

Optimism

April 2023 Newsletter

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Is the Glass ½ full?

It may seem unbelievable but three years ago we were all working from home. For some people it was a welcome relief from travel and offered huge benefits to their quality of life with their family and housemates. For others it was a lonely, isolating existence which, in some cases, led to feelings of anxiety and depression. We all survived somehow and that

Experiencing feelings of anxiety and depression are a normal response to unexpected and unwanted change. Equally, feelings of happiness and optimism are also a normal response to good news and desired changes. Our emotional responses are not an indicator of our mental health but more our spontaneous reaction to the perceived impact of events.



demonstrates our resilience. It also helped us to be more understanding of the emotional and mental toll it took as well.

Whenever our lives get shaken up through bereavement, divorce, job loss or a pandemic we are affected in some way by the change.

The arrival of Spring, is always a time for optimism and new beginnings. Take a breath and acknowledge that you have survived a pandemic and you are more resilient and adaptable than you know.

*"My barn having burned down;
I can now see the moon".*

Mizuta Masahide (Samurai)

Marie Wellness Clinic

This month the theme is all about our emotional response to events that happen in our lives.

It is beneficial to review our lives and the events that have brought us tears and those that have brought us joy.

We often carry the scars of our losses and battles into the future and this can lead to long term feelings of anxiety and depression. Memories from the past often prevent us from feeling optimistic about what is in store for us.

Our expectations for the future are colored by previous life events. If you find yourself stuck in feelings of pessimism why not call me for a chat on

050 1087592 or email me:

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