

Calm and Confident

May 2026 Newsletter

5/1/2026

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Go quietly amid the noise and haste..

Anxiety from external sources, like the media, can take control of our thoughts and over time can gradually take control over our behavior too.

When we worry about something, our imagined outcomes start to gain traction in our minds, making the risks seem larger and our ability to deal with them

need to allow them to be the drivers of our destiny.

Although we may be unable to influence our circumstances or the behavior of others, the most beneficial influence is in our ability to have control over our thoughts and the capacity to navigate our lives.

Shifting our focus toward this present moment and taking

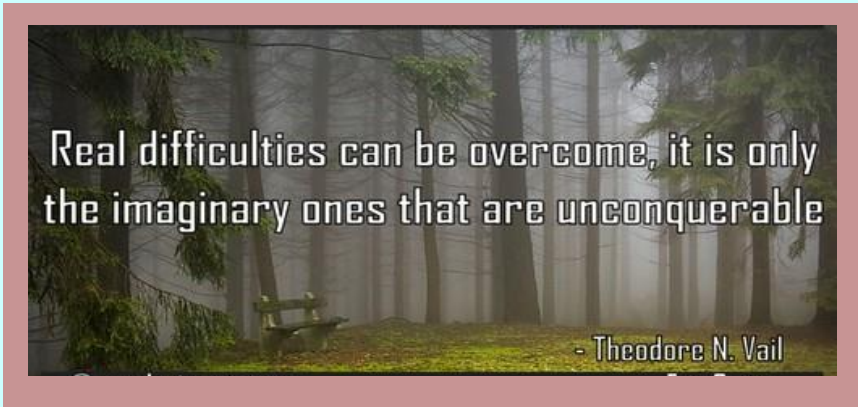
This month the theme is all about how we are predisposed to worry about things outside our control.

As far back as 1689 John Locke had this advice about worry:

“What worries you, masters you. The most precious of all possessions is power over ourselves.”

What we put our attention to has power over us. Worry can cause us to delay decisions, miss opportunities and avoid making positive changes. Often the danger does not lie in the external situation, but in the space, it occupies in our thoughts. Endless time spent trying to solve imagined problems wears away at our energy and well-being. Intolerance of uncertainty can lead to anxious states triggering the use of worry as the remedy.

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Real difficulties can be overcome, it is only the imaginary ones that are unconquerable

- Theodore N. Vail

smaller.

I think most of us may have experienced something of this during the recent regional conflict where uncertainty prevailed.

While external negative influences will continue to exist around us, we do not

action that corresponds to the present reality can help to reduce the hold anxious thoughts have over us.

Check in and ask yourself if you are in real danger.

Remember past moments when you have managed uncertainty well.

Active acceptance of uncertainty leads to better decision making.