

Find your inner strength, clarity & balance



Newsletter December 2015

Get ready to welcome the New Year with a clear mind and an open heart

I wish you a Merry Christmas and a very happy New Year

My gift for you

I have recorded this for you. It's a 15 minute self-hypnosis for relaxation session called *Spiral of Relaxation*. Take some time out to relax and replenish any time of the day. Click the link
Or copy the address into your browser:

<https://youtu.be/pz9xf7RFYq8>



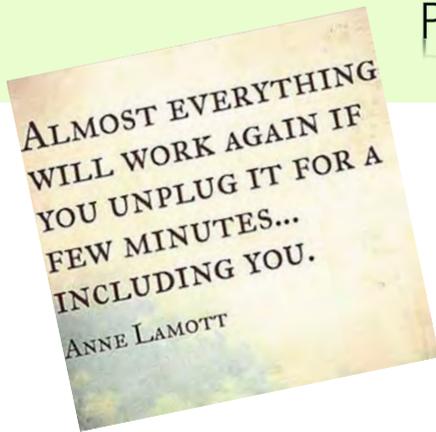
A Christmas gift of self-care for you

Self-care is more than a gift to yourself, it's fundamental to our well-being. When you take the time to pause and care for yourself, it not only feels good, it helps you function. Imagine singing a song or giving a speech without pausing to take a breath. You wouldn't get very far before your lungs had nothing left to give and you'd have to stop to take in air.

Pausing for self-care is like taking a breath – it replenishes, fills your tank, and keeps you going. Self-care can be so many different things — pausing to take a few deep breaths, listening to music, going for a walk in, drinking more water, getting enough sleep, journal writing, connecting with friends and loved ones, regular yoga, a night out for fun, eating nutritious food, a spa treatment, a meditation practice, going to therapy, the possibilities are endless.

Whatever you decide to do that's nurturing and caring, choose something manageable. The smallest possible change is the one we're most likely to maintain and benefit from.

Planning for a stress free holiday season



Planning for a stress free holiday season

Christmas and the holiday season can be fun and a chance to spend time with friends and loved ones but it can also be a busy demanding time of the year. Here are some simple strategies to help you feel more relaxed, in control and in the present moment, even when there is a lot going on.

One small manageable change can make a big difference

Maybe this is the year to rethink your usual Christmas holiday routines and try something different. Are there things that you do because you've always done them but they're not that much fun anymore, or they've become very costly, or you just don't have as time as you used to?

It reminds me of a story I read years ago that has stayed with me. A man complained to his wife that he found the way she roasted a chicken really dried out the meat. His wife replied that she cooked chicken the way her mother had always done which was to break the chicken into small pieces before putting it in the roasting pan. When the man asked his mother-in-law why she did that, she explained the oven she had as a young mum was so tiny, the only way she could fit a whole chicken in was to cut it into pieces and use two baking trays, one on top of the other.

It is only a story but it makes me wonder how much of life we might be living from learned behavior and habit. What if there are other more enjoyable or resourceful ways of doing things that we just haven't thought of yet?

Can you think of a Christmas or New Year habit or tradition that is no longer meeting your needs, something that requires more mental, emotional, physical or financial effort than it's worth? Might there be something else you can do that expresses the meaning of Christmas and at the same time allows you to feel relaxed and connected to the people and events that matter to you? You might like to take a few moments of quiet reflection and see what new ways of being your creative subconscious mind has to offer.

You can change your sleep routine

Have a nap during the day.

There is evidence to show that our natural preferred sleep pattern is not 6 – 8 of uninterrupted sleep but something called Segmented Sleep, also known as Flow Sleep. I find there's something very soothing in the idea of "flow sleep". In an article posted by the BBC, "The myth of the eight-hour sleep," researchers report that a four-hour snooze followed by an hour or more of wakefulness followed by a second slumber is what we're designed for.

<http://www.bbc.com/news/magazine-16964783>.

Many people who think of themselves as insomniacs may sleep like this. Whilst the reality for most of us is that modern day work culture doesn't allow for segmented sleep, holiday time provides us with an ideal opportunity to do things in a way that is more in tune with our natural rhythms. Enjoy more flow in your life, even in the way you sleep.



Next Newsletter

March 2016