

Spring into Action

March 2021 Newsletter

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www.mariewellnessclinic.com

Action Cures Fear

Fear, worry and anxiety can haunt our lives and keep us trapped in unhappy situations. During this unsettled time where we face unknowns in many aspects of our lives, fear and anxiety can dominate our thoughts and prevent us from moving forward. However, take action and fear disappears.

Spring is in the air. It is time for

alleviate your fear. Here are some suggestions.

Job loss, try talking to your boss to discover the facts.

Losing your partner, communicate your feelings.

Illness, talk to your doctor

Exam failure, use your worry time to study and revise.

Things outside your control, reach out and communicate



optimism and new beginnings. These beautiful snowdrops have struggled beneath the cold earth for months preparing to flower. Despite the many adversities they may have to face, they have burst into life and are bringing joy to the world.

If you find yourself beset by fear and anxiety, sit down and try to analyze what it is you are worrying about. There is always something you can do to

with your friends. You are not alone and many people are struggling to find balance during this uncertain period.

Taking action really does empower you. Doing nothing destroys your confidence and strengthens fear. Don't suffer in silence. The stigma attached to feeling anxious and distressed often prevents us from sharing our concerns. Call me for a free consultation. **0501087592**

Marie Wellness Clinic

This month the theme is all about taking action.

"Bloom where you are planted." Anon

Try to be fruitful and productive wherever you find yourself this month. Let the joy and optimism of Spring enter your soul. We may find that our future plans are still unsettled as the world continues to adjust to the disruption caused by the pandemic. Life is a journey and this is an unforeseen episode. Imagine if your car broke down on a trip or the road was closed. You would not give up, you would find a mechanic or take a detour. Focus on your desired destination and keep going. Gain confidence and clarity to create your future.

Contact me on 050 1087592