

A WELLBEING INVITATION

FEBRUARY 2023



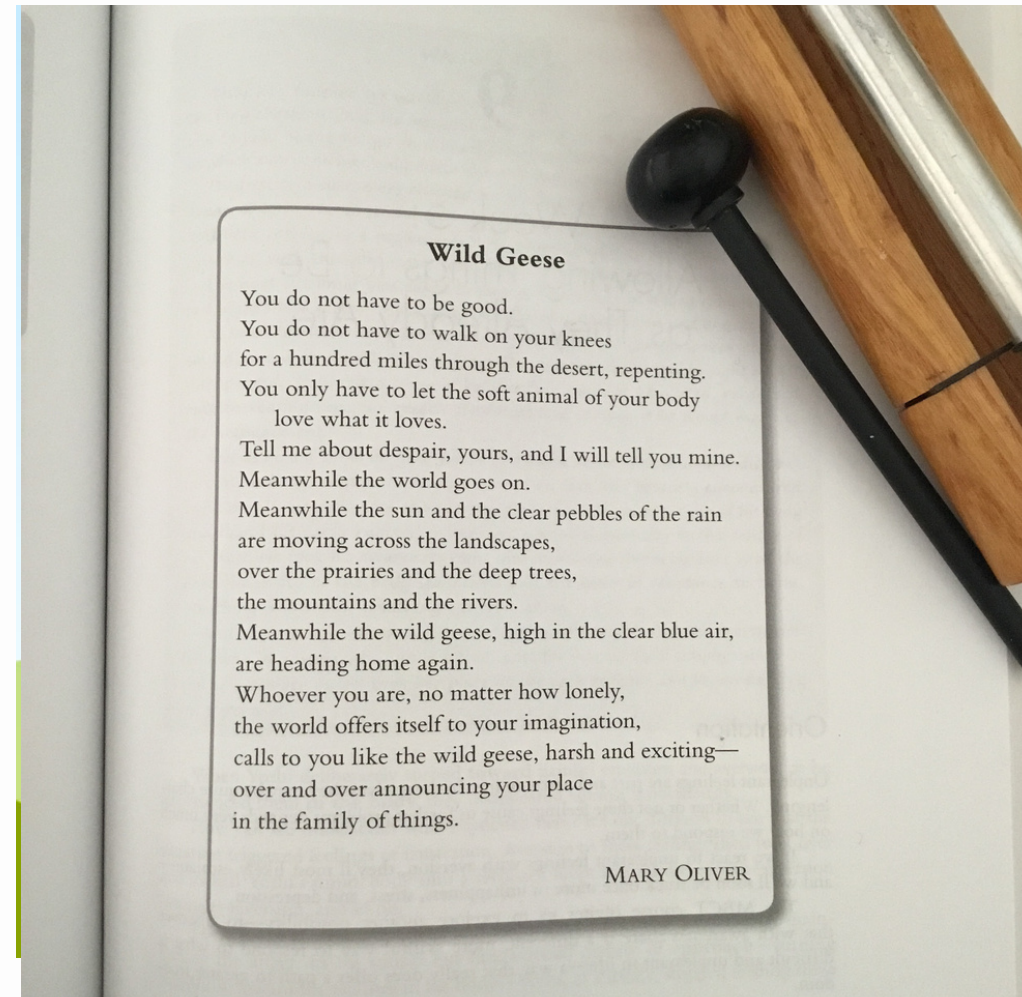
SIMPLE CARE & ATTENTION

A WELLBEING INVITATION

FEBRUARY 2023



A Weekly Wellbeing
Appointment



A Poem



The French Sigh



BENEFITS

Possible side effects of engaging in this month's wellbeing prescription:

- Mental clarity
- Soothed nervous system
- A nourished mind
- Greater appreciation of the ordinary and mundane
- Joy and delight
- A sense of improved over all wellbeing

A WELLBEING INVITATION

A Weekly Wellbeing Appointment

This month you're invited to set a weekly appointment to take care of your wellbeing. Perhaps one of the following:

Go out for tea

Have a massage

Take a long walk

Have a movie night with your favourite treats

One per week, so that's four ideas for you. Do share on social media when you do, you might prompt others to take care of their wellbeing [#WellbeingInvitation](#)

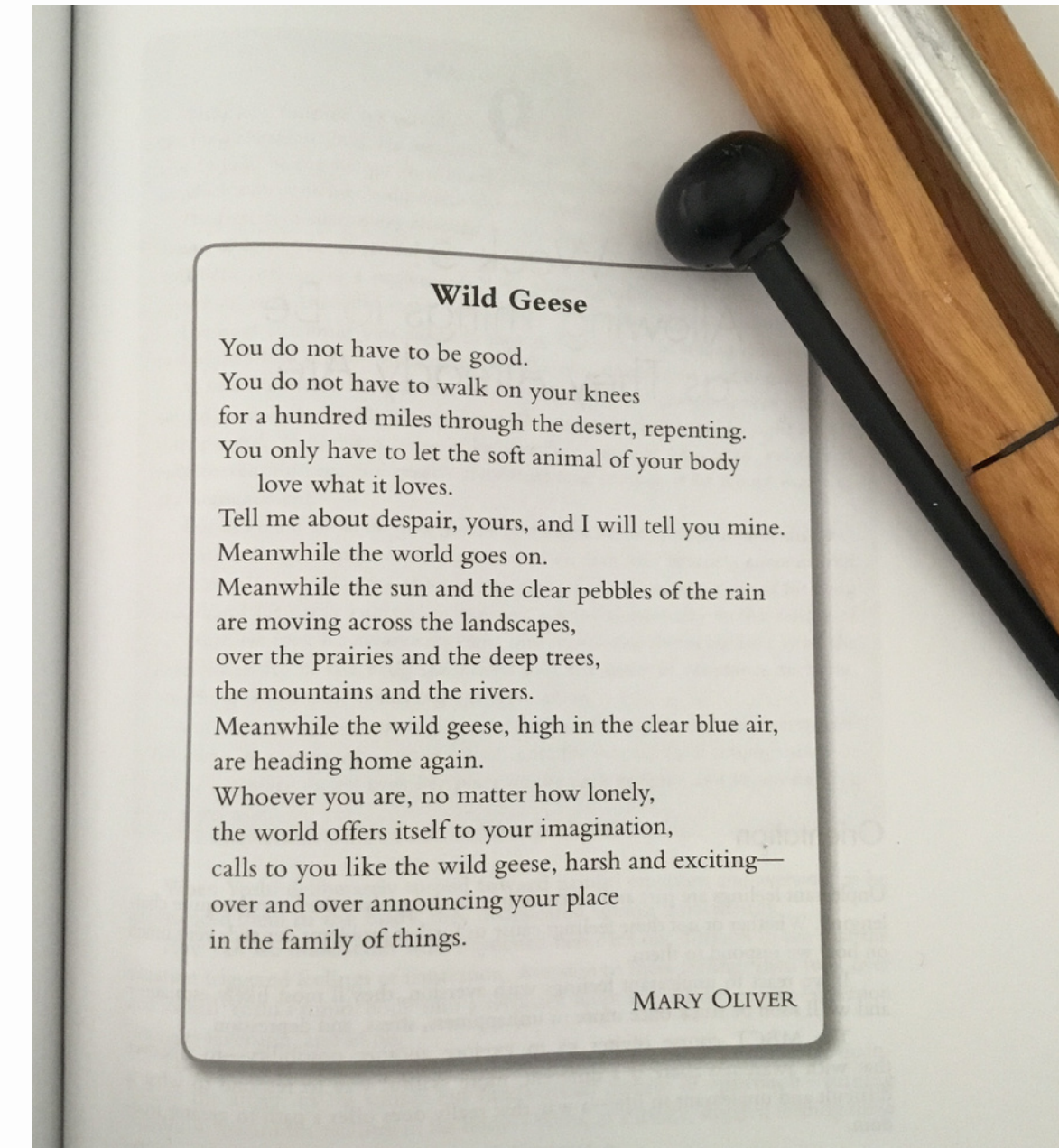


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A poem

'Poetry is so important because it helps us understand and appreciate the world around us. Poetry's strength lies in its ability to shed a "sideways" light on the world, so the truth sneaks up on you. No question about it. Poetry teaches us how to live.' - Alice Oborn

Chose a poem to read over the month, ponder and reflect. Mary Oliver is a wonderful start. Try this one called The Journey.



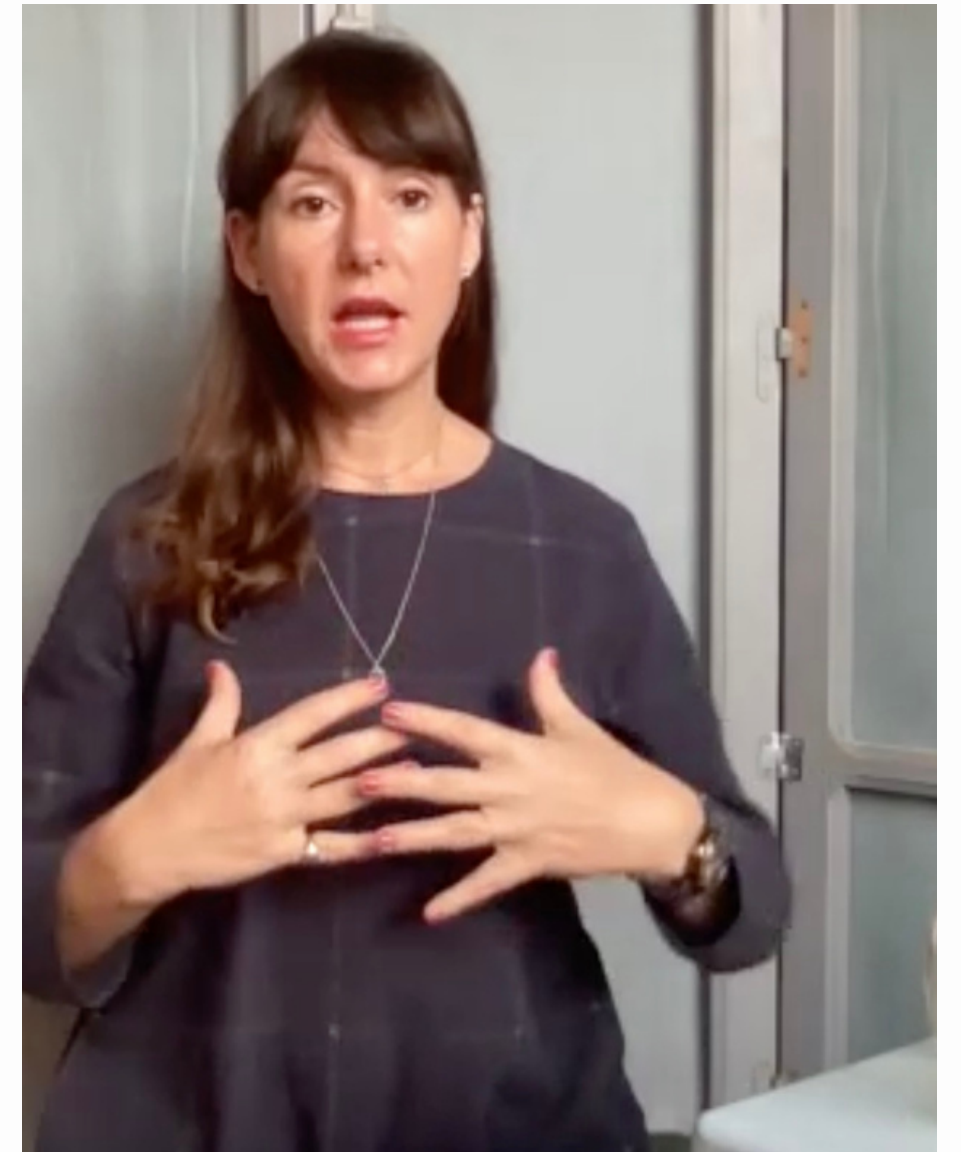
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The French Sigh

You may have noticed that the French sigh rather a lot, believe it or not this is an incredibly quick and efficient way of soothing a stressed nervous system. Red lipstick optional. What we are going to do here is up this and add the cyclical physiological sigh being studied at [Stanford University](#).

Breathe in to full lung capacity on two counts and breathe out through your mouth until your lungs are empty.

In the video (Click on the picture), I have added in humming to the end, this adds another benefit for the vibrations soothing the nervous system. Voila! Spending five minutes doing this daily is the chefs kiss, but even five cycles will do you good (reduce blood pressure, boost your immune system, sooth your nervous system....).



Remember as with all invites, you can say no or perhaps just try out one item.

Do let me know how you get on and if you have anything you'd like to share about your experience.

If you'd like to explore with me in more depth anything that arises for you can book a 1:1 session at a time that suits you reach out.

Have a wonderful rest of the month.

Warmly,
Josephine





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