

Life is for Living

November 2021 Newsletter

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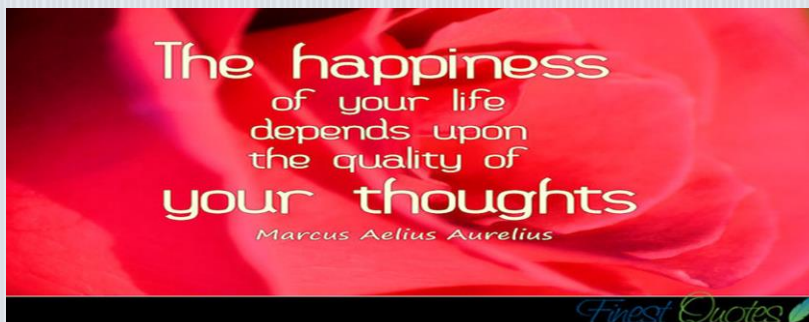
Live Love Laugh

Happy people create an air of positivity and wellbeing and seem to find enjoyment in everything they do. Living in the now and being in the moment increases our concentration and focus.

Mental wellness is not just for the lucky few who seem to breeze through life, but for all of us.

This month starts the countdown to the Winter Break and the season of goodwill and optimism. This year your travel plans may actually materialize and you may be feeling that certainty and stability are returning to your life.

Now seems the perfect time to listen to your heart and hear



Focusing on what really matters to you is essential because your wellbeing is important. Taking time to connect with your emotions and being true to your values are as necessary to your wellbeing as eating properly and taking exercise. I think the pandemic was a reminder that our mental health and inner happiness are crucial and need to be given priority in our lifestyle choices.

what really matters to you.

Plan your life to include devoting time to your priorities and notice how you start to feel more enthusiastic and positive.

If you are struggling to make the changes you desire, why not call me for a free consultation and introductory session. Marie 0501087592

Marie Wellness Clinic

This month the theme is all about finding out what matters to you and prioritising your mental wellbeing.

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

If you are feeling down and unhappy at the moment don't suffer in silence. The stigma attached to feeling anxious and distressed often prevents us from sharing our concerns which can result in feeling even more isolated.

Your mental wellness is important and sometimes just chatting about your concerns can unravel the problem.

Contact me on 050 1087592

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