



NEW LEAF THERAPIES

NEWSLETTER

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Welcome

Welcome to the 8th edition of my monthly newsletter. This month I am celebrating one year at Loddon Park Farm. I moved into my lovely therapy room on my birthday last year, and I can say with honesty, that it's one of my favourite places to be. It really is a calm, safe haven, with such peaceful energy.

I'm also excited to announce that I am now a Usui Reiki Master Teacher. I am able to teach others this wonderful energy healing practice, so watch this space if you're interesting in starting your Reiki journey.

Wellbeing Spotlight

Dr Kate Mellish is a registered Chiropractor and experienced Reiki Master. As well as specialising in McTimoney Chiropractic, Kate has also trained in **Sacro-Occipital Technique, Soft Tissue Release** and **Muscle Energy Technique**, and often incorporates these elements into her treatments. She believes in alleviating painful symptoms as well as underlying causes with the gentlest low-force techniques possible. **Fox Hill Chiropractic**

Toolkit

H.M.V

This technique is a great way to start your day aligning your mind, body and spirit. Starting your day with a positive mindset can make all the difference.

Hydrate. Water before caffeine makes us feel alert and boosts our metabolism.

Movement. Whether it's a walk, a few stretches or a gym session, morning movement aids mental clarity, and is a great mood booster.

Vision. This can be a quick 2 minutes or a longer meditation. Visual how you want your day to go, and finish with a positive affirmation. Try 'I am confident and calm.'

Upcoming Events

- **Women's Circle** - 10th May, 7th Jun, 5th July
7.30pm - 9pm £20 6 spaces available
- **Cards & a Cuppa.** Tues 28th April 10-11am in Twyford. £10 Angel cards, journaling, chatting and a cuppa. 6 spaces available
- **Club Calm** for anxious children Yrs 3 - 6
May half term Tuesday 26th 10am - 11.30am
6 spaces available. £15.

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Pause for thought...

Coping With Illness: Finding Steadiness When Life Slows Down

Coping with illness can slow down life and disrupt routines, making it harder to maintain well-being practices and complete simple tasks. Illness shifts our nervous system into conservation mode, affecting our clarity and optimism. However, focusing on small, manageable influences can help:

What We Can Control? Illness often highlights what feels out of our hands. So it becomes even more important to focus on the small, meaningful things we can influence. Here are my top 5 tips for coping with illness and regaining balance and calm.

1. Micro-gratitude

Acknowledge simple joys like a warm cup of tea, a caring message or clean sheets. Tiny acknowledgements help your brain register safety and accomplishment, even on low-energy days.

2. Filling Your Senses

When the mind feels foggy or heavy, the senses can bring you back into the present moment: Use calming scents, soft textures, and gentle music to stay present.

3. Gentle Movement

Engage in light activities like stretching, rolling your shoulders, breathing deeply or walking. Gentle movement supports circulation, mood, and emotional release.

4. Nourishment

Illness can affect appetite and motivation. Opt for comforting foods like soups and smoothies, warm meals and easy snacks, focusing on supportive choices.

5. Holistic Therapies

If available to you, therapies such as Reiki, breathwork, meditation, or gentle bodywork can offer comfort, grounding, and emotional support. These practices help the body shift from tension into repair.

A Grounded Perspective

Healing isn't linear. Some days you'll feel stronger, and others you'll need more rest. Both are valid. Both are part of the process. Instead of asking, "Why can't I do more?" Try asking, "What would support me best today?"

If an illness is affecting your mental health, and you would like support, please reach out.