

Portobello Massage Newsletter

November 2013

Dear lovely Clients

Hello and welcome to the November edition of the Portobello Massage Newsletter. Haven't we had a lovely autumn so far? We've been so lucky this year with the weather and I am grateful for that. The clocks have now gone back and I for one have had to be much more mindful about taking my bike lights with me. It may sound odd, but I've enjoyed getting the woollens out this year and snuggling up on the couch in the evening. Having said that, I've also been moving more - cycling longer distances, walking more often and standing. I read [this article](#) and found it very persuasive. I've tried standing more at the day job, especially when I'm on the phone and I have really enjoyed it.

The winter months do not have to mean hibernation - trust me, I'm Canadian. :-)

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 three tips were (1) have some good mood food, (2) exercise and (3) socialise without alcohol.

Tip Number Four: Spend Time Laughing

Having a laugh is always a good way to improve your mood. Spending time with friends and family can make you **feel good about yourself** and life in general. An easy way to do this is by joining a society at your student's association - whether you want to join a society related to your degree or a random interest, you're bound to find something you like!

Ok, now you can really tell this comes from the National Union of Students in Scotland but let's think laterally - are there groups you can join in your neighbourhood, at work or somewhere else? We all need the company of others and a laugh every now and again. Many of you will have heard me talk of taking a photograph every day for blipfoto.com which I find very enjoyable. What do you enjoy doing that also gets you laughing?

Positive thoughts

How to have a Lovely Day:

Smile at strangers
Slow down
Say thank you
Give lots of compliments
Dress nicely
Observe and listen
Be charming
Laugh
Wish others a lovely day

The groan worthy jokes...

1. A Buddhist monk approaches a hotdog stand and says: "Make me one with everything".
2. What do you call two crows on a branch? Attempted murder.
3. An Englishman, a Frenchman, a Spaniard and a German are walking down the street together. A juggler is performing on the street but there are so many people that the four men can't see the juggler. So the juggler goes on top of a platform and asks: "Can you see me now?" The four men answer: "Yes." "Oui." "Si." "Ja."
4. Never trust an atom. They make up everything.
5. How many programmers does it take to change a light bulb? None, it's a hardware problem.
6. A student travelling on a train looks up and sees Einstein sitting next to him. Excited, he asks: "Excuse me, professor. Does Boston stop at this train?"
7. Did you hear about the jurisprudence fetishist? He got off on a technicality.

Thanks Ian!

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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