

What makes You happy?

March 2022 Newsletter

1/3/2022

www.mariewellnessclinic.com

Happiness

Happiness is a positive sense of well-being characterized by feelings of contentment and gladness. Being happy is associated with improved mental and physical health and is a desirable state pursued by people everywhere.

Surrounding yourself with positive relationships and the sort of life that brings you

try looking for ways to reframe your thoughts in a more positive way. Take some time every day to develop your strengths instead of focusing on your weaknesses. Don't waste your precious life with negative thinking.

The arrival of Spring, is always a time for optimism and new beginnings.



fulfilment and satisfaction naturally lead to feelings of well-being and happiness.

At times worry and anxiety can pervade our thoughts and keep us from feeling that life will get better and that we can respond to what is happening in a positive way. If you find yourself stuck in a pessimistic way of thinking about some aspect of your life,

So, what does happiness mean to you?

Make a list of 5 things that make you happy.

Start to look for small ways that you can include these activities or things in your life to help you become happier.

Marie Wellness Clinic

This month the theme is all about discovering things that make you happy, staying positive and spending time with people who make you feel good.

However, if you are feeling discontented and not living your life in a way that satisfies you, then maybe it is time to review your goals and ambitions.

If you feel you need some help to discover your strengths and realign with your purposes to create a more balanced life, then call me for a chat on 050 1087592

Remember:

"Just when the caterpillar thought its world was ending, it turned into a butterfly".

marie@mariewellnessclinic.com