

# Change and Personal Growth

May 2020 Newsletter

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[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## Change

Change is inevitable but personal growth is a choice.

COVID 19 has thrust change upon us and our lifestyles in a way that was inconceivable three months ago. As we head into the summer we will have made many changes, some of them through necessity. What have we learnt about ourselves from this enforced change?

challenges, so don't blame yourself if you are experiencing fear, anxiety, a sense of hopelessness or even panic attacks. These are all normal responses to sudden and unexpected negative change. Learning to deal with negative emotions positively is important because they are among the strongest influences that weaken our immunity.

## Manage Stress Positively

- ***One to one confidential counselling sessions to deal with anxiety and feelings of panic***
- ***Learn positive techniques to dissolve confusion and regain mental clarity.***
- ***Free Consultation and introductory session***

Research suggests that every time we repeat a pattern in our life, whether it is positive or negative, we strengthen the thoughts and emotions connected with it. As a result we often come to believe that is how we are and that we can't change.

However this is far from the truth as we have all adapted and changed our lifestyles overnight. Coping with unexpected change and loss is one of life's biggest

Managing stress positively during this pandemic will help you stay healthy and well.

Remember, feelings are not facts – they are our emotional responses to what we feel the situation to be.

Contact me for a free consultation and introductory session or to enroll on a short course to help you regain balance and positive energy.

## Marie Wellness clinic

As you can see the theme this month is all about change. Maslow believed that in order for a person to change it was necessary for them to change their self-image, how they perceive themselves. If we currently see ourselves as having low self-worth then changing that belief will change what we attend to and what goals we will allow ourselves to pursue.

The Personal Orientation Inventory is a Self - Assessment which shows you how you see yourself and the kind of person you believe yourself to be. If you would like to take the test and receive a free feedback session and your results on a personalized graph please contact me:

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