

Take A Break

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Taking a break is essential for physical and mental well-being. Holidays offer opportunity for social connection, family bonding and personal growth.

Holidays also provide a break from routine, reduce stress and promote relaxation. Even before we take time off - the anticipation of our upcoming holiday can infuse us with energy and

it is highly desirable that we prioritize and plan regular downtime and holidays.

However, we can feel the pressure to always be busy and working and fear that taking a break indicates a lack of dedication and commitment. This can lead to illness and burnout.



enthusiasm. Research suggests this feeling is connected with the dopamine released when we are promised a future reward.

“Isn’t it amazing how much stuff we get done the day before a vacation?” Zig Ziglar

Taking time to reflect, recharge and rejuvenate, increases our cognitive flexibility and our problem-solving capability. With all these positive benefits in store

A well-rested relaxed you is more likely to return to your life with renewed focus, motivation and creativity.

Anne Lamot reminds us that: **“Almost everything will work again if we unplug it for a few minutes, including you.”**

Wishing You Happy Holidays!

Marie Wellness clinic

As you can see the theme this month is all about taking a break. Tiredness, stress and feeling overwhelmed are reminding us that we need time away from the daily grind. Work responsibilities and stressful deadlines all become more manageable when we can take time to disconnect and find our balance again.

There are serious health consequences associated with chronic stress and over-work. While it is sometimes difficult to prioritize your personal needs because of time constraints and work obligations, the benefits of taking a break far outweigh the guilt and perceived judgements of colleagues and bosses. Time off is important for our health and well-being. It helps us to recharge, reflect and gain perspective.

“Keep taking time for yourself until You are You again.” Anon

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