

Recharge your Batteries

December 2023 Newsletter

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Take time for you

At this time of year frenzied activity often precedes the holiday. In the countdown to the festivities, we tend to ignore our needs and press on regardless. If you are feeling exhausted and drained already, it might be time to make some small changes. Worry saps our vitality and if we leave situations unresolved it can lead to feelings of anxiety and depression. Avoiding dealing

the: **“21 Day Be Kind to You Plan”**

What tiny changes can you make today that would help you feel a sense of peace? Create a vision of yourself a week from now having made a few tiny positive changes that have reduced stress and brought joy into your life.

Then make your plan for week



with difficult issues means we can avert temporary discomfort but the underlying tension can deplete our reserves. Alongside this, we often beat ourselves up for not having dealt with the issue in the first place and this contributes to further feelings of guilt and frustration. Do you recognize the pattern and the exhaustion connected to it? Then it might be time to embark on

two with a vision of yourself a week ahead. Take tiny steps that improve your energy and help you rest and relax. Continue making small positive changes in week three also. By the time the holiday festivities have arrived you will be **Celebrating Yourself** and feeling energized too.
Season's Greetings from Marie

Marie Wellness Clinic

This month the theme is all about making small changes that allow you to recharge your batteries.

Sometimes circumstances in our lives can feel too challenging and if we leave them unresolved, they can lead to long-term stress and poor health. Repeating patterns in our lives can create anxiety and fear of things ever changing for the better. Our expectations for the future are colored by past events.

Low energy and feeling exhausted is not a failure on your part but a reminder to listen to yourself and hear your needs. Making small positive changes can have an immediate impact on your energy levels. Try it!

Happy Holidays

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