

Portobello Massage Newsletter

November 2011

Hello there!

Welcome to the November edition of the Portobello Massage Newsletter! You may ask yourself, why is this newsletter a little bit later than usual? Good question! Life has been rather busy lately with lots of good things going on and some not so good things going on. In other words, life has been life. Hey ho! When I was thinking about writing this newsletter, this lovely song came to mind, and I thought you might like it, too. If nothing else, this example of an early music video should have you smiling.

<http://www.youtube.com/watch?v=TBQxG0Z72qM&feature=related>

Reviews

'I can tell, as a client, that you care when you're giving a massage. That's a rare thing.'

Please remember that [gift vouchers](#) are always a popular gift.

Positive thoughts

'We have all heard the instructions of an airline attendant reminding us to put on our own oxygen mask before we help anyone else with theirs. This advice is often cited as a metaphor for self-care because it so accurately expresses why it is important. It seems to say, ironically, that if you can't take care of yourself for yourself, do it for others. Few situations in our daily lives mimic the wake-up call of an airplane emergency, so it's easy to keep putting self-care off — easy, that is, until we get sick, overwhelmed, or exhausted, and suddenly don't have the energy to care for the people who count on us. That's when we realize we haven't been getting the oxygen we need to sustain ourselves. We begin to understand that taking care of ourselves is neither selfish nor indulgent; it's just plain practical.

Putting yourself first means that it may be necessary to say no to someone else in order to say yes to yourself. For many of us, there is always something we feel we could be doing for someone else, and it helps to remember the oxygen metaphor. You can even encourage yourself by saying "I am caring for myself so that I am better able to care for others" or some other mantra that will encourage you. It also helps to remember that self-care doesn't have to be composed of massively time-consuming acts. In fact, the best prescription for taking care of yourself is probably small, daily rituals; for example, taking one half-hour for yourself at the beginning and end of the day to meditate, journal, or just be. You might also transform the occasional daily shower or bath into a half-hour self-pampering session.

Whatever you decide, making some small gesture where you put yourself first every day will pay off in spades for you and the ones you love. The oxygen you need is all around you; sometimes you just need to be reminded to breathe.' - Daily Om

The groan-worthy joke

Hallowe'en brought lots of guisers to our door with some truly groan-worthy jokes. My favourite was:

Why didn't the skeleton go to the party? Because he had no body to go with.

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.

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

Ann Milović

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