

NEW LEAF THERAPIES

NEWSLETTER

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Welcome

Welcome to the 6th edition of my monthly newsletter. Spring is on its way at last; the crocuses and daffodils are in bloom and the sun has been making an appearance; albeit a brief one!

I've noticed that many of my clients are appreciating the increase in daylight, and this seems to be lifting people's mood. Are you aware how the light affects your mood?

Exposure to sunlight gives us a boost of Vitamin D, which is crucial for bone health, immune function, good for our mental health and so much more. So take advantage of this springtime sunshine while you can.

Well-being Spotlight

This month I would like to recommend **Hannah Hyland**, who is a chartered physiotherapist with over 20 years of experience. As well as treating 1:1 patients, Hannah also runs a community Physiotherapy class - PHYSIOMOVES from The Pearson Hall in Sonning. Please see her website for details.
<https://www.greenerhealthphysio.com/>

Toolkit

Trouble Sleeping

Next time you having trouble drifting off to sleep, try counting back from 300 in twos while visualising each number in your mind. If your mind wanders off, take three deep, slow breaths and start at 300 again. Sweet dreams!

Upcoming Events

- Women's Circle - 8th Mar, 12th Apr, 10th May
7.30pm - 9pm 6 places available
- **NEW** Transpersonal Coaching Sessions available now. Contact for details.
- **NEW** - Cards & a Cuppa. Every other Tues at 10-11am in Twyford. £10 Angel cards, journaling, chatting and a cuppa.
- 10th March, 24th March, 31st March
- **NEW** Holistic Family Support Plan. For anxious children & their parents. Info in my resources section Instagram - linktree

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Pause for thought...

Connecting with Nature

This month I have been inspired to share my love of the natural world, and how developing a connection with it can bring many positive benefits to our lives. I'm not a great hiker or explorer, but I do greatly appreciate walking in the woods and listening to the birds' song, being near water, and noticing the wonderful plant life that surrounds us.

For the first time this year, I stepped into our garden and embarked on some much needed maintenance before the spring properly arrives. Gardening isn't my forte, however I found that spending a few hours in the fresh air, hearing the birds and engaging in some natural movement, really gave me a boost. What made it even more special was sharing the space with a friendly robin, who kept us company! My time working in the garden not only gave me a sense of achievement, but I felt relaxed and nourished on a soul level. It was time spent mindfully, not rushed or with a structure, it flowed and felt natural.

How do you connect with nature? Perhaps you have a dog or a horse and you're out most days. Are you a keen photography or wildlife watcher and enjoy observing nature closely. Or maybe, you don't feel connected to nature and feel more comfortable indoors.

King's College London conducted some research in 2024 and found that 'spaces with a diverse range of natural features are associated with stronger improvements in our mental wellbeing compared to spaces with less natural diversity.' Researchers found that 'environments with a larger number of natural features, such as trees, birds, plants and waterways, were associated with greater mental wellbeing than environments with fewer features, and that these benefits can last for up to eight hours.' <https://www.kcl.ac.uk/news/biodiversity-is-key-to-the-mental-health-benefits-of-nature-new-study-finds>

I'm sure many of you have experienced that wonderful boost that being in nature gives you. Did you know that it significantly enhances well-being through various positive effects:

- Improving mental clarity and attention span.
- Reduces anxiety and promotes more positive thoughts.
- Reduces the risk of heart disease and improves immune function.
- Promotes kindness, cooperation and fosters a sense of connection to something greater.

So, whatever the weather, enjoy the the fresh air, being in nature and feel that boost!