

A WELLBEING INVITATION



APRIL - SPRING FORWARD

A WELLBEING INVITATION

APRIL 2023



Your values



Spring collage



Soften & Allow
meditation



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

YOUR VALUES



“Values are like fingerprints. Nobodies are the same but you leave them all over everything you do.” Elvis Presley

Write a simple list of including what you value doing most with your time, the people, places and objects.

Then take a moment to reflect on when you last spoke to these people, went to these places, took care of these objects.

It can be helpful to reflect on our values, they shift and change with time and environments. Being consistent with engaging in what we value impacts on our overall wellbeing, it supports us to make plans and decisions that honour them.

COLLAGE

Create a collage

For no other reason than the simple pleasure of cutting and arranging and sorting. I can thoroughly recommend listening to some music, an apt piece would be Stravinsky's *The Rite of Spring*.

Give yourself 45 minutes, you'll need a few old magazines, a piece of paper, scissors and some glue. You could of course sit and scroll on pinterest and find pictures to put on canva. But I'm an analogue sort of person and prefer the textures and sensations of paper.

I'd love to see what you create



MEDITATION



Soften & Allow

Struggling with being at ease with the imperfect nature of life? Here is a 10 minute mindful compassion practice to explore being with difficult emotions . By allowing ourselves to experience where tough emotions are present in the body, and opening up to them with love, we can cultivate a sense of peace and acceptance of the unsatisfactory nature of life.

An invitation to build your resilience is [HERE](#)

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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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