

Practical Daily Pleasure-- Creating Pleasurable Habits

Post by “wynnho” of November 5, 2019 at 8:44 PM

this subject is what I came to this site for...practical things, not just ideological. And it is empty.

I haven't eaten mammals or fowl for 33 years or so, but 2 years ago went vegan. i try to eat whole foods plant-based/WFPB (low oil). i try to be as minimalist as my current budget will allow, but have more items to eliminate once I find suitable replacements...and I love Marie Kondo's saying, "If it doesn't spark joy, get rid of it". I used to grow some produce, but now live in a metro area. I hope to do edible landscaping again.

I love pets, but am no longer sure this i true simplicity. But, i am single, so I think a pet helps me with health. I am human and need affection and someone to care for. When my 12 year old dog passes away, I may not replace him...at least until the next stray comes along. I struggle in this area: what is and isn't my duty and when does caring for a pet become self-sacrifice. Case-by-case, I guess. My current dog is a breeze, but some pets aren't.

I mostly stopped wearing make-up, fingernail polish (i do my toes, though), and gave away (grudgingly) all of my high heels.

I've tried to minimize my wardrobe, but am working on the drabness of it. Since color brings me joy, I need to incorporate more. The balance between efficiency and the pleasure of that pop of color is hard to obtain as of yet.

But, i have found the right home color pallet that it simply yet brings a peaceful, pleasant touch of color.

Back to my diet: because steaming and microwaving retain the most nutrients, color, and taste, this is what I do. it also minimizes Advanced Glycation Endproducts. I am trying to avoid grains for various reasons: addictive, high methionine to lysine ratio, can't grow and clean easily at home, and most require sauces/spreads which add a mess and calories.

I try to minimize waste, but find zero waste almost impossible...it prevents joy!

I use dishes and cookware and other items that have multiple functions.

I buy socks in packs so that all or most of my socks will match...cheaper and easier to do laundry....if one gets a hole/gets ruined, it'll match others.

I try to always drive a Honda since I have more of a chance to understand how things under the hood work...vs. having a different make and model each time I buy a car. And, i try to buy

quality and ease of maintenance over "bells and whistles".

I try to avoid A/C, but need heat...depends on where I live. This meaning I need breathable storage areas, so usually open shelves or breathable doors to allow for air flow. I have gotten used to having a mattress or futon on the floor....no frame to take up space or that has to be moved if I move. All of my belongings can be broken down/unscrewed to move if need be and can be arranged in a few ways...flexibility means buying less stuff.

I have many pretty airtight jars that can store dry foods....helps with self-sufficiency somewhat, less trips to the grocery store, less electricity used...

I mostly quit drinking coffee because the clean up (stains) and the rank breath were more of a burden compared to tea.

All of my linens are in the same color family (light) so can go in one wash. I am struggling with the clothing color pallet...but, now it is mostly darks which can all go in one wash without ruining anything.

For health reasons, I eat an 'intermittent fast' which is basically NOT a fast at all, but an eating window. I find it can help with simplicity a bit....no breakfast, but a soy shake at 10 am, which may be around break time at many jobs...and my last meal is at or just before 6 p.m. I don't like to eat out usually, so this helps with an excuse to not eat out.

I've mostly kept the same dress/pants size for 40 years or so and this means I may still have some classic styles of well-made clothes from 20+ years ago. My dad taught me that trick....I used to laugh when he'd show off his jackets that were 30+ years old and he'd tell me all about getting elbow patches put on them.

Though I like books, having no A/C makes them difficult to keep, so I try to keep files on flash drives and find it much more efficient than real books (sacrilege, I know).

I would love any other practical ideas.