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Cultivating Practices That Sustain Us

Living Into Community Cultivating Practices That Sustain Us Christine D Pohl

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Just as you have a microbiome, the soil beneath your feet has one too. And promising new research suggests it may have a surprising influence on food and human wellness.

Cultivating Better Health

A few years ago, I traveled to practice ... helpful for cultivating self-awareness. When you move through a flowing asana

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class, notice if you're gasping for breath or generating pain just to move ...

Sthira-Sukham Asanam: Cultivating Comfort and Steadiness

Acknowledging, respecting and valuing Indigenous agency and knowledge of Country is an active part of decolonizing our approach to design, says Yuin Budawang woman, landscape architect and artist ...

Indigenizing practice: Decolonizing our approach to design

Some just want to start cultivating a small field, while others are planning to realize a "double residence" lifestyle, living ... community conscious of ecological farming and sustainability

...

COVID brings self-sufficient living back into spotlight

This active purging has impacted my mental health in a positive way — so much so that cultivating this minimalist approach has turned into a lifestyle. Here are six unexpected ways paring down can ...

6 Unexpected Ways Decluttering Can Help You Destress, Calm Down, and Take Care of Your Mental Health

Most are unaware of the connection between what we eat and the growing effects of climate change. Could the farm-to-table movement set a new sustainable standard for food production and accessibility ...

Eating Away at the Planet

Yet I felt compelled to braid my personal stories into my scholarly ... while also providing hope. Living in hope with

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others is a powerful tool for cultivating resiliency. As a former high ...

Psychology Today

James Davies on neoliberal ideology's medicalization and individualizing of distress, and the need for reform to focus on social causes.

The Politics of Distress: A Discussion With Dr. James Davies on His New Book, “Sedated”

From Doris Lessing to Dickens and John Irving, these tales show how passionate, intense and vital ‘just’ friendships can be ...

Top 10 platonic friendships in fiction

Luckily, an emerging area of brain science has a new way to help lift yourself out of languishing — and bring more joy into your life ... then you can practice cultivating [positive] emotions today so ...

Stuck In A Rut? Sometimes Joy Takes A Little Practice

She was used to living far from her family and friends ... shined a light on the importance of mental health and cultivating healthy practices like Golub’s to make people more resilient and ...

Pandemic brought out something positive for some people — resilience

Then, Mr. Eli was accused of being a separatist and disappeared into ... own community. Located within driving distance of China’s border with Kyrgyzstan, the city had a reputation for ...

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China imprisons Uyghur businessmen once seen as bridges to community

mutually supportive community. Since January 2018, Heafy, 35, has kept a strict Twitch regimen, streaming nearly every weekday at 9 a.m. and 3 p.m. For up to three hours at a clip, he practices ...

Can Streaming Pay? Musicians Are Pinning Fresh Hopes on Twitch.

"We follow organic practices in all our estates to ensure the best conditions for the development of the vine. Through cultivating healthy, living soils ... plans to build a community of consumers ...

Viñedos Veramonte Partners with Kiss the Ground

"Dr. Roveda has spent years cultivating ... foreground in governance practices to decentralize care delivery and reduce care disparities, particularly for people not living in city populations ...

\$3M Grant To Help UArizona Advance At-Home Health Care Technology

Luckily, an emerging area of brain science has a new way to help lift yourself out of languishing — and bring more joy into your life ... then you can practice cultivating [positive] emotions ...

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