

Mental
Wealth
Therapy

Newsletter

Issue – December 2014

YOUR LIFE CAN BE DIFFERENT..

NEW TO MENTAL WEALTH

Holiday Season 2014

By Karina Stell

How many holiday articles are there each year about loneliness and disconnection during the upcoming festivities? No matter what denomination or belief system you hold, this is a difficult time for many, even perhaps yourself.

Throughout the year, everyone involved in our groups and individual mindfulness work endeavours to develop their empathic and compassionate selves. I know Michael and I are always working towards deepening our understanding and our empathic radar in order to live more fully that which we believe and teach

So how can we go into this season with this learning in the forefront of our hearts and thinking? There are some very simple cues for all of us which may make this time a little gentler:

- If you find yourself rushing through shopping centres trying to collect whatever you need to make your event, try and stop, take a seat and breathe. Look around at all the bustling people and notice how their faces look. Notice how your face feels. Smile. Remember what your hopes for these celebrations

are. Reconnect with the feelings you want your day to hold. Slow yourself down, refocus on your inner path and move on.

- When visiting friends, take in the smells of food, really notice the decorations, the effort, the smiles, the anger, the agitation. Breathe. Be curious about everyone's place and feelings about the event. Find compassion for those who are struggling.....even if that's you.
- At family events, ask yourself what you are bringing to the day. Don't wait for anybody to be different. Examine how you will be and if you want it to be different...how will YOU be different.
- Examine your values. If you see pain and struggle around you in strangers, what do you want to do about it? What are you able to offer? This is the time to be your true self and connect with what matters to you and who you want to be.

Gentle Holiday wishes from us both.
Michael and Karina
www.mentalwealth.com.au

Our Social Network

We are now able to provide you with extended resources by being part of our online community. Each day we post a Thought for the Day on Facebook and Instagram. We also post on Facebook any articles or blogs we think may be of interest and you can hopefully connect with. Additionally, you will be notified of any upcoming events or workshops we may be holding. We look forward to you joining us.

You will find us on Facebook at:

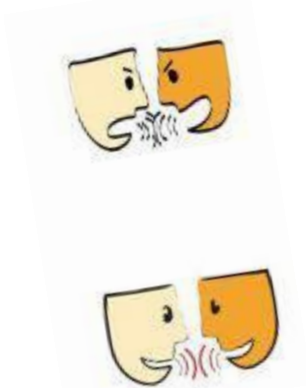
<https://www.facebook.com/MentalWealthTherapy>

And on Instagram at:

<http://instagram.com/mentalwealththerapy>



2015 – Nonviolent Communication Workshops



Non Violent Communication Workshops

In the New Year, we will be running another NVC workshop. We have had some wonderful feedback on these workshops and we look forward to running another series. These are two day workshops run on two consecutive Sundays. We will send out a notice via email when the dates are firm and you will also be able to access details from our website under Upcoming Events. The booking form will be downloadable online. Look forward to seeing you there!

Meetup

Those of you who have come to us through Meetup (<http://www.meetup.com/>), please be aware that it is only necessary to RSVP on the first occasion that you come to group. From that point onward, all that is required is an SMS to Michael for a **non-attendance** only. Numbers attending displayed on the Meetup site are not the actual number of attendees in the particular Group for this reason.

Mental Wealth Therapy

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