



B THE NEWSLETTER

A Monthly Edit: Vol. 18 // NOVEMBER 2022

THE PRESENT, PRESENT

By Lia Bartha

When JB and I started discussing ideas for this month's newsletter, I was surprised we hadn't already focused on the importance of being present. So as we head into the holiday season, I want to chat a little about the spiritual foundation of B The Method.

I don't know about you, but every year around Halloween (or maybe it's my birthday), the anxiety of the year's end starts sinking in. Whether it's the prospect of holiday travel, work stress, my kids' time-off, or just finding the time to balance it all — it's pretty tough to stay in the moment. What makes it all worse, is that most of the time I don't even realize I'm stressed and living in my future plans.

This anticipation for what might happen keeps me from being present and can get me spiraling down the stress wormhole. The Method forces us to listen to our bodies and to be in the moment, without distraction. When I apply this to my life outside of exercise, it's a reminder to focus on the real and forget all the unnecessary bullshit that keeps me from really connecting.

As we get ready for another exciting winter holiday season filled with family, friends, travel, shopping, and all the things, let's give ourselves the ultimate gift... the present, present.

xx

IN THIS ISSUE

THE METHOD

using the cues to get a clue

THE PRESENTS

presents for yourself to re-center when task stresses creep in

THE KITCHEN

being present in the physical task of cooking

THE METHOD

using the cues to get a clue

If you're reading this and do not follow me on IG, long story short, I am a coffee junky. If you do follow, I'm sure you're aware that I've recently switched to decaf. I did this after a caffeine induced panic attack a few weeks ago that scared me back into awareness.

As I sat in the kitchen, begging Justin to take me to the hospital, he had a sort of intervention with me after I couldn't even accept that the drug (caffeine) was the culprit. "How many shots did you drink on an empty stomach?" I looked up at him and answered, "four". I had to admit, for someone who always preaches to listen to your body... I really hadn't been listening to mine.

I was stressed out, doing way too much, not eating enough and instead of checking in with myself, I pushed forward that day with the help of my favorite drug. As much as I hated that moment of panic, it helped bring me back into the present and forced me to make the necessary changes right away.

Decaf was the obvious short-term fix but I also made sure to not let tasks, work and obligations distract me from what my body really needs: fuel, and rest.

It's so easy for me to focus and be present during class but something as seemingly banal as a cup of coffee shocked me into realizing I wasn't taking care of myself outside of class. It's been a couple weeks without caffeine and my energy levels have evened out. Not saying that I'm done forever...just that I'm paying attention to what my body needs in the moment.

So I pose this question to our community: What crutches do you lean on, no matter how big or small, that could possibly be distracting you from yourself. Do you really need them or if you turn off the noise, would you be able to better hear the cues? (Feel free to share with the community on our Facebook group!)



THE WALK

details of our next community walk

We had another really great community walk in Prospect Park this past weekend. Here's a picture of us under a fall tree! As we enter November, the leaves might all blow away but I'll still be in my favorite park, walking the loop! And I want you to join. Here are the details for next month's meet up. I hope to see some familiar and new faces join our group.

When: November 20th at 9:00am (a slightly later time for our Manhattan crew because 8:30 am is a little early, I heard)

Where: Prospect Park, meet at Grand Army Plaza Fountain

What to bring: Friends and warm clothing. It might be chilly!

What to expect: A beautiful 3.35 mile brisk walk through Prospect Park. We made new friends, exchanged numbers and even continued our walk to my favorite neighborhood spot!



THE PRESENT(S)

presents for yourself to recenter when task stresses creep in



REMINDER NOTEBOOK BY CLOTH & PAPER

write your notes and thoughts down so you can clear headspace (and remove your eyes from the screen)



PALO SANTO HOLDER & STICKS BY BURSERA

create an energetic, creative, and calm space which is also grounding



CERAMIC MUG BY RECREATION CENTER

the perfect mug for all occasions and especially for housing some hearty, warm soup (a recipe is in next section!)



PINCH ME THERAPY DOUGH IN GRAPEFRUIT

like a stress ball, but with grapefruit essential oil and the ability to create something really fun like an animal



THE PETITIE GARDEN BY LULA'S GARDEN

something to care for that brings you back to the earth, your body, your mind, and the present



B THE METHOD MASSAGE BALL

there's nothing like spending time with a [myofascial series](#) to get yourself truly in the present mind and body

IN THE KITCHEN

being present in the physical task of cooking

Family therapist Lisa Bahar told Psychology Today that mindfulness on the moment – kitchen tasks such as chopping and stirring – makes the act of cooking meditative. “You are present in the task, doing something physical, and not distracted by the stresses of the day.” I agree completely so I am sharing my homemade chicken and vegetable soup recipe that requires love, patience and time. It's just as therapeutic to make as it is to eat and has been a favorite in my family (and now that I eat meat, it's in the rotation more frequently). It's so simple and easy so I hope you enjoy it too this cold weather season. All you'll need are tools like these:

BIG SOUP POT - 5 QT



SLOTTED SPOON



KNIVES



CHICKEN & VEG SOUP RECIPE

you'll be making this all winter



INGREDIENTS;

- 1 rotisserie chicken bones & leftover chicken meat (I feed my family one meal of the meat and then save the rest for the soup)
- 3 large carrots, roughly cut into 1 inch pieces and peeled
- 3 stalks of celery, roughly cut into 1 inch pieces
- 1/2 onion, roughly chopped (bigger pieces are better)
- Pinch of salt
- Pinch of pepper
- 1/2 tsp oregano
- 1/2 tsp rosemary
- 1/2 tsp thyme

DIRECTIONS:

- Place the leftover chicken bones and meat into a big soup pot.
- Fill to the top with water and add all of the other ingredients. Yes, all of them. Spices, carrots, celery, and onion.
- On the stove, bring the water to a boil and then simmer on low for a few hours until the meat falls off the bone and the water evaporates to 75%.
- Turn off the stove and use a slotted spoon to remove the bones, skin, and pieces of unwanted parts.
- Serve warm (obviously). It's also great when you add in a scoop of leftover rice and a dash of lemon.

HOW TO MAKE THIS SOUP VEGETARIAN :

- Substitute the chicken bones & meat for umami soup broth! My favorite is vegetable broth, plus a heavy serving of [Umami Powder](#). You can also use [Brodo Seaweed & Mushroom Vegan](#) broth or anything similar!
- Sauté all of your vegetables and spices in olive oil with a pinch of salt until they are aromatic. Then, add in the broth on low heat.
- Add in whatever protein you like such as tofu, egg, or even soba noodles!

In Other News

- Next month's December newsletter will be a Holiday Gift Guide! Stay tuned for lots of great ideas for presents.
- With travel and the holidays coming up, now's a great time to check in with your gut health and start taking [Seed DS-O1™ Daily Synbiotic](#). This plant-based probiotic and 24-strain prebiotic will do wonders for your gut to keep you regular. Use code LIA15 for 15% off your first month's supply. #seedpartner



THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.
Please fill out this [form](#) with any questions, comments, and feedback.

