

Portobello Massage Newsletter

January 2014

Dear lovely Clients

Hello and welcome to the January edition of the Portobello Massage Newsletter! **Welcome to 2014!** This newsletter is a little later than usual. I was on holiday on the 1st (like most of you, I hope) and I decided that I should walk the walk, not just talk the talk. I did no work on holiday and as a result I feel rested and a bit better able to tackle the challenges of the new year. Revolutionary thinking - take a proper holiday and feel better for it! Whodathunkit...

This is a fascinating time of year. Many people feel that the new year is a blank slate, a fresh start, a chance to change things for the better. Some make resolutions. Some swear never to make resolutions. You know what? You should probably do what works for you. If I were to make a suggestion, I would say that this dark, cold time of year is a good time to find things to look forward to. Knowing that a good thing - whatever that means to you - is coming up can feel like a little, lit candle in the darkness.

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 five tips were (1) have some good mood food, (2) exercise, (3) socialise without alcohol, (4) spend time laughing and (5) live well.

Tip Number Six: Take a Break.

Make sure you don't over do it. Being a student does mean revision, coursework and exams but try to take breaks in between to **keep a good balance between work and social time**. Take a walk and get some fresh air - being in green spaces can help lift your mood.

Now, I know not many of my clients are students, but the principles apply. Our work lives, and sometimes family lives, can involve a lot of work and it is always good to get outside, fill your lungs with fresh air and reconnect.

Positive thoughts

"Happiness is pretty simple: something to do, someone to love, something to look forward to."
- Rita Mae Brown (via Immanuel Kant)

"I've had a lot of worries in my life, most of which never happened." - Mark Twain

"We don't see things as they are, we see them as we are." - Anais Nin

"All you can change is yourself, but sometimes that changes everything!" - Gary W Goldstein

The groan worthy jokes...

Don't let your worries get the best of you; remember, Moses started out as a basket case.

Many folks want to serve God, but only as advisors.

What do Winnie the Pooh and John the Baptist have in common? Their middle names.

What dog can jump higher than a building? Any dog - buildings can't jump!

Thanks Stewart!

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!

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