

Friendship

October 2024 Newsletter

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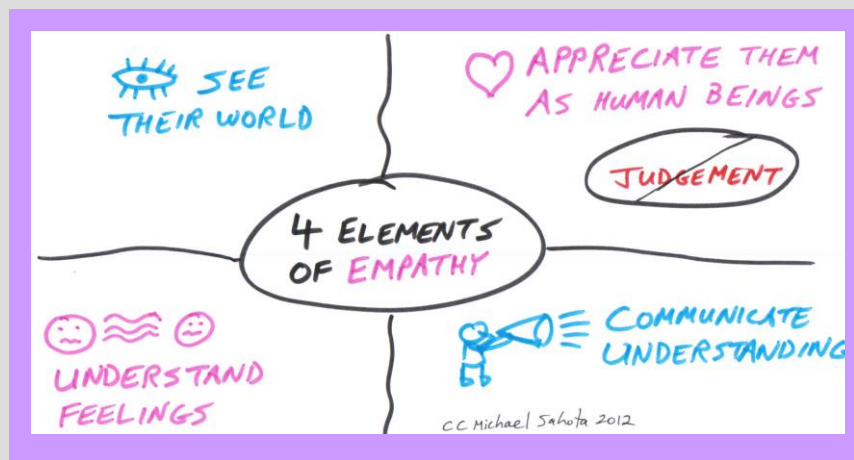
Bonding

Establishing a real bond with another person gives us a sense of belonging and stability. It provides us with ongoing emotional support and offers a space where we can be challenged and cared for at the same time.

Unwinding in the trusted ease of a stable relationship provides a sense of well-being and calm.

Possibly the most valuable gift we can give and receive in our relationships alongside sincere respect and trust, is planned quality time. Setting time aside to really connect and be with your close companions is a great way to review how your lives are going - and to relax, reset and feel restored.

Imagine how rich our lives



Current studies propose that a positive relationship reduces stress levels and helps us to grow. In knowing that the other person has our best interests at heart we feel more willing to be challenged to make the changes we ourselves are yearning for. Having someone in our life that we can trust and rely on is an emotional treasure.

would be if we could also give the same inspiration and encouragement and care to ourselves. This month try showing up for yourself in the same way you do for others.

“You carry so much love in your heart, remember to give some to yourself too”. Unknown.

Marie Wellness Clinic

This month the theme is all about friendships. Feeling accepted and respected does wonders for our health and well-being. True friendship is built on a willingness to understand and appreciate another human being.

We are usually much nicer and more supportive to other people than we are to ourselves, and we often do not respond to our own perceived failures with the same level of kindness and compassion we offer others.

When we learn to extend the same gifts of empathy and understanding to ourselves, we do wonders for our self-esteem and growth.

“How you love yourself is how you teach others to love you”. Rupri Kaur

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