




NEW LEAF THERAPIES

NEWSLETTER

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Welcome



Welcome to the 7th edition of my monthly newsletter. The clocks have changed now, which brings the return of the longer days and lighter evenings. It is common for this hours difference to disrupt your sleep schedule. Do you find this affects you? If it does, try gradually adjusting your sleep pattern to help minimise the disruption. Getting exposure to natural light and having good sleep hygiene can be beneficial too. Follow the hyperlink below for my top sleep hygiene tips.

[Top Tips for good sleep](#)

Wellbeing Spotlight

Ali Payne is a holistic sober coach helping women rethink their relationship with alcohol and build fuller, happier, more present lives. Through honest conversation and practical support, she empowers busy mums to regain control and clarity without relying on wine to cope with daily life. Email Ali for a free clarity call

ali@alipaynecoaching.com or visit her website here:

www.alipaynecoaching.com

Toolkit

3 Mindful Breaths

This technique is simple, yet powerful. Place one hand on your tummy and one on your heart. Close your eyes and bring your full awareness to the deep inhalation through your nose and the rise beneath your hands. Now focus on the slow exhale and the fall of your chest with the sound of the breath. Repeat three times to feel calmer.

Upcoming Events

- Women's Circle - 12th Apr, 10th May, 7th Jun
7.30pm - 9pm £20 6 places available
- Cards & a Cuppa. Tues 14th April 10-11am in Twyford. £10 Angel cards, journaling, chatting and a cuppa.
- **NEW** Holistic Family Support Plan. For anxious children & their parents. Follow hyperlink for details. **[Support Plan](#)**
- **NEW** Partners in Peace - Women's Wellness Retreat Days Coming soon!
[@dmkspartnersinpeace](#)

Contact Info

Email: Danielle.newleaftherapies@gmail.com

Website: www.newleaftherapies.net

Instagram: [new.leaftherapies](https://www.instagram.com/new.leaftherapies)



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Pause for thought...

Grief

This month it felt right to share some words, thoughts and feelings about grief. Often a subject that people avoid because of the deep feelings that come with it, however it is very much part of life and something that everyone, at some stage, will experience. It is a huge subject that I cannot fully explore here, but I hope these few words help in some way.

I was fortunate enough to complete my clinical hours, required for my counselling qualification, at a beautiful day hospice in High Wycombe. It was here that I truly learned about the different types of grief and the affect it had on the patients and families. From normal grief and anticipatory grief, to complicated grief and cumulative grief. Everyone experiences it differently. It is a very personal journey to encounter, and not one that you should have go on alone.

It's important to remember that the grieving process isn't linear, and there is no set time frame. There are numerous factors that can determine how we experience grief; our relationship and attachment to the person who died, the circumstances around the death, our own support network, other events occurring at the same time as the death, our own emotional state, and many more.

The Kubler-Ross 5 stages of grief model (1969) states that the emotional journey we experience passes through **denial, anger, bargaining, depression and acceptance**. This doesn't happen in a fixed order or in a linear fashion. We can cycle back and forth through these stages, and even after acceptance, a simple activating event or memory can plunge you back into one of the stages. Grief isn't something that shrinks and disappears. Instead we learn to build our lives around it.

If you know someone on the path of grief, and would like to know how best to support them, click the link for my guide on '[Supporting grief](#)'.

If you are grieving and feel you would like some professional support, please get in touch and we can go from there. You don't have to do this alone.

Below is a poem I would like to share with you.



Grief does not shrink over time.



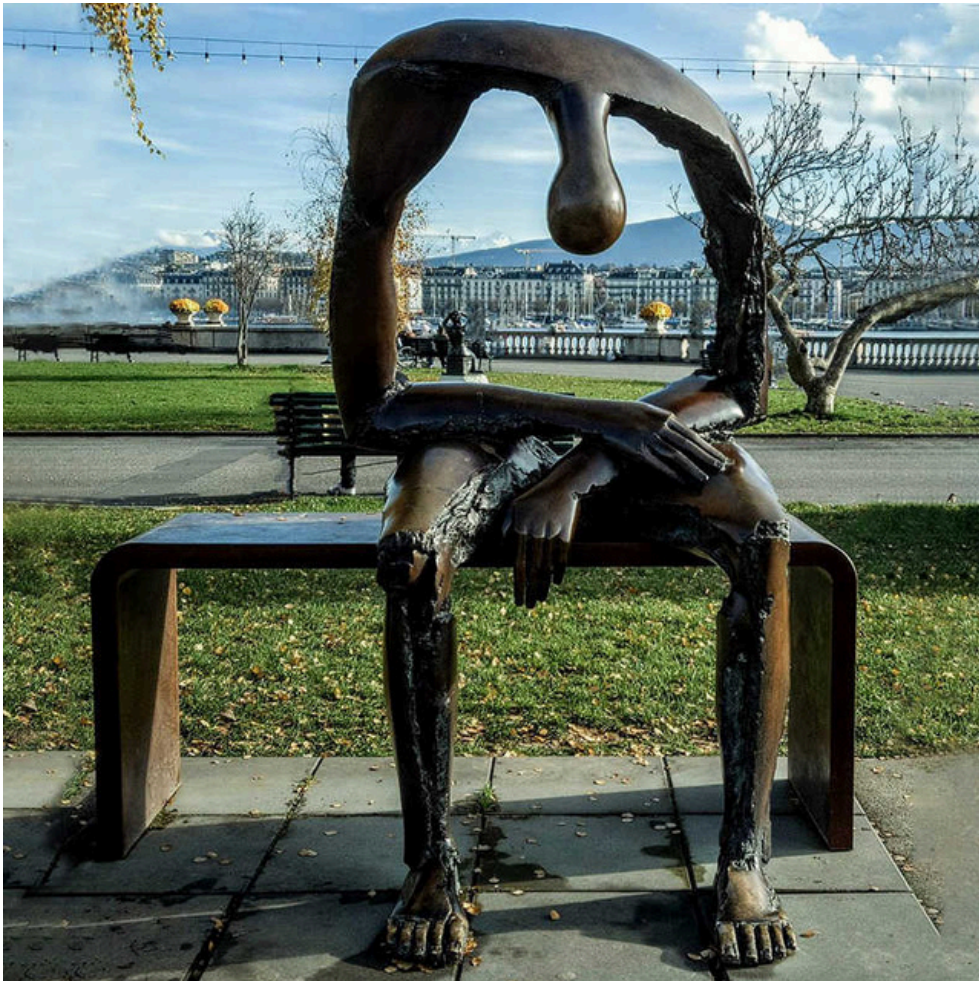
We grow around our grief.

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Poetry Corner

Love came first Donna Ashworth

You don't move on after loss, but you must move *with*. You must shake hands with grief, welcome her in, for she lives with you now. Pull her a chair at the table and offer her comfort. She is not the monster you first thought her to be. She is *love*. And she will walk with you now, *stay* with you now, peacefully. If you let her. And on the days when your anger is high, remember why she came, remember who she represents. *Remember*. Grief came to you, my friend, because love came first. *Love came first*.



Meaningful Melancholy Figure Grief Statue Created by Albert Gyorgy