

Boost Your Energy

February 2025 Newsletter

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www.mariewellnessclinic.com

Plug into your power source

Tiredness—the feeling your get up and go has deserted you can make you put off going to the gym or for a swim or whatever would be your usual routine.

To understand what has drained your energy often requires a bit more than a good night's sleep.

Overlooking our emotional needs and carrying on even if we are not in tune with ourselves

what is draining your energy and then taking some action to minimize the impact is the first step in being supportive to yourself. By showing consideration to your needs you will be rewarded with a more positive energized you.

Energy is what gives you power and it comes from within from who you are and



creates inner disconnection. Is it your day to-day life that is draining you or is it some worry or anxiety about something below the surface that is niggling away at you? When we feel cut off from ourselves, we are more likely to tune into the negative mental noise of doubt, worry and fear. These drain us without us being aware and make us waste time and energy on worthless pursuits like doomscrolling, binge eating etc. Discovering

how you show up in the world. If you are feeling that you are doing what you want then your energy is available to you to use in pursuit of the things you want to do.

If we want more energy, we need to do more of what makes us feel good. What would that be for you? Every day this month do just one thing for you that recharges your energy. Happy February.

Marie Wellness clinic

As you can see the theme this month is all about managing your energy.

Not everything is under our control - but our energy is and how we use it.

Managing our energy supply around negative people takes a commitment to yourself to set boundaries to protect yourself.

Working on our insecurities so that we feel less triggered around difficult people and situations can help to restore well-being and harmony.

Sometimes our energy is trapped in past losses and the sadness of feeling that nothing we do can change the storyline. This can close the door on hope and change and a happier life. So, if you hear yourself saying: "I am ok, just tired" call me for a chat.

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