CULTIVATING COURAGE WITH CHAILLE



Chaille DeFaria

Stepping Back Into Life

By Chaille DeFaria PCC, CDWF

Are you still struggling to get out into the world and participate in fun activities since the pandemic ended? Is it challenging to get out of the house and socialize or engage with large groups of people? If so, I get it.

Still Facing Post-Pandemic

Getting "back out there" has become a challenge for many of us. Fear and anxiety quickly forced us inside our living spaces where we were forced to manage every aspect of our lives. What use to be a place of rest quickly turned into an environment for work, school, day care, the sick, added friends and family members and so much more. The outside world shut down and we were forced to re-design our survival skills.

Suffice it to say we learned to adapt to more insular, isolated existence. So, now why bother leaving the comfort of home? For many, staying home has made it easier to show up for work, but Zoom, social media, exercise, and watching TV are not the same as engaging "in person." We are wired for human connection, not technology.

I will admit it has not been easy for me. In this uncertain world there are many things we can fear, but do we let fear win? What if we practice recognizing that being afraid is another feeling of uncertainty. None of us like not knowing, but we face it every day.

This is an opportunity to choose courage over worry. Being afraid only holds us back from our potential to experience joy and possibility. If we are aware that being brave is uncomfortable but also rewarding, maybe we need to think outside ourselves.

Lately, nature has been reminding people all over the world how quickly everything can change in a minute. Here in SoCal we have been so very fortunate. The rain has given us desperately needed water, painted our mountains green, and infused an unprecedented beauty of wildflowers in super-bloom. Embrace this metaphor as an opportunity to take a deep breath and step back into this beautiful life we are so fortunate to breathe in.

ChailleDeFaria.com

Chaille DeFaria is a Certified Professional Co-Active Coach, Professional Certified Coach, Certified Neuroscience Coach, and a member of TLC board of directors. She coaches adults, young adults, teens and parents around the world virtually.

Culver City Dental

FREE CONSULTATION
310-398-1622 | CulverCityDental.com

DO YOUR DENTURES HAVE A MIND OF THEIR OWN?
Are you tired of having loose dentures?



Would you like to have a customized set of dentures that:
Snap into place for a secure, non-slip fit?

Call to schedule time with Dr. Dan to learn how your dentures can now be supported and held in place by dental implants.



Snap-In-Place Bottom Implant Denture

5432 S. Sepulveda Blvd., Suite A, Culver City, CA 90230

yelp 249 Reviews ★★★★★

Dan Beroukhim, DDS
Family and Implant Dentistry





CULVER CITY Toyota

IS YOUR CAR READY FOR SUMMER?

Make sure your vehicle is safe to drive and check these common maintenance items before you hit the road. If you need service, schedule your appointment at Culver City Toyota and we'll get you taken care of!



TIRES

Place a quarter upside down on each tire. If you can see George's entire head, you should replace your tires.



WIPER BLADES

Check each blade. Are they damaged and/or leaving behind streaks? Time for a new set!



OIL CHANGE

When was the last time you changed your oil? Check your vehicle's oil change guidelines, and if it's been longer than recommended, give us a call!



CABIN FILTER

Toyota recommends changing the cabin air filter about every 15,000 miles. If yours needs to be replaced, we're here for you!

SCAN TO SCHEDULE YOUR SERVICE TODAY!

9077 WASHINGTON BLVD.
CULVER CITY, CA 90232
SERVICE DEPARTMENT: 310-559-3777