

# Portobello Massage Newsletter

May 2014

Dear lovely Clients

Hello and welcome to the **May** edition of the Portobello Massage Newsletter!

I'm relieved to report that things have moved on since the last newsletter. I am now the owner of a beautiful new bike, my knee has recovered fully from its injury and I'm once more on two wheels, enjoying some movement and smiling at the world!

I think the month of May might be a good time to revisit some old intentions that perhaps have slipped away. For instance, I would like to get a little stronger but I've stopped finding the time to lift some weights. The month of May is a good time to tell ourselves affirmations like "may I be stronger" which encourages me, at least, to lift some weights!

Sometimes we wait for motivation to strike us, like lightning, when we can be doing little things to help bring motivation into our lives. I read an article that drew on the laws of physics - things at rest tend to stay at rest and things in motion tend to stay in motion. If you decide to do something for just two minutes, you'll soon find that you're up out of your chair and tackling bits and pieces that have been obstacles - whether it be the dishes piling up in the sink or writing an email or spring cleaning the whole house!

I was mentioning this to a client the other day and she told me about a plan she has to bring motivation into her life. She's been trying to lose a bit of weight and started well in January. For various reasons she didn't keep up her good habits and now she thinks she really wants to shift this weight. She has written a cheque for £100 to a political party she would never consider voting for. If she hasn't lost the weight by a certain date, her partner is authorised to send the cheque to the political party. My client thinks this will be ample motivation to pass on a cupcake and I agree!

## 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 nine 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, (7) Volunteer, (8) Support Network and (9) Remember the Good.

## Tip Number Ten: Get some sleep.

Sleeping and student life don't always seem to go together, but you should aim for about eight hours every night. A lack of sleep not only causes tiredness but has been associated with mental health problems.

Now, a lot of adults don't feel that eight hours is the best for them. You know yourself best. How much sleep do you need to feel ready to go in the morning? Are you getting enough? What can you do to get some more rest?

## Positive thoughts

"The most common way people give up their power is by thinking they don't have any." - Alice Walker

"Knowing is not enough; we must apply. Willing is not enough; we must do." - Johann Wolfgang von Goethe

"The most difficult thing is the decision to act, the rest is merely tenacity." - Amelia Earhart

"You miss 100% of the shots you didn't take." - Wayne Gretzky

## The groan worthy jokes...

Q. What kind of fish do Penguins catch at night?

A. Starfish

Q. Why was the Penguin popular?

A. Because he was an ice guy.

Q. What does a Penguin eat on his birthday?

A. Fish cakes.

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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