

# *It's the Season to Connect*

December 2024 Newsletter

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[www.mariewellnessclinic.com](http://www.mariewellnessclinic.com)

## **Reach out**

Why not make December the month dedicated to connecting with others? "We can bring positive energy into our lives by smiling more, talking to strangers in line, replacing handshakes with hugs and calling our friends just to tell them we love them." Brandan Jenner.

Engaging with others gives us a

wayside as we juggle to fit everything in. But the value of human contact is more important than we might think. Connecting with others can lower anxiety and depression and also help us to regulate our emotions.

If you feel a sense of belonging you are more likely to help others and blossom in the flow



sense of belonging and happiness. Because we have an innate need for social connection it makes sense that our relationships significantly influence our wellbeing.

Recent findings in the U.S. show millions of people suffer from loneliness, which is strongly linked to lower physical health, mental health and quality of life.

When life gets busy our social contacts tend to fall by the

of goodwill too. A sincere thank you and a smile can often change someone's day by making them feel appreciated and valued.

Studies show that people long to receive time and attention from each other and yet we rush around buying gifts to show how much we care, but then have no time to spend with them. Take time to make others feel seen and valued.

## *Marie Wellness clinic*

As you can see the theme this month is all about the value of human interaction.

We have all experienced difficult times and we know the value of having people around us who care. And reaching out to help others can have a twofold effect, by lowering our stress levels and making us feel good too.

In focusing on cultivating deeper more meaningful relationships we learn to accept ourselves and feel more empathy for others. And empathy and compassion play a large part in bringing about lasting mental well-being.

But friendships need to be nurtured. Reconnect with an old friend and make their day special - and yours too.

Season Greetings,  
with love, Marie