

Managing Change

September 2020 Newsletter

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Adapting to Change

Although change is inevitable it can create a considerable amount of upheaval and turmoil even if it is a desired change.

COVID 19 has been the catalyst for so much change this year and we have all been affected in different ways. While concerns about our health and wellbeing remain paramount in our life, job loss, resulting in enforced

have shocked and hurt you deeply. Often the profound emotional impact of job loss tends to be ignored when dealing with the need to relocate, find another job and resolve financial issues. The inescapable stress caused by these changes can be overwhelming.

Taking time out to resolve the

Manage Stress Positively

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

relocation, is one of the most recurrent negative outcomes that is creating stress and anxiety about the future. Our initial response to sudden change can be shocked disbelief, loss of confidence and inner turmoil.

What happened is not always the determining factor but more how we perceive what has happened and how it has impacted us.

What might look like an inevitable outcome to others may

emotional effect of loss may allow you the perfect opportunity to reevaluate your career choice and make real progress towards the future you want to create.

Successful people tend to keep positive in the face of change, exploring new and creative ways to achieve their desired result.

Marie Wellness clinic

As you can see the theme this month is all about the stress of managing change.

Most of the tension and stress that we struggle to deal with in our daily life is not based on new issues but on the recurrence of old memories that are being triggered.

Untangling past losses and upsets leads to new ways of responding to events and as a result we find ourselves living in a happier stress free situation.

Taking time to untangle your past will bring you renewed energy and happiness in your daily life.

Call me for a free initial consultation and introductory session

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