

FEEL GOOD THERAPY

Monthly Newsletter curated by Shehnaz Dungarwalla for Feel Good Therapy
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Hello I'm Shehnaz

THOUGHTS FOR THIS MONTH

We begin yet another new year! It feels only like yesterday that we were ushering in 2022 and here we are again. A minute between years is all it takes and the thought is in how quickly life passes and why every minute should count. With January, making plans for the upcoming year is the order of the day. Lets make the journey an adventure enroute to the destination of 31st December 2023.

TRENDING TOPICS

This month sees the publication of Prince Harry's book 'Spare'. I admit I will probably not be reading it but I understand and predict that if their Netflix Series is anything to go by the rift within his family isn't going to be healed any time soon. Family problems and the emotional challenges they throw up are immense and impact our well-being. At such moments, time, space, reflection, self awareness and most importantly unconditional love is paramount. Call Shehnaz on 07710 756771 if you feel you need help with relationship issues



EXPLORING CREATIVITY

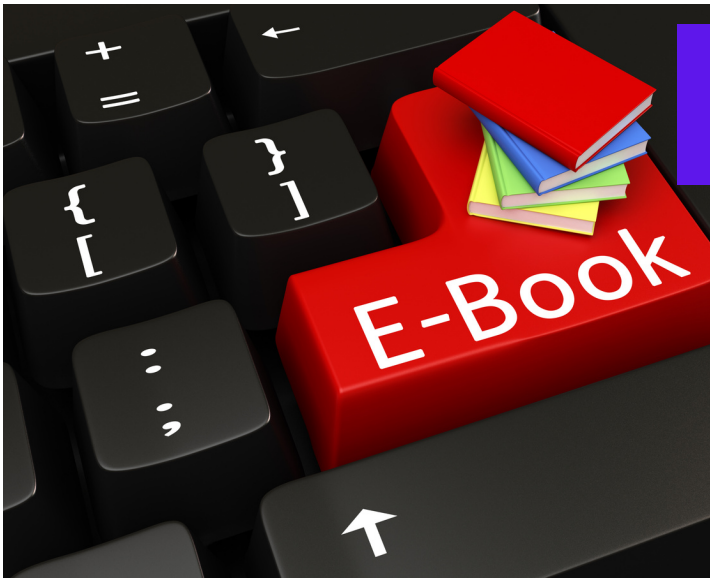
This is a new beginning for Feel Good Therapy. This year is about creation to reach, creation to inform, creation to notify everyone out there of what will be happening for the first time within the business. So much is planned amidst the everyday challenges faced in life. Covid was a period of uncertainty and fear, but 2023 has the potential for growth and development. This is what we hopefully will be exploring during the first few months.

UPCOMING BLOGS

Northern Lights to be published on 31st January gives you a glimpse into the wellbeing achieved by realising life long dreams

Realising more dreams through travel is a series of blogs serialising a personal journey to Malaysia, Singapore, Cambodia and Thailand.

Sleep, Negative Thinking and Grief are topics coming out during the month of March



E-BOOKS/TEMPLATES & RESOURCES

During the next few months Feel Good Therapy will begin creating and compiling E-books and Templates on topics that might impact you.

Sleep or lack of it is a problem for many of us for reasons of stress, menopause and poor lifestyle habits.

Migraines is another problem many may suffer. Having a handy reference guide that combats these issues, ensuring our mental wellbeing is worth having. If your wellbeing is negatively impacted then ask

enquiries@thefeelgoodcentre.co.uk if there is a resource you can access to help you.

QUOTE FOR NEW YEAR

Imagine 2023 is a blank canvas for you to begin painting your new life or, choose to write your 365 page book, beginning with today.



WE END BY WISHING YOU THE HAPPIEST AND MOST PROSPEROUS OF NEW YEARS. EDITION 2 WILL COME OUT IN THE 1ST WEEK OF APRIL 2023.