

# Something to look forward to!

November 2020 Newsletter

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

## Change the story

Every year around now we tend to countdown to the holidays, the seasonal festivities; and enter into the spirit of giving.

This year our travel plans may have gone awry and we may not be filled with optimism and goodwill. With nothing in particular to look forward to we may start feeling listless and bored. But have things really

anxious and distressed often prevents us from sharing our concerns and can result in feeling even more isolated.

If you know someone who is struggling reach out and let them know you care. Find out what they need. Helping someone else can make you feel happier too.

Plan one fun thing to look

## 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*

changed? Even if our home country is in lockdown we can send gifts, connect online and plan some fun activities to participate in with our family and friends. Having something to look forward to gives us focus and enthusiasm.

If you are feeling down and unhappy at the moment reach out to someone you can talk to. Don't suffer in silence. The stigma attached to feeling

forward to every week and notice how everything starts to feel more manageable and how you start to feel more enthusiastic and positive.

**Make a list of 7 things you enjoy doing.**

**Plan to do one each week for the next 7 weeks.**

**Don't overthink things – start now!**

## Marie Wellness Clinic

This month the theme is all about finding happiness in having something to look forward to.

“Happiness always comes from within, it is found by making peace with the past and looking forward to the future.”

In reality we all want to feel happy and enjoy our lives. So why don't we? It is possible to free ourselves from nagging insecurities, negative feelings, and a host of other unwanted fears and anxieties. Discovering the root causes of these mental monsters can free us from the internal minefield and allow us to gain certainty and confidence in creating the future we desire.

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