

Rest and Recover

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www.mariewellnessclinic.com

Sleep and Recharge

Sleep gives us a chance to recover, recharge and restore our nervous and immune systems. These systems help to keep our memory and cognitive functions working. Sleep allows our bodies and minds to relax and move into a healing state.

Research suggests that sleep also supports the formation of long-term memory, thereby increasing our mental performance and

If we are feeling worried and unhappy our sleep patterns are also affected. Lying awake in the early hours can increase our anxiety and make it impossible to process the issues that we are worried about. Insomnia and low-quality sleep have been linked to depression, anxiety and ill health. The combination of life stress and poor sleep can lead to a vicious circle causing exhaustion and distress.



productivity.

Most of us find that after a few days of proper rest and relaxation we start to reconnect with ourselves. Our vitality, creativity and mental clarity return. Decision making seems easier and our moods are enhanced. Life takes on a more exciting and positive feel.

If you find that you are routinely lying awake worrying into the night: Get out of bed and make yourself a warm drink. Write down your thoughts, anxieties and worries and promise yourself you will review them in the morning. Then spend fifteen minutes reading or watching something positive and relaxing. Return to bed and sleep. Sweet Dreams!

Embark on a Wellness Week Holiday

- ❖ Take the time to relax, reflect and recharge your batteries.
- ❖ Gain peace of mind and inner clarity
- ❖ Freedom from worry and anxiety
- ❖ Recover from past disappointment and losses
- ❖ Increase physical fitness
- ❖ Build the future you dream of.
- ❖ Discover your passion and zest for life.

For more information

Call Marie on

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