

Portobello Massage Newsletter

December 2013

Dear lovely Clients

Hello and welcome to the December edition of the Portobello Massage Newsletter. December is often a very busy month. It's easy to forget what we're supposed to be celebrating amongst the noise, the whirl of activity and the ever-constant demands upon one's purse.

My way of getting through it and enjoying it is by taking a little time every day to appreciate all the goodness and beauty around us. I would like to wish you and yours a very merry festive season.

If it all gets too much, [this](#) should sort you out!

Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you and me. The first four tips were (1) have some good mood food, (2) exercise, (3) socialise without alcohol and (4) spend time laughing.

Tip Number Five: Live Well

Your mental health is influenced by your surroundings, so try to make your living space somewhere you want to be. Put photos on your wall, make your room comforting and make sure your halls or flat is good enough for you to be living in. Managing your money is really important too - debt and financial difficulties are very stressful. **Living well doesn't mean spending lots.** Being with friends and taking care of yourself can be done within a budget.

Positive thoughts

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention ... A loving silence often has far more power to heal and to connect than the most well-intentioned words." — Rachel Naomi Remen

"No man is an island, entire of itself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were: any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee." — John Donne

"The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself." — Carl Sagan

The groan worthy jokes...

1. Werner Heisenberg, Kurt Gödel, and Noam Chomsky walk into a bar. Heisenberg turns to the other two and says: "Clearly this is a joke, but how can we figure out if it's funny or not?" Gödel replies: "We can't know that because we're inside the joke." Chomsky says: "Of course it's funny. You're just telling it wrong."
2. A Roman walks into a bar, holds up two fingers, and says: "Five beers, please."
3. An infinite number of mathematicians walk into a bar. The bartender says: "What'll it be, boys?" The first mathematician: "I'll have one half of a beer." The second mathematician: "I'll have one quarter of a beer." The third mathematician: "I'll have one eighth of a beer." The fourth mathematician: "I'll have one sixteenth of a..." The bartender interrupts: "Know your limits, boys" as he pours out a single beer.
4. Jean-Paul Sartre is sitting at a French café, revising his draft of Being and Nothingness. He says to the waitress: "I'd like a cup of coffee, please, with no cream." The waitress replies: "I'm sorry, Monsieur, but we're out of cream. How about with no milk?"
5. A classics professor goes to a tailor to get his trousers mended. The tailor asks: "Euripedes?" The professor replies: "Yes. Eumenides?"

Thanks Ian!

Please remember to [pass this newsletter on](#) to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under [Contact](#). Please remember that [gift vouchers](#) are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847