

Happiness and Wellbeing

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www.mariewellnessclinic.com

Wellbeing Holidays

Summer is finally here! Are you dreaming of a relaxing holiday? A chance to rest and reflect and recharge your batteries. Around the world during this pandemic **staycations** have replaced the excitement of faraway exotic **vacations**.

But regardless of the location most of us find that after a few days of relaxation we start to reconnect with ourselves and our

when the holiday ended and we returned to our usual routines?

Maslow believed that in order for a person to change it was necessary for them to change their self-image, how they perceived themselves. Every time we repeat a pattern in our life, whether it is positive or negative, we strengthen the thoughts and emotions



attention turns to visualizing a more desirable future. Without the stress and struggles of our usual routine we suddenly discover joy in nature and maybe even rekindle our interest in an old hobby or embark on a new exciting one. Holidays allow us the space and time to just be.

Wouldn't it be wonderful if these feelings of happiness and wellbeing remained with us

connected with it. As a result we often come to believe that is how we are and that we can't change.

We all have the potential to create the life we want but we have to believe we are worthy of it.

Wellness Week Holidays can help you change your life and find the inner happiness.

Book your exciting Wellness Week Holiday Now!

- Discover your passion
- Gain peace of mind
 - Inner clarity
 - Freedom from worry and anxiety
- Recover from past disappointments and losses
- Increase physical fitness
- Build the future you are dreaming of

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