

Letting Go

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Holding On

Letting go of what we hoped our life would be like and embracing how it really is, frees us to make changes and create a future we desire.

Mentally releasing the image of what we wanted to happen and acknowledging our emotions can reduce stress and help us to find peace with situations beyond our control.

One of the toughest parts of letting go is the fear of the unknown. We often hold on hoping and staying stuck, because the future feels uncertain. Letting go leaves us with a void and can fill us with doubts and fears.

Letting go does not mean you stop caring, but it means you stop dwelling on what is

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As you can see the theme this month is all about embracing the present and letting go of past losses and disappointments.

Letting go often brings up strong emotions like guilt, sadness and fear and releasing them is a crucial part of healing.

Sometimes earlier traumas may be holding you back and contributing to the pain you are feeling.

Acceptance involves acknowledging our emotions and treating ourselves with compassion and forgiveness.

Letting go and finding emotional freedom can bring relief and clarity, allowing you to find inner peace and contentment.

"I am not what happened to me, I am what I chose to become." Carl Jung

Call Marie on 050 1087592



Let Go

Whether it is letting go of a job, a relationship or a dream, we tend to berate ourselves for what we should have done or could have done differently.

Holding on to the anguish and wishing we could change what happened is understandable but it is also contributing to feeling stuck and miserable in the present.

missing and start to embrace new possibilities and opportunities.

Allowing the present moment to become your focus will give you a chance to redirect your energy and make choices that help you to reclaim our sense of self.

"Sometimes the hardest part isn't letting go but learning to start over." Unknown