

Stress Less and Feel Better

August 2021 Newsletter

8/1/2021

www.mariewellnessclinic.com

Rethinking Your Life

Stress occurs when there is a lack of balance between the perceived needs of a situation and our perceived ability to cope with it. Our responses to stress are mainly felt in our body. Whether acute or chronic it affects us in negative ways as our bodies defense systems work to help us deal with it. Long term stress leads to exhaustion and illness because it depresses the

find a different approach to resolving it. Focus your attention on finding a positive solution.

Here are some stress busting strategies you might find helpful:

Everyday find time to go for a walk to get some fresh air and sunshine.



efficiency of our immune system.

Learning to stress less and find time for laughter and fun are essential to your health and well-being. Deadlines, difficult colleagues and a demanding job may make you feel stressed and powerless.

Write down what you are most concerned about in any situation.

Taking positive action can help you to review the situation and

Play your favourite music and relax for twenty minutes.

Spend time with a supportive friend and share your concerns.

Focus on things you can change, ignore the external obstacles that are outside your control.

Treat yourself kindly, there is only one You on the planet.

Marie Wellness Clinic

This month the theme is all about stressing less and enjoying life more.

“Remember stress does not come from what is going on in your life. It comes from your thoughts about what’s going on in your life.”

There are always obstacles to overcome, some type of barrier usually exists between us and what we most want.

Discovering how we are creating the barriers within can help us resolve it. If negative thoughts really are overwhelming your ability to make positive changes in your life, then it may be time to seek some professional help. Why not call me for a free consultation on

050 1087592

marie@mariewellnessclinic.com