

# Portobello Massage Newsletter

March 2014

Dear lovely Clients

Hello and welcome to the **March** edition of the Portobello Massage Newsletter! We're really on the way to spring - the days are getting longer, the crocuses and snowdrops are up and the kids are getting itchy feet. Are you getting itchy feet, too? What do you want to do with this gift of more light and more warmth? Where will you go and who will you meet? Wherever you go, I wish you well on the journey.

## 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 seven tips were (1) have some good mood food, (2) exercise, (3) socialise without alcohol, (4) spend time laughing, (5) Live Well, (6) Take a Break and (7) Volunteer.

### Tip Number Eight: Support Network

It's important to know where to go for support. Whether you just want to talk to someone or need help with a specific issue, there is always someone to offer support and advice. Friends and family are often your first contact. Learn to be honest with them about what is going on, and share your problems with each other. If you feel you need some extra support, there are plenty of organisations out there that can help you.

I've been impressed with the support [Breathing Space](#) has offered to an acquaintance.

## Positive thoughts

"Unless someone like you cares a whole lot, nothing is going to get better. It's not." - Dr Seuss

"Why fit in when you were born to stand out?" - Dr Seuss

"It is better to know how to learn than to know." - Dr Seuss

"Be who you are and say what you mean. Because those who mind don't matter and those who matter don't mind." - Dr Seuss

## The groan worthy jokes...

For fast-acting relief, try slowing down. - Lily Tomlin

Country music has always been the best shrink that 15 bucks can buy. - Dierks Bentley

Two antennas met on a roof, fell in love and got married. The ceremony wasn't much but the reception was excellent.

A man walks into a bar with a slab of asphalt under his arm and says, "A beer please, and one for the road."

A man tells his doctor that he's incapable of doing all the things around the house that he used to do. When the examination is over, he says, "Okay, Doctor. In plain English - what's wrong with me?"

"Well, in plain English," says the doctor, "you're just lazy."

The man nods. "Now give me the medical term so I can tell my wife."

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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