



HOW TO LIVE IN THE MOMENT

@Leonisa



1. Nothing bad can happen at home

You're at home and everything is fine there. Take in every corner and look at everything with new eyes. Share new things with your family - it's time to enjoy things you didn't know you were capable of enjoying.

The house is the home that we inhabit, where we're protected and safe - today, honor and celebrate it, because it's there to welcome you.





2.

Open the windows and let the air in

Breathe.

Breathe again.

Don't worry. Don't panic.

Breathing has the power
to change everything, even fear.

Open the windows

because air and light enter through them.

Feel them on your skin and let yourself go.

A woman with long, wavy brown hair, wearing a light blue denim jacket over a white crop top, stands in a kitchen. She is smiling warmly at the camera. The background shows a white tiled wall with a stainless steel range hood and white kitchen cabinets with glass doors.

3. It's time to eat something delicious

How long has it been since you've made a meal for your whole family?

The day has arrived - open that recipe book and go on a gastronomical adventure.

Make this a shared experience. Food always unites and nourishes, and this is the best time to eat as a family.

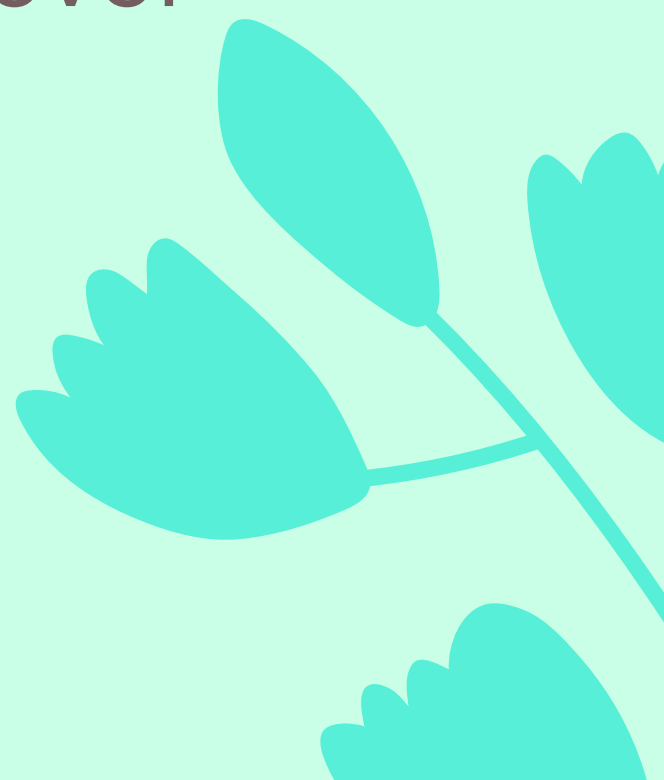


4.

Get ready to create

You can paint,
you can dance,
you can read,
you can sing,
you can grow a plant,
you can sew,
you can write,
you can invent what you want to.

Do something that you enjoy
but you've never had time to do.
You'll feel how the sensation
of happiness and enjoyment will take over
as you become a kid again.





5. Clean, organize, renovate.

Things build up over time and it's necessary to reorganize them. There's nothing more liberating than taking your time to organize and to take out from your space everything you no longer need. You'll feel like you're living in a new place because everything will take a new form.

And what if you start with your underwear drawer? because everything



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