

One Step at a Time

October 2021 Newsletter

10/1/2021

www.mariewellnessclinic.com

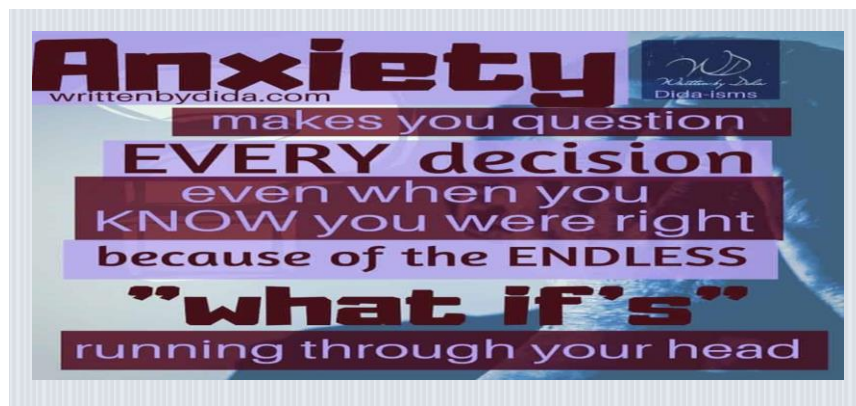
Worry and Anxiety

When we feel troubled about potential problems and there is an unknown but threatening aspect to a possible outcome we can start to feel worried and anxious. **These apprehensive feelings stem from our minds' interpretation of imagined dangers.** To make matters worse they are often accompanied by physical symptoms such as tightness in the chest, increased

Every time we repeat a pattern in our life, whether it is positive or negative, we strengthen the thoughts and emotions connected with it. As a result we often come to believe that is how we are and that we can't change.

But we can change! Try this:

Next time you are faced with a



heart rate, upset stomach and sweating or shaking.

These intense feelings can make us feel that the imagined dangers are real and that we are unable to cope with them. If we get into the habit of worrying, it can wear us down and diminish our confidence and ability to take action and make decisions.

problem visualize a positive outcome and notice how you start to feel more energized and happy.

If you develop the habit of positive thinking, your mind will help you to visualize positive outcomes to potential problems.

Hakuna Matata!!

As you can see the theme this month is all about changing the worry habit and the thought patterns that are associated with it.

Most of the tension and stress that we struggle with in our daily life has its roots in the past.

Self-Discovery sessions can help you:

Gain peace of mind

Freedom from worry and anxiety

Recover from past disappointments and losses

Discover your passion

Build the future you are dreaming of

Call Marie on 050 1087592

marie@mariewellnessclinic.com