

TLP Five-Minute Read Over Coffee – Taking little moments to garden watch



I had a very cool chat with a client on Monday. We talked about the change of seasons - from summer to autumn. Two things occurred to me about this chat!

➡ Firstly - I am a big autumn fan. I look forward to the freshness in the air - that happens some time in September. For me walking in my local woods in autumn and seeing the kaleidoscope of reds, oranges and browns is seriously cool. Little things like seeing mushrooms - in all their peculiar and crazy shapes - can keep me occupied for a long time 😊!!! Part of this is also admitting that I am not great in summer heat (anything over 25 degrees and I start to get red and flustered 😊 😊).

➡ The second reflection came from what my client said to me. She admitted to feeling really disconnected from the changes of season over the last few

years. She just did not have the headspace to notice what was going on around her. Big projects at work and the hurly burly of everyday life had blurred out the nature all around her.

💡 Her reflection provided a timely reminder to me of what I call a 'little/big thing'. A quality of life marker for me is taking the time most days just to sit on my terrace and look at my garden with a cup of coffee or tea. Taking the time to see what is happening and how the seasons are evolving in my own little bubble of nature.

💡 We are talking just five or 10 minutes and rationally most days I have the time for that. What is interesting is how we can all slip into a type of rushed/anxious mentality where even these little moments can slip away. So while garden watching might not be your thing! - affording yourself those little moments does feel really important. As often quoted - it is the little pleasures that give colour to everyday life.
