

NEW LEAF THERAPIES

NEWSLETTER

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Welcome

How was it for you?

The winter holiday season carries diverse meanings and stirs a blend of emotions within us. For many, the colourful lights and festivities create a sense of joy and connection, particularly when young children are involved. My own two are growing up quickly, yet even as teenagers, they cherish the traditions we started during their childhood.

However, not everyone experiences the holiday in the same way. For many, this time can intensify feelings of grief or loneliness. The rising costs of Christmas can lead to financial stress and anxiety for some, and for those struggling with addiction, navigating this period can be particularly challenging.

Support is always available; whether by reaching out to a friend, contacting a crisis helpline, or scheduling an appointment with a counsellor. Remember, you do not have to face this alone.

Toolkit

People often ask me for regulation techniques that are discrete and easy to do at work or school.

The Palm Press is simple and subtle. Gently press your right thumb into the centre of your left palm and massage in a circular motion. Take 3 deep, slow breaths and swap to the other side. Instant calm in the palm of your hand.

Upcoming Events

- Women's Circle - 11th Jan - 7.30pm
15th Feb, 8th Mar.
- Transpersonal Coaching Sessions available from February.
- January Moons: Wolf Moon 3rd Jan - inner instinct & intuitive wisdom.
- New moon 18th Jan - adventure, truth, new places.

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Pause for thought...

As the new year begins it's often a time when many of us make New Year's Resolutions or set intentions. I must admit I stopped doing this a few years ago, but I wasn't sure what to replace them with. I liked the idea of setting intentions, but they never quite stuck. Last year, I discovered the one word for the year approach, the 'power word'. I'm sure by now you've seen this on social media, it seems to be a popular alternative to the old style resolutions. I really liked this concept and decided to enhance it further by creating short meaningful phrases for each letter of the word. These became my pillars to guide me through the year. Let me explain further...

My word for 2025 was BUILD. I wanted to focus on developing my private practice, my skills and qualifications, as well as my physical health. I devised 5 pillars to match my 2025 mindset.

Better every day
Up my game.
Inspire and be inspired.
Love, laugh & live.
Direction towards dreams.

These were my guiding lights throughout the year and kept me motivated and on track, even on the dark, cold mornings at the gym! These pillars also became part of my bedtime routine as I spent a few minutes reflecting on my day before I went to sleep.

I've already got my new power word for 2026 and am enjoying creating the pillars which will help me navigate this new year. (It's the year of the Fire Horse in the Chinese zodiac, which brings energy, freedom, ambition, a time of optimism & opportunity)

Here are some questions for you to ponder...

- What do I want to work towards in 2026?
- What is important to me this year?
- What are my values and how can I incorporate these into my pillars?

If this is something you would like to do, but aren't sure where to start, I would love to help you in my 90 minute holistic wellbeing session. See my website for details.
www.newleaftherapies.net.

Wishing you all a happy and healthy start to 2026.