

PALM BEACH ILLUSTRATED®

TWO OF A KIND

LAURA AND BYRON RUSSELL
ON WORKING HARD—AND
PLAYING HARDER

MADAME MAYOR

MEET THE VISIONARY
WOMEN GUIDING OUR
CITIES FORWARD



SUMMER SIPS
WHAT TO SERVE
AT YOUR NEXT
POOL PARTY

LEADING THE WAY



GOOD NATURE

SLOW AND STEADY

HOW A LANGUID YET INTENTIONAL MINDSET CAN OPEN UP YOUR WORLD

BY TAMMY FENDER

As a holistic practitioner, I've advocated for slow care for many years. I encourage my clients to move at nature's pace and embrace long-term wellness solutions rather than short-term quick fixes.

By taking it slow, you give yourself the opportunity to experience the world in a whole new way. You might take in sounds that you otherwise would have missed—a trilling bird call, the hushed rhythm of the ocean. When you live with slow intention, your sense of smell is heightened. You can also see with more clarity, both externally and internally, enabling your own realizations to rise to the surface of consciousness. This is something I see often in my treatment room. By pausing for that hour, clients allow new thoughts and ideas to appear in a way that feels magical. We all have the ability to access the beauty of our own wisdom when we simply slow down.

For many of us, however, this is easier said than done. I've seen people rush into the treatment room for a relaxing session and then rush right back out again. Still, I know that taking our time and being intentional amplifies every gesture we make toward wellness. And, while hurrying self-care is better than no self-care at all, the summertime offers a wonderful opportunity to dissolve some of our expectations around getting things done, especially in South Florida, where the heat necessitates a more measured tempo.

Watching the dragon fruit, mango, and avocado trees in our garden helps me pace myself. I love to observe the vibrant blossoms gradually transform into the most delicious fruit. It instills within me a reverence for the plant's understanding of time: never rushing, but never stagnant.

Another great invitation for slowness comes in letting go of the body's weight—in a pool or the ocean, a hammock or a swing, anything that has a cradling effect. Through our sense of proprioception, we can invite the nervous system to decelerate, thereby shedding resistance and surrendering both physically and mentally. After all, fall, with all its excitement and busyness, will be here soon enough. There's no better way to meet the season than refreshed, renewed, and relaxed. ◀◀