

# Rest and Recovery

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## Impact of Stress

As far back as World War One the military recognized the need for Rest, Recuperation and Recreation. They required personnel to leave the combat zone for a holiday for a minimum of seven days. Back then they may not have identified all the benefits but they knew the break would reduce fatigue, provide a mental break and give the troops

suggests that during the recovery period we may start to feel worse, more tired experiencing low moods. As your immune system recovers you may even get a cold or flu.

While we all manage stress in our own way, recent events may have impacted us in ways that we may have been unaware of at the time.



something to look forward to.

During times of stress, we rely on adrenaline to keep us alert and functioning. Our amygdala moves into action; our focus is on responding to immediate threat and our objective is to reach safety.

Interestingly when we reach safety and feel more stable and secure, we expect that we will return to normal but research

We spend so much time trying to fit everything in and keep everything going but time spent in reviewing what you need right now might be more beneficial. Recovery can show up as exhaustion and the time it takes you to reset may be longer than expected.

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

Unknown

## Marie Wellness clinic

As you can see the theme this month is all about the need to take time to recover.

Maslow shows us that safety needs cause us to experience hypervigilance and anxiety.

Unpredictable environments and job insecurity keep us in a defense mode that makes it difficult to attend to our emotional needs. During the recovery period we can still feel anxious and slightly nervous as we try to rebalance. We need to reach a point where we feel stable again.

Exhaustion is often an indicator that our nervous system has been drained of reserves. Maslow advises redirecting our focus towards restoring your physical wellbeing, taking time for our body and mind to recalibrate. If you are feeling overwhelmed: Call Marie on 050 1087592

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