

Let's Celebrate

December 2022 Newsletter

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www.mariewellnessclinic.com

Celebration

It is that time of the year when our attention turns to holidays, celebrations and enjoying the festivities. Feeling that we have to create the perfect party, buy the perfect gift and be jolly, has the potential to generate feelings of pressure and stress. This can even lead to self-criticism as we tell ourselves we should be doing more and feeling better.

compassion towards yourself play a large part in bringing about lasting mental well-being.

Self-love helps us to overcome and recover from rejection and failure. It helps to build resilience in the face of adversity. Find things that you are happy and grateful for. Be proud of who you are and



Trying to be perfect is undoubtedly a contributing factor in stress related illnesses including depression, eating disorders, heart disease and anxiety.

This year why not make December a month dedicated to cultivating good will towards yourself. Self-regard and care should not be a luxury you attend to when everything else is done. Having empathy and

what you have achieved. Treat yourself with respect and acknowledge all that you have accomplished.

Recognize your uniqueness and the gifts you bring. Look for what is going well in your life and celebrate that.

Season's Greetings

and

Happy Celebrations.

Marie Wellness clinic

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

Self-acceptance and self-love are fundamental to our mental health.

Our lives are an accumulation of plans, messy adventures, mistakes, successes and wonderful moments that take our breath away. We are all on a journey and seeking to find our way.

Celebrate the moments that matter to you and others by doing something enjoyable to share your happiness.

"The more you **praise** and **celebrate** your **life** the more there **is** in life to **celebrate**."

Oprah Winfrey

Marie on Instagram
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