorites!



The hints of seasonal change abound. The light has already been shifting, and the feel of the air itself has changed. Soon we will be finding persimmons and pomegranates in the markets, my favorite sign of autumn.

Enjoying the foods that are in season gives a deep soul satisfaction. It is a way to support local growers and to ensure freshness and quality. But even more, it connects us to the earth. It reminds us that we are part of the turning of the seasons. It is living in tune with the greater rhythm of life around us. And this is a good thing!

Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting.

Transform the challenges of stress eating.

Create a healthy lifestyle tailored just to you.

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