



# WRITING PORTFOLIO

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## MEDITATION FOR THE MODERN WORKING WOMAN

For years I struggled with debilitating anxiety and panic attacks that would come out of nowhere. I tried everything from supplements, exercise, gravity blankets, essential oils and seeking help from doctors. While each practice helped in their own way, nothing quite changed my life like meditation.

I started meditating one year ago when I was at a pretty low point. I had recently graduated from college and didn't have a job, my relationship with my partner had hit a rocky point and overall, I was lost as to what my next steps were. I had heard about meditation a couple of times but didn't understand the concept or how it could help. You want me to just sit there and close my eyes for ten minutes? What effect is that going to have? Finally, my mom convinced me to read a little-known book called "unplug" by Suze Yalof Schwartz. Still hesitant and convinced it was a book about "unplugging from technology" I reluctantly started reading.

From page two I was hooked, Suze quotes herself as a type-A personality who once upon a time thought, "sitting still seemed not only impossible and like torture, but a waste of time." Suze is a former editor at well-known literary magazines like Vogue, Elle, Marie Claire and Glamour, who left it all behind to open a meditation studio and app. I was officially convinced there was something to be said here.

As a former skeptic, what really convinced me was Suze's appeal to the modern, hard-working generation that we have all become. You don't need to love yoga or sage your house to meditate. You just need to believe in self-care and taking five minutes to reset after a long day.

That December I made a trip to Los Angeles and visited one of her studios. It was my first time meditating and I had no idea what to expect. Similar to any workout class, I walked into the studio, signed up and waited to go into the room. It was a breathwork class and I didn't know what that meant. The very Zen woman at the front desk explained to me that we would be actively breathing for 45 minutes. That I might feel some tingling in my hands or light-headedness, but it would all be fine since I was lying down.

We went inside and our teacher sat at the front on a cushion, we all had our own and would for the next forty-five minutes meditate. Forty-five minutes. The same as a spin class or a tv show, how was I supposed to lay there for that long without getting bored or needing to move?

Our instructor showed us the proper breathing techniques and turned on a really great playlist of music I didn't expect and would listen to regularly. Then we just started and after what felt like ten minutes, it was over. I couldn't believe the time that had passed. At first, it was hard to get into and took a lot of work. However, I powered through and eventually, the breath settled in, becoming easier. I did feel tingling in my hands, face, and knees, but I just let it pass. In the end, the teacher slowed down the music and we returned to our regular breath. I felt as though every bad thought, feeling, and emotion had been removed from my body. I stood up and instantly smiled, I could not stop smiling. I felt happy and like an entire weight I had been carrying around for who knows how long had been lifted off my shoulders. I wanted to relive those forty-five minutes over and over again. I was sad that I would be leaving and couldn't go to a class the next day.

I know it's hard to believe me when I say that this one class changed my life, but it really did. I flew back home, downloaded the unplug app, and continued on my journey of meditation. It became a part of my routine, like brushing my teeth or having a shower. I would meditate in the morning and again at night. Sometimes I would fall out of the routine, and when I did, I noticed my anxiety start to creep back in.

A couple of months later I had a job opportunity in L.A., so I moved to a new city and immediately joined unplug. My life forever changing. Every time I walk into that studio after a long day, or on the morning of a great day, I feel a sense of relief wash over me. I have had classes where I leave discovering wonderful revelations about myself. Some classes where I just enjoy the break from my life and the reset of my mind. Each one is different and each one is worth it. Meditation hasn't become a tool I use to eliminate my anxiety; it is the reason I no longer live with anxiety.

A year later and I have gained so much more than the reason I first walked into unplug. I have met a group of amazing people and found a passion of mine that I love to share with others. There is nothing else like the first time you meditate in that class. I have brought friends and family, and each time they have the same reaction. I have also uncovered so many more resources. For those who don't live in the same city as an unplug, there are apps, websites, and many amazing books. The tools are at your fingertips and there is no better time to start.

Sources:Yalof Schwartz, Suze. Unplug. New York, Crown Publishing Group, 2017.

## 6 FEEL-GOOD TV SHOWS TO BOOST YOUR MOOD RIGHT NOW

We are currently living in a unique time and it's completely understandable, that you might be feeling more stress, anxiety, or nervousness. There's no perfect way to make all that go away, however, sometimes turning on the TV to your favorite comedian or a lighthearted sitcom, can make you feel more relaxed. If you need a laugh or simply some great entertainment, these shows are sure to turn your mood around.

**Ellen** – When you hear the name Ellen, you can't help but smile. Whether she's dancing it out with our favorite celebrities, playing heads up or bringing tears of joy to our eyes with inspirational stories from incredible humans. Ellen is always worth our time. Watch on [EllenTV.com](http://EllenTV.com).

**Grace and Frankie** – The combo of Jane Fonda and Lily Tomlin surviving life together after their divorces is everything we need in life. You may not be able to hang out with your friends right now, but you'll find two new ones in this amazing duo. Catch it on Netflix.

**Friends** – If for some reason you have never seen every episode of Friends, or even if you have, there's no better time to watch the show. You can even draw inspiration on how to clean from Monica, or fun games to play from Chandler and Joey. If nothing else, it is guaranteed to make you feel good. Episodes and complete seasons are available to purchase on Amazon Video, Apple TV, Google Play, and Vudu.

**Queer Eye** – There's no better way to brighten your day than with the fab five. Inspirational stories, the beauty of accepting one another, and encouraging people to step outside their comfort zone. This show displays the best of people in every way. Watch all episodes on Netflix.

**The Final Table** – If you are looking for a great new cooking show, the Final Table is it. Top chefs from every country compete to be the best in the world. Each week they cook a plate from a different country and celebrities, and fellow chefs judge whose plate is the best. All episodes available on Netflix.

**Fixer Upper** – Everybody needs a little Chip and Johanna in their lives, and if you haven't gotten on board with America's favorite couple, there's no better time. Watch them navigate renovating homes, their family life, and love all on HGTV.

# BLOG POSTS

## HULU'S "DOLLFACE" IS THE GENTLE REMINDER TO PICK UP THE PHONE AND CALL YOUR BEST FRIENDS

In the world of film and television, where women can sometimes be pitted against each other over things like boys, getting a promotion or being popular, Dollface is a breath of fresh air and a reminder of how important female friendships are.

Dollface begins when, “Jules” played by Kat Dennings, is dumped by her boyfriends over a plate of huevos rancheros at brunch. Realizing she has no one and nowhere to turn, she decides to reach out to her old college roommate. When, “Madison” played by Brenda Song, opens the door to her former best friend, the first words out of her mouth are “he dumped you didn’t he.” Indicating an all too well-known understanding of “we’ve been there before.”

Dollface takes a raw look into just how awesome having a group of close girlfriends is. Whether it’s for Sunday brunch reality tv marathons, attending a women’s march or being there for one another when the guy you thought was “the one” turns out to be nothing more than a loser. It shows one woman’s evolution of discovering who she is without someone by her side and that having girlfriends for life is just as important.

We’ve all been guilty of putting our lives on hold when we get into a new relationship, it’s exciting, new and fun, but what happens when we forget about the ones who have been there through thick and thin. Carried us home after drunken nights, had shoulders we could cry on and most importantly, celebrated being the badass women that we are. There’s something to be said about the power of female friendships that isn’t comparable to a boyfriend, co-workers, or even your mom (moms come second best though).

Sometimes it can feel like finding that core group is hard, especially if you move to a new city, or have simply lost touch with people. I recently moved to Los Angeles and struggled to make friends. I had left behind a solid group back home and wanted to recreate that here. I tried Bumble BFF, I reached out to acquaintances, and I even connected with one blogger on Instagram. It took time, in some ways it was similar to dating, taking time out of my day to meet up with different girls for coffee or drinks, and sometimes we would connect, sometimes we wouldn’t.

There were days where I just wanted someone to sit on the couch and watch movies with but didn't have. There were times when I put in more effort than they did, but every once in a while, one girl would come around and we would bond over our love of yoga or the bachelor and it made all the struggles seem worth it. At the end of the day, I never quite replaced my girl squad from home, but I did find a group of girls that I felt I could turn to if I ever needed a place to crash, someone to watch the bachelor with or even relationship advice.

I may not have the close nit friendships that Dollface portrays, but it certainly inspired me to pick up the phone and make plans with the girls I do have in my life. After all, there are just some moments in life that only girlfriends can understand or be there for. We have to support one another and be there through the tough moments. If you haven't already indulged in this very binge-able series, I suggest you get on it. Invite your very best girlfriends over, pour a glass of wine and celebrate being friends.

# WHY NETFLIX'S THE GOOP LAB IS THE INTRO TO MODERN MEDICINE EVERYONE NEEDS TO SEE

I am no foreigner to “modern medicine,” my mom is a Reiki healer, I’m a breathwork teacher and for as long as I can remember my family has always adopted the method of try everything before you take the medication.

(I won’t pretend to be an expert here on either side. I can only share my experiences and what I’ve learned.)

When you think of the word Goop you probably think of a weird, holistic, extreme version of health or yoni balls. At least that’s what I used to think until I watched the Goop Lab. In the series’ six episodes, we go behind the scenes of many once laughed at practices, such as cold therapy, psychedelics, energy healing, mediums, dietary plans and facial practices as well as one of the perhaps most talked about episodes where Dr. Dodson teaches the topic of women’s pleasure.

Looking back at the history of these topics, most people would have been ridiculed for even discussing them. Dare I say burned at the stake and forced to hide what they believed to be true and real. I come from a place of being one of those people who thought meditation was impossible, that energy healing was weird and don’t even get me started on mediums. However, when you learn to let go of the pre-established skepticism that has been forced upon us through societal realms, you can experience something far beyond science-based facts.

The beauty of living in the 21st century is that these glorious methods of healing are now coming out of hiding and being talked about. They are being shown on your television screen! I know I live in Los Angeles, a rather forward-thinking city where you go to parties and have discussions about the best meditation studios or what astrology sign the other person is. But if you look at the studies being done all around the world to show that these methods have worked on people, I feel that soon everyone will get on board.

So, let’s break down the Goop Lab, for those of you that still are skeptics. As people we like to see results. Show me the studies, show me the facts, I need the proof that this works, before I do it. Well for all of the science-based lovers out there, take a chance on the Goop Lab, it might surprise you. Each episode explains in detail the practice then shows studies and real human being case subjects. People who have been cured from diseases, sleeping disorders, stress and anxiety.

A familiar Wim Hof comes on board to share his practice of Cold Therapy, a method that involves actively breathing and then a cold bath/shower. The process resets the system and is shown to reduce stress and anxiety.

The energy experience displays John Amaral conducting energy healings on a group of Goop employees. While they look to be having exorcisms, Amaral is actually within their field of energy and releasing different areas of stuck energy. There are people crying, laughing, coughing. It is quite the episode.

Then finally the most shock-worthy episode, where Betty Dodson discusses the female orgasm in all its depth. We see one goop employee's story with her sexuality, they discuss shame and finally in the end show the practice of one woman orgasming through the Dodson method.

These methods of wellness that are shared in each episode can seem radical; they can seem a little far-fetched. However maybe they aren't? Today the human race is more addicted to technology than ever before, people are over-worked, over-stressed and as a result being diagnosed with terrible diseases that are untreatable. In my opinion, we can take the medication, but why not try something else as well? What if the panic disorder you've been living with could go away through cold therapy? What if your sex life could improve by the legendary Betty Dodson? These methods that are shared can't be proven by a list of scientific studies and facts, but just because they can't be proven does that mean they aren't real? That they can't work? We once thought the earth was flat. Every day we learn more and more about health and wellness, what is "good" for us and what is "bad." I just the other day read a study on how the tea bags I've been using for the past five years are leaking chemicals into my body. Knowledge is power, but experience is revolutionary. It could even change your life and since we only have one, what do you have to lose?

# COPYWRITING

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one cup of  
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