

When the Going Gets Tough..

January 2022 Newsletter

1/1/2022

www.mariewellnessclinic.com

Wishing You a Happy 2022

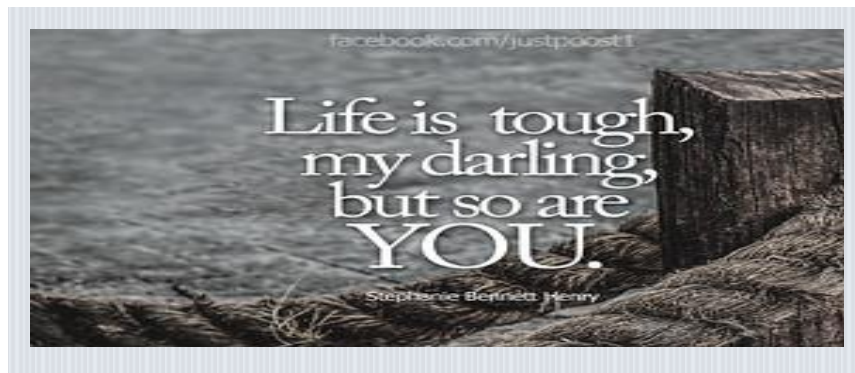
Just when we thought it was all over, Covid throws a curve ball. We are instantly reminded of earlier times when the pandemic occupied center stage in the news and media, creating worldwide fear and uncertainty.

Although the new variant is different our attention can easily get pulled back to the past and some of our earlier fears and worries may resurface. This

Starting 2022 with a positive mindset will help you stay healthy and well.

You have already survived difficult times and you have become stronger and more resilient as a result.

Remember when the going gets tough, everyone struggles. You are not alone, reach out, help others if you can and stay positive.



tendency of our mind to remember negative events from the past can create a cloud over our lives and take away our enthusiasm for the future.

Learning to live in the present moment and deal with negative emotions positively is crucial to our wellbeing. Stress is one of the strongest influences that weakens our immunity and steals our energy.

“Don’t be discouraged. It is often the last key in the bunch that opens the lock.” Unknown.

Staying true to your own goals and values gives you motivation and focus. You have the power to create the life you want.

Happy 2022, May it be your Best Year Ever.

With Love, Marie

Take a Break have a Wellness Week Holiday

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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