

Portobello Massage Newsletter

January 2018

Happy New Year everyone!

I'm writing to you fresh from having done my annual loony dook in the Forth (or a Polar Bear Swim as I like to call it). It may sound loony but there really is nothing quite like throwing yourself into freezing cold water to feel fully alive! Your senses all come to life and your blood really gets pumping! For me, it helps me feel that just about anything is possible, and that seems like an excellent way to start a New Year - a tabula rasa full of possibilities for anything and everything.

I was listening to a podcast of a conversation between two young women and one of them spoke of 'radical self-care'. I think a fair summary would be to not just tending to yourself after everyone else's needs are met but actually moving self-care much higher up on your priority list. Overwhelm yourself with love and appreciation. I think many of us know that we need to take care of ourselves before we can help care for others, but not many of us live by that. You can't pour from an empty cup. Not many of us get all the sleep, exercise and nutrition we need. What if we did? What added energy could we bring to everything we do?

Positive Thoughts

Don't postpone joy!

You will never regret being kind.

Believe in yourself and you will be unstoppable.

Do something today that your future self will thank you for.

And so the adventure begins...

Groan-worthy jokes

In case you didn't get enough of Christmas cracker jokes...

What happened when the snowgirl fell out with the snowboy? She gave him the cold shoulder.

What do snowmen wear on their heads? Ice caps.

What do snowmen eat for lunch? Icebergers.

Where do snowmen go to dance? Snowballs.

How do snowmen travel around? By iceicle.

What sort of ball doesn't bounce? A snowball.

How do you know when there is a snowman in your bed? You wake up wet.

What do you get if cross a snowman and a shark? Frost bite.

I wish you all a very Happy New Year and I hope to see you for a massage soon!

Warm wishes,

Annie Milović

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