

# Portobello Massage Newsletter

February 2017

Hello lovely clients!

A slightly belated welcome to February and the month of daffodils. Daffodils are like a little reminder that Spring is on her way with warmer temperatures, blue skies and more colour! There will be rain because flowers need a drink of water from time to time but the rewards are beautiful.

February is also a great month to try things out - the pressure of New Year's resolutions is passed and it's the shortest month of the year.

## Positive Thoughts

Ten Steps to Stress Less:

1. Dance it out
2. Go for a walk
3. Talk about it
4. Breathe
5. Go to bed earlier (oh, the number of times I wish I had done this one!)
6. Focus on what you can control
7. Reminisce about good times
8. Ask for a hug
9. Look for opportunities in life's challenges
10. Smile

## Groan-worthy jokes

Whatever you do always give 100 %. Unless you are donating blood.

Keep the dream alive: Hit the snooze button.

Why is the day that you do laundry, cook, clean, iron and so on, called a day off?

I bet you I could stop gambling.

Nothing is fool proof to a sufficiently talented fool.

The road to success is always under construction.

How come "you're a peach" is a complement but "you're bananas" is an insult? Why are we allowing fruit discrimination to tear society apart?

I look forward to seeing you soon!

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