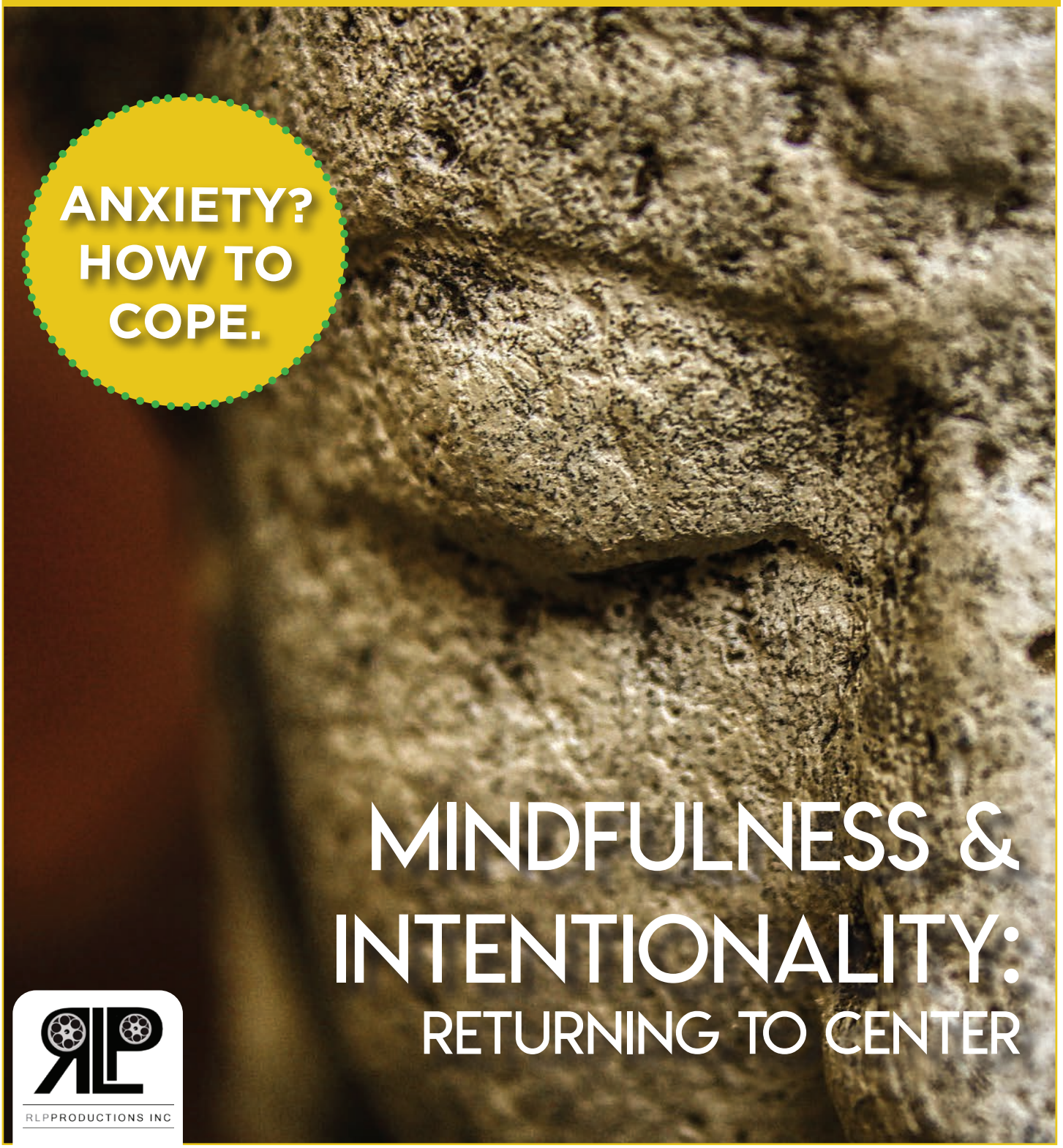
THE Lemonade Mindset

An exclusive magazine filled with all things positive, self worthy & deserving

MAY 2020



ANXIETY? HOW TO COPE.

MINDFULNESS & INTENTIONALITY:
RETURNING TO CENTER

RLPPRODUCTIONS INC

RLPPRODUCTIONS INC

Publisher
Rebekah L. Pierce Productions LLC.

Editor in Chief
Rebekah L. Pierce

Editors
Rebekah L. Pierce
Kahlil Hernandez

Creative
Marcy Lambert-Pellegrino

Contributing Writers
Denise Bell
Renee Charlow
Shonda Janell
Margaret Jaworski
Martina McGowan, M.D.
Rebekah L. Pierce
Sequoia Ross (aka, Chef Coco)

Submitting Content
Have feedback, ideas or submissions?
We're always happy to hear from you!
Deadline for submissions is the 30th,
two months prior to the publication date.

Please send to
Rebekah L. Pierce Productions LLC. at
Rebekah@rlpproductions

Address correspondence to:

rebekah@rlpproductions.com and
khadmin@rlpproductions.com and the
mailing address is
2532 Devenwood Road
North Chesterfield, VA 23235

Copyright 2019 Rebekah L. Pierce Productions LLC. This publication is registered with the Library of Congress: ISSN# 1548-9477. *The Lemonade Mindset Magazine* LLC assumes no responsibility nor endorses use of any products advertised in this publication. To subscribe, visit www.rlpproductions.com

LETTER FROM THE EDITOR

"Life is what happens when you are not on autopilot" (Cheri Weber).

Do you think people set out to fail miserably at a task? Or that success is a luck of the draw? I don't believe in either. In fact, I believe that failure only happens when one decides not to try. That is, they let fear overtake them and they decide not to do anything at all. As for the luck of the draw (i.e., being lucky), well, that is just an excuse to me as well. The key word here is "Decision." Each day that we awake, we have a decision to make: to have an attitude of gratitude or to lament/worry. Whichever one you choose, that is how your day will go. In short, energy attracts energy.

This is the lesson I am teaching both my children and my adult students/learners. It is a lesson I struggle with everyday and have had to learn through many bumps in the road. That life is not about a series of lucky happenings or that failure is purposeful. Every reaction we have to a situation or event is an action in and of itself. So, if you do not act on something, that is an action. If you act, as in having an attitude of gratitude, that is an action. And actions are intentional movements that stem from mindfulness.

In this month's issue of *The Lemonade Mindset Magazine*, we are once again tapping into the belief that we can create the life we want through intentionality and mindfulness. Mindfulness is defined as "the quality or state of being conscious or aware of something," (Dictionary.com). For instance, if you decide to pay attention to the sound of your heart beating the first moment upon awaking and during moments of extreme stress, you are not only being intentional, but are practicing mindfulness. You are performing the act of awareness in an effort to reconnect to center: to calm down.

Imagine what could happen in your life – to it – if you practiced being intentional and mindful in your actions and reactions every day of your life: in your relationships, your business or work practices, in your health, or in your finances. What would your life be? How would you be?

Once again, our writers are taking you on a journey to healing and wellness with their advice and resources on how to set intentions through the practice of mindfulness. I hope that you take it all in and begin to work on creating the life you were purposed for – far removed from fear, anxiety, and worry. As Cheri Weber states, "Life is what happens when you're not on autopilot." Namaste

Rebekah

CHECK YOUR EGO AT THE DOOR, PLEASE!

BY REBEKAH L. PIERCE, AUTHOR AND SPEAKER

"The truth of the matter is that you always know the right thing to do. The hard part is doing it"

(Gen. H. Norman Schwarzkopf).

IWow! What an extremely tumultuous and eye-opening week for me! It started out with so much promise only to end with me sleepless on the couch: sleepless because of a sore throat and the nagging of my conscience. You see, I let my ego get the best of me these past few weeks. I let it make decisions for me that resulted in being way over my head in debt and in emotional despair. So, the universe took time out of its busy schedule to kick me in the ass, straight into the floor face first. Ok, message received! I tried to shoot for the stars with nothing but my big head and pipe dreams only to have never even left the launch pad. Here are my five tips to checking your ego at the door:

1) The Paradox: my desire to be "somebody" with "something" the world deems worthy caused me to make unwise and unrealistic decisions. Who am I to think that I am "supposed" to be "the one" who makes it? But yet, we are taught to think positive and shoot for the stars, right? That's what our parents and teachers tell us: we can do whatever we set our minds to. Yes, but the problem is we often neglect to properly stock the rocket with the proper supplies for the journey to the stars. The paradox is not only the journey, but the preparation for the journey. Neither is independent of the other.

2) We take failure way too personally; we need to stop that! What I have come to now realize is that it's about timing – God's timing. Man wants what he wants when he wants it. So, in preparing to shoot for the stars, we neglect to check our fuel, the equipment, etc. We must put in the work – prepare properly – so that when God is ready – when the time has come – we are not just ready for take off, but prepared for the long, beautiful journey to the stars. Failure lies in not understanding and embracing the process of preparation for the journey.

3) We create our own hell by not paying attention to #1 & 2 above. In other words, I need to own my mistakes, be responsible for my own actions and fix what is within my power to fix, and then move on. I must leave the rest to the universe to work out – and it will because I have taken ownership of what I created. Does that make me feel good? Not at the moment, of course not. I am still smarting from my humongous ego tripping this week. But I also feel like I just dropped 100 pounds off my shoulders thereby allowing me to ascend from the pits of despair.

4) Take care of your body. Trying to be the end all these past few weeks has landed me in bed rest with a horrible cold and voiceless. You see, the ego destroys one's immune system when let loose. Because it covets what others have, it does not give your body time to rest and regenerate; it keeps you moving, putting the wrong foods into your body and not properly managing infections.

5) Success is about perspective! I – we – must embrace the things we do have and have done. They are good. Own the small victories – set and embrace your value. What you think you do not have others know you have and want it. Success does not have to play out in front of the cameras – in front of the world; that is, seeking validation in the eyes of others. What do you see when you look in the mirror, when you look at all the things you have accomplished? If nothing, then "Houston, we have a problem!" At the end of the day, the only validating relationship that truly matters is the one between you, your conscious & God. And because He has given you, life and you are still here to shoot for the stars, you are a "success." And the things that you desire most will come to you because you – I – have come to realize that we are not just anybody, but SOMEBODY no matter our fears.

So, there you have it. My five hard-knock lessons of the week. I nearly let my ego destroy my journey to the stars because I got distracted by what I thought I should have instead of owning what I do have. So, you want to shoot for the stars? No problem; just check your ego at the door.

This excerpt was taken from her book, *Kryptonite Killed Superwoman*, now available on Amazon.com.

HOW TO PRACTICE MINDFULNESS DAILY

BY MARTINA MCGOWAN, MD

"The present moment is filled with joy and happiness. If you are attentive, you will see it."

(Thich Nhat Hanh)

Mindfulness can relieve stress, increase enjoyment, increase productivity, reduce anxiety, and help you to build a more accurate view of the world. Mindfulness is a skill and a way of life.

Ways to incorporate mindfulness into your daily life:

1. Begin each day with mindfulness.

- It is important to practice being mindful throughout the day if you want to make it a habit.
- Start while still in bed. Begin noticing the physical sensations of your body.
- Are there any aches or pains?
- Practice lying still for a few moments before your thoughts begin to drift to other things.

2. Check in with your body throughout the day.

- When you find your attention wandering, focus on your breathing.

3. Use routines to hone your mindfulness skills.

- I use a morning routine for writing and starting my day gently.
- Another way to create a mindfulness habit is to practice during daily tasks.
- This includes things like brushing your teeth, using the restroom, showering, driving, mowing the grass, etc.
- Eating.
- Chew your food slowly and be fully aware of how your food tastes and smells.
- Talking.
- Give your full attention to the other people involved.
- Are you listening with your full awareness, or are you impatiently waiting to speak again?

4. Use music.

- Listening to music is a wonderful opportunity to practice mindfulness with your sense of hearing.
- Try to identify each instrument in the song.
- See how well you can keep your focus on the music instead of allowing other thoughts to intrude.

5. Put your phone away.

- Our smartphones can be a huge distraction and obstacle to mindfulness.

- **Experiment**:
- See how long you can go without checking your phone.
- See how long you can go without thinking about your phone.
- You will be surprised by the results.

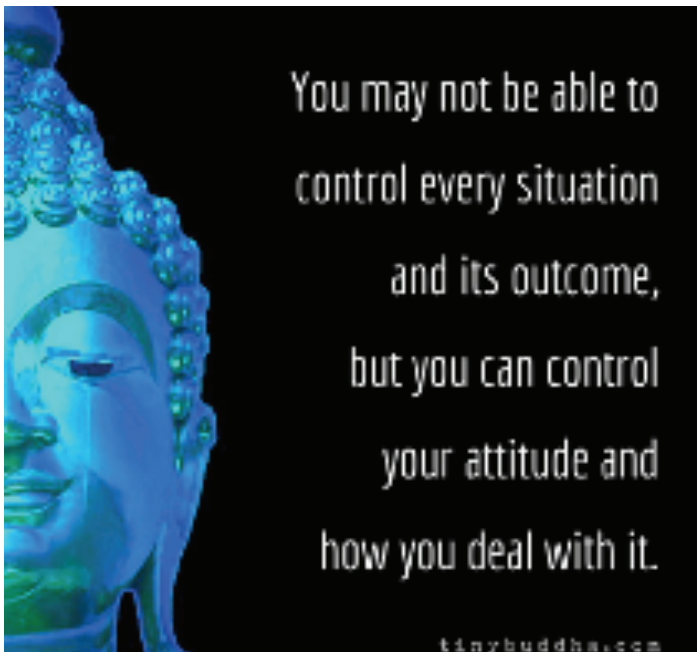
6. Set a reminder.

- When your timer alerts you, remind yourself to be mindful and immediately practice mindfulness.
- Refocus your attention on whatever you're doing at that moment.

Make mindfulness a part of your life and watch life calm down and transform.

I DON'T WANNA RULE THE WORLD--- I JUST WANNA RUN MY LIFE

BY RENEE' CHARLOW, M.F.A., M.P.S. (ABT)



Our world, our nation, our state, our cities, and our families are on the long road to recovery. Since mid-February 2020, we have been dealing with trauma. We have been displaced, lost loved ones, employment and places of business have gone full stop, and countless revenue has been lost.

In many locales, we are slowly beginning to move toward resuming our lives. As we work toward healing from the effects of COVID19, be assured, there will be a new normal. The thought of this is, to say the least, scary. Remember… you can only control yourself. You should only be concerned with what's best for you, not the lady in the grocery shopping with no mask and gloves, not your kids' school district administrators, not even your favorite mall retailers opening … all you can control is yourself.

Let's take a closer look at this matter of control.

We cannot control the time span of the pandemic. We can control how we react to it.

We cannot control how others respond to shutdowns and closures. We can control how we respond to said shutdowns by following the rules of our jurisdiction and using our best judgement.

We cannot control how elected officials respond to this crisis. We can control how we respond and form opinions, and we can control our vote for these officials when the time is right.

We cannot control what the grocery store has in stock. We can control how much of it we consume or whether we are open to making healthy substitutions.

We cannot control others' opinions regarding the pandemic such as, are we overreacting? Or, this is a punishment from God, etc. We can control our personal opinions and views, and as my pastor stated, "There is no rhyme or reason to this situation….it just is."

We cannot control whether others choose to protect themselves in public. We can control how we protect ourselves and limit our time in public.

We cannot control what's on the news or social media and the spread of misinformation. We can control how much of this we take in. You can't put low quality fuel into a high-performance vehicle (your mind) and expect it to operate well.

We cannot control when we go back to our previous economic and work situations. We can take some time now and find new employment opportunities for ourselves. Even in the midst of this, companies are hiring online and in-person staff. And this might be a good time to begin that business you've always wanted to start.

We cannot control what others say or feel about this pandemic. We can control how much time we spend talking about it. If someone sends you a joke or link about the pandemic, remember, you do not have to click on it.

We cannot control the government's financial response to this pandemic by way of unemployment funds and stimulus checks. We can control our spending as much as possible and check with all creditors about extensions and deferred payments.

We can also control the ways we help others such as providing lunch for a nursing staff, giving a gift card for your local grocery store clerk, or a making a donation to a food bank.

Source: www.thecounselingteacher.com

The Circle of Control

This past April, I had a college student in her late 20's who was hospitalized with symptoms of COVID19; however, after several rounds of testing, the diagnosis was bronchitis,

Continued on Page 7

You are my center, you are my strength. You give me a sense of mindfulness. With thoughtful intentions, moments so intimate to draw me to yourself when I feel tempted. No distance between us, no moments delayed for the comfort you give, the love you share, to spare a life. Who am I? That You love me so on me grace You bestow. Devoid of hesitation, no manner of limitations on a life hung without repentance. To you, I am committed. Not perfect in anyway but in your will, Lord, I remain.

Feed More collects, prepares and distributes food to neighbors in need throughout Central Virginia. With a service area that stretches across 34 counties and cities, Feed More's comprehensive programs and network of nearly 300 agencies helps ensure our communities have access to healthy meals year round.

TO GIVE HELP OR GET HELP VISIT FEEDMORE.ORG

FEED MORE SM

Continued from Page 5

thankfully. She told me the hardest part of her experience was thinking she was about to die alone as her family was not allowed in the facility. It was a sobering reminder of the preciousness of the gift of life and what's important. Not whether you can get a haircut or sit in your favorite coffeeshop or enjoy that concert. Having the support of friends and loved ones and knowing that your life makes a difference is EVERYTHING.

Take a deep breath, grab your favorite beverage for hydration, and using the diagram above as a guide, reflect on what you can control versus what you can't control. Use the outside of the circle to list or draw the things you cannot control. On the inside of the circle, list or draw the things you can control. Place your list in a visible spot such as a bathroom mirror or nightstand, just as a reminder for those moments when you start to feel like things are out of control. They're not. You just have to remember what it is you can control. Take a deep breath. Exhale.

Take care and be well.

We can also control the ways we help others such as providing lunch for a nursing staff, giving a gift card for your local grocery store clerk, or a making a donation to a food bank.

Source: www.thecounselingteacher.com
Lyrics from Control by Janet Jackson

SUN EXPOSURE DEMYSTIFIED

BY DENISE BELL, MASTER ESTHETICIAN

Who needs to use sun protection and why? Everyone needs protection from damaging sun rays. Some common misconceptions are:

- **I have darker skin; therefore, sunscreen is not necessary.**
- **If I get a good base tan, then unprotected sun exposure is safer.**
- **If I use sunscreen, then I will not get a tan.**
- **If I use sunscreen, then I will not absorb vitamin D.**

These beliefs are all untrue. The sun emits many types of rays such as X-rays, gamma rays, microwave, cosmetic rays and UV rays, which will be our focus. The 2 types of UV solar radiation that is of focus are UVA and UVB.

UVA rays consist of over 95 percent of the rays in which we are exposed. They are very long and penetrate so deeply that they break down the skins natural anti-aging defenses, causing dark spots, wrinkles, melanoma, and basal cell carcinoma as well as sagging skin and sunburns. Even more importantly, they destroy the body's immune system making us more susceptible to infections as well as auto immune disorders.

UVB rays are the shortest of the UV rays. They penetrate the skin causing the skin to produce melanin, which causes the skin to tan. This ray also burns and can cause cancers like basal cell and melanomas.

But let's not forget the UVC rays, which are extremely dangerous; fortunately, most of these rays are absorbed by our earth's atmosphere. However, with the depletion of the ozone layer, we have all become more susceptible to its damaging effects of cancer.

What type of sunscreen is best?

Before answering that question, you need to know that SPF (sun protective factor) primarily guards against the penetration of UVB (burning rays). The best sun protection is broad spectrum sunscreen (SPF30-50) because it protects against all of the damaging sun rays.

The SPF number represents the length of time you can be exposed to the sun before burning. For instance, if your burn time is 10 minutes, then with an SPF 30, your exposure time before burning is increased to 300 minutes or 5 hours.

SPF 30 protects against 95% of the damaging rays while SPF 50 protects against roughly 98% of the sun rays revealing that the difference in SPF numbers is not equivalent to the additional amount of protection.

Lastly, sunscreens come in two forms: physical and chemical. Physical sunscreen is for sensitive skin. It is made of larger molecules that do not penetrate the skin. Chemical sunscreens are made with smaller molecules that generate heat as it is absorbed into the skin and offers deeper protection but can serve as an irritant, particularly to children as well as the face and eyes of all users.

So, do your research and look for a Broad Spectrum sunscreen with FDA recommended ingredients of Titanium oxide, zinc oxide, avobenzone and/or mexoryl.

Now go out and enjoy the sun safely!

Veils Of Color LLC
(https://www.veilsofcolor.com/)

LIVING WITH ANXIETY: HOW TO COPE

SOURCE: PSYCOM.NET, BY MARGARET JAWORSKI

Early in her career, Los Angeles-based author, actor and TV personality Terra Wellington would get panic attacks just before going on air. "It was like an out-of-body experience," says Terra. "I would also not breathe enough to get the oxygen I needed, so I would feel light-headed." Over the years, she came up with a few simple anxiety and stress reduction skills that she still uses. Along with practicing mindful breathing to calm her, she uses a grounding technique. "I purposely wiggle my toes and tell my feet to feel the floor, even with shoes on; if I can 'feel' the floor under me, I'm more grounded," she says.

Rob Cole, a licensed mental health counselor and the clinical director of Mental Health Services at Banyan Treatment Center suggests these grounding and other anxiety-reducing techniques.

1. Take a moment to center yourself and bring yourself back into the present moment. Tune into 4 things around you that you can see, 3 things that you can touch, 2 things that you can smell, and 1 thing that you can taste (you can carry around mints, or gum, to use in this situation). You will distract yourself from the anxiety that is trying to take over your body.

2. Carry loose change or count backward by 3's. These techniques help those who are about to have a panic or anxiety attack by forcing the brain to focus on another, overriding activity. The act of counting at random intervals helps people to focus, overriding the anxious thoughts that are trying to creep in. Loose change is a great way to do this. Add a dime to a nickel and you have 15. Add another two pennies and you have 17, so on and so forth. By showing yourself that you are capable of controlling your thoughts by this systematic, deliberate counting, and focusing on something outside of yourself, you will begin to feel calmer. Similarly, count backward from 100 by intervals of 3. This is another way to force your brainpower onto a task that is not your anxious thoughts, allowing you to regain control of the situation.

3. Progressive muscle relaxation. Using relaxation exercises can be an effective way to reduce your stress and anxiety. Alternate between tensing and relaxing different muscle groups throughout the body. Tensing your muscles is a common symptom of anxiety and by learning to immediately relax those muscles you'll program your body to relax when it feels the tension.

4. Focus on one single task at a time. You will instantly feel less overwhelmed. If you are in the car, focus on staying in the middle of the lane. If you are at work or school, take care of the most important thing you need to do that day. Focusing on a single activity distracts your mind from the anxiety it is producing.

And speaking of activity, find something, be it coloring, doing a crossword puzzle, writing, knitting or anything else that occupies your hands and your mind will help keep anxiety at bay. Living with anxiety doesn't have to feel like a life sentence. Take a proactive role in your own mental health treatment and find techniques that work for you to help manage your anxiety.

MAGGIE'S CUPCAKE CAFE
SWEET CUSTOM TREATS

Place Your Order Today! Contact Rebekah Pierce at rebekah@rlpproductions.com

HEALTHY MANTRAS

COMPILED BY MARCY LAMBERT-PELLEGRINO

Positivity always wins…
Always.

Gary Vaynerchuk

Once you **choose hope**,
anything's possible.

Christopher Reeve

Keep **looking up**…
that's the secret of life.

Charlie Brown

You can, you should, and if you're
brave enough to start, you will.

Stephen King

The best way to predict the
future is to **create** it.

Abraham Lincoln

We can ***change*** our lives.
We can do, have, and be exactly
what we wish.

Tony Robbins

Source: wisdonquotes.com

BLUEBERRY JAM CREPES

BY CHEF COCO, FOUNDER & COOKIE CREATOR, FAVOUR COOOKIE COMPANY.

Let's celebrate our Mother's beyond May 10th! In these uncertain times, family is most important. Sharing May flowers now, when our loved ones can breathe in the sweet aroma, is priority. Food has always been my love language. Whenever I create our Mother's Day menu, I choose a showstopper.

This fresh Ricotta Blueberry Jam Crepe is sure to WOW! Your Mother is sure to taste the love in every bite. The crepe batter and ricotta must be prepared a day before and chilled completely. Don't be afraid; each recipe is super simple to prepare. The presentation looks elegant and your Mother will taste the love in every bite!

Crepe Batter Cook: 20 min Yield: 17 to 22 crepes

Ingredients:
- 2 large eggs
- 3/4 cup milk
- 1/2 cup water or crepe water
- 1 cup flour
- 3 tablespoons melted butter
- Butter, for coating the pan

Directions:
In a blender, combine all the ingredients and pulse for 10 seconds. Place the crepe batter in the refrigerator for 1 hour. The batter will keep for up to 48 hours. Heat a small non-stick pan. Add butter to coat. Pour just enough batter to coat bottom of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and remove to the cutting board. Allow them to cool. Continue until all batter is gone. After they have cooled, you can stack them and store in sealable plastic bags in the refrigerator for several days, or in the freezer for up to two months.

Ingredients for Fresh Ricotta:
- 2 quarts whole milk
- 1 cup heavy cream
- 1/2 teaspoon salt
- 1 tablespoon lemon zest
- 3 tablespoons fresh lemon juice
- large colander, fine-mesh cheesecloth
- 2 washed and sanitized quart mason jars

Preparation:
1. Line a large colander with a layer of heavy-duty (fine mesh) cheesecloth and place it over a large bowl. 2. Slowly bring milk, cream, and salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching. Add lemon juice, then reduce heat to low and simmer, stirring constantly (with a wooden spoon) until the mixture curdles, about 5 minutes. Remove from heat.
3. Pour the mixture into the lined colander and let it drain 1 hour. Reserve the liquid and pour into mason jar. Carefully transfer the ricotta to the remaining mason jar. Gently fold in the lemon zest. Store both liquid and ricotta in the refrigerator for 4 days if stored in the back of the fridge.

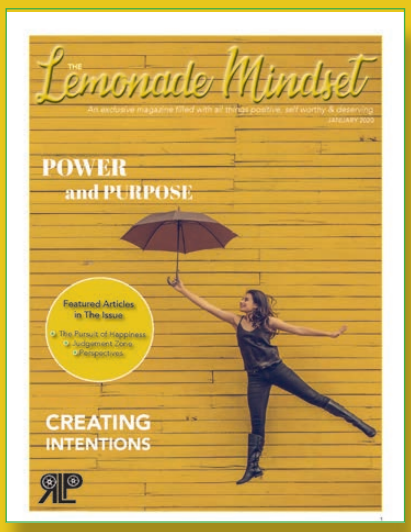
*Chef's tip: the liquid can be used to prepare the crepes and used in pancake batter.

Blueberry Jam
Ingredients:
- 3 1/2 c. fresh blueberries
- 1/2 c. granulated sugar
- Juice and zest of 1 lime
- 1 tsp cornstarch
- 1/2 tsp. pure vanilla extract
- 1 quart mason jar

Directions:
In a large sauce pan, over medium heat, combine blueberries, sugar, cornstarch, and lime juice. Cook, stirring frequently, until blueberries release their juice and mixture comes up to a boil, about 8 minutes. Continue cooking over medium heat until foam subsides and jam is thick, 12 to 15 minutes. Stir in lime zest and vanilla, transfer to clean mason jars and let cool to room temperature. Transfer to refrigerator and cool completely.

Now, let's build our beautiful crepes! Spoon several tablespoons of the fresh ricotta into the center of crepe, like burrito filling. Fold crepe over the filling. Drizzle jam over the top and dust with powdered sugar. Enjoy!

Chef Coco, Founder & Cookie Creator, Favour Coookie Company. Follow her at @favourcookiecompany on IG or @ favourcookiecompany on Facebook.



SUBSCRIBE TODAY TO *THE LEMONADE MINDSET MAGAZINE*
AT WWW.RLPPRODUCTIONS.COM