

# Anxiety and Depression

July 2020 Newsletter

7/1/2020

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

## Worry

Worry and anxiety are among the strongest influences that weaken our immune system. Ongoing, unresolved negative situations wear down our energy and motivation and can lead to feelings of hopelessness and depression. We may find that our sleeping and eating patterns are negatively affected and our sense of wellbeing has evaporated.

lives is one of the main causes of stress and lack of wellbeing.

However, if we can alter how we respond to external events by taking a constructive approach then we are more likely to feel empowered and gain confidence in dealing with future events in a more optimal way. **Here are three strategies that you may find helpful.**

## Manage Stress Positively

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

We have all been through a time of change and adversity in the last few months. This may have included losing our job, living in isolation or the loss of an important relationship or future plans.

A tendency to worry and blame ourselves for the difficulties, combined with a lack of coping strategies, can lead to further unhappiness and stress. The feeling of loss of control in our

**Find time every day to take some exercise. Even 30 minutes will help raise your self-esteem and increase your energy.**

**Spend quality time talking to people who care about you and can help you gain a different perspective on your situation.**

**Do something kind and thoughtful for someone else.**

## Marie Wellness Clinic

This month the theme is all about coping strategies.

“The fact that the mind rules the body is, in spite of its neglect by biology and medicine, the most fundamental fact we know about life.” Dr Franz Alexander (1987)

Depression and negative thinking is linked to our internal belief system that assigns blame to self and leads to a pessimistic view of the future.

It is possible to change our way of perceiving the world to a more positive style.

Remember when one door closes another opens and it is always a better door.

Contact me on 050 1087592

[marie@mariewellnessclinic.com](mailto:marie@mariewellnessclinic.com)