

Spread the Kindness

December 2021 Newsletter

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Kindness

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

Why not make December a month dedicated to being kind to yourself and others? Having empathy and compassion play a large part in bringing about lasting mental well-being. A sincere thank you and a smile can often change someone’s day

Even Darwin, better known for his “survival of the fittest” theory, believed that we are instinctively a caring and sympathetic species.

Don’t forget to be kind to yourself too. Studies show that being self-critical can lead to anxiety and depression. Acknowledge your uniqueness and the gifts you bring.



by making them feel appreciated and valued.

Life has been tough during these last few years with many people experiencing loss or suffering from illness and loneliness. We have all experienced difficult times and reaching out to help others can have a twofold effect by lowering our stress levels and making us feel good too.

Go out there and commit random acts of kindness and feel yourself becoming immersed in the warmth and seasonal cheer.

Wishing you Season’s Greetings and Happiness,

With Love, Marie

Marie Wellness clinic

As you can see the theme this month is all about kindness.

“Kindness begins with understanding that we all struggle” Chares Glassman

In close romantic relationships there is a growing awareness of the importance of kindness in building a stable emotional relationship. Past unhappy relationships often contribute to a lack of trust and trigger negative feelings and responses.

However, giving and receiving kindness makes you and your partner feel more cared for and understood, resulting in a positive cycle of goodwill and happiness.

Marie on 050 1087592

marie@mariewellnessclinic.com