

# **THE 3 REASONS YOU ARE NOT AS HEALTHY AND HAPPY AS YOU COULD BE AND HOW TO FIX IT FAST**

The last couple of years have been difficult for many of us as we try to make sense of the changes that have had an impact on all our lives.

The number of people suffering from stress, anxiety, financial worries, fear, and depression has risen to record levels.

The truth is we may not be able to control what happens in our lives, but we can choose how we deal with adversity and any challenges we face.

It is more important than ever in times of uncertainty for the future that we develop a positive mindset and healthy resilient strategies.

The truth is we have more control over our lives than we think regardless of what is happening in the wider world, and by changing our mindset we can become someone who embraces change as opportunities to gain experience and grow.

For more information contact me on the following:

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## 1. YOUR OWN MINDSET PLAYS A PART

We all want to be happier and healthier and one thing we often forget to focus on is the importance of having positive thoughts.

We can be happier by focusing more on the positive things in our life and reducing our negative thinking and self-talk. The truth is regardless of our personality types we can all learn to develop a more positive mindset that can have an impact on our health and happiness.

Negative self-talk is not just limited to your thoughts but can include your beliefs and feelings about yourself and how you react to others and the world around you.

When you make a habit of negative thinking by focusing on your fears and worries you are rewiring your brain. The more negative our minds the more negative our lives, our thoughts create our reality. But the good news is that it is possible to retrain your brain to cultivate more resilient “thought patterns” and by doing so you are creating a happier and more relaxed state of mind.

We all can change our mindset to a more positive one and when we do, we are more productive, have better relationships and lower stress. The truth is there are health benefits to positive thinking from less depression and anxiety, increased emotional well-being, better sleep and having more energy.

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## 2 DEVELOP RESILIENCE

When we experience stressful events in our lives and become overwhelmed by them it can easily lead us into a downward spiral.

Whilst we may not have control over these life events, we do have the ability to choose how we respond and deal with the challenges we face.

Resilience is about our ability to bounce back from the stressors of life, it is not about avoiding stress but learning to thrive despite them. The truth is that healthy resilience strategies give us the tools to consistently strengthen our ability to cope when we are under pressure.

Have you ever wondered why some people are just able to bounce back from adversity and even manage to sometimes make it a catalyst for beneficial change?

For other people too many challenging life events can leave them feeling overwhelmed and stressed, and less able to cope when they are facing demanding situations. It is because they have developed healthy resilience strategies which they practise and incorporate in their everyday lives.

We can all become more resilient and by learning and using these “tools of resilience” we can improve both our mental and physical well-being. When you are resilient you are better able to adapt to change and to overcome setbacks and difficulties, becoming stronger because of the experience.

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### 3. HEALTH AND WELL-BEING

Health and well-being can have many definitions and being physically active with the absence of any illnesses or disease is often stated as main factors. But as well as eating a healthy nutritious diet and taking regular exercise it is now known that our health and well-being is also affected by our choices, attitudes, and behaviours. The truth is that never has it been so important to take care of our own well-being in a world in which we are often given a drug as a solution to all our problems.

Research is finding more evidence that having a positive mindset makes you happier and healthier and less stressed. Chronic stress worsens or increases the risk of many health conditions such as heart disease, diabetes, gastrointestinal problems, and asthma. In addition, stress also upsets the body's hormone balance depleting the brain chemicals required for happiness as well as impairing the immune system. Your mind can have a powerful effect on your body and immunity is one area when your thoughts and attitudes can have a powerful influence.

It is now acknowledged that to improve our health we must focus not only on nutrition and physical fitness but the other core elements of well-being that contribute to our happiness and life satisfaction. The truth is we may not have any control over our genes, but we can all make changes to our lifestyle that lessens our risk of illness and disease.

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# **JOIN MY COURSE TO LEARN MORE AND LIVE A HEALTHIER AND HAPPIER LIFE**

## **CREATING HEALTH THROUGH HAPPINESS**

In this six week course, meet with me once a week, live on Zoom.

You will explore what comprises all the components that contribute to our health, well-being, and happiness and how we can incorporate them into our own lives.

By starting with small changes, and using the free tools, you can make healthier life choices and start to notice the benefits when you do.

You will be improving your overall physical and mental health, have better stress management and be more productive and resourceful.

**Contact me for more information and to Book Your Place**

**THURSDAY 30TH JUNE - 8PM**

**More dates to be confirmed**


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I'm Caroline Platt and I have been a practising massage therapist for over 15 years.

I've always had an interest in what is now called 'Health and Wellbeing'.

Even during the time I spent working in finance in the City, I found that a healthy diet and exercise helped me cope with work-related pressures and stress.

Having always followed natural medicine and therapies rather than traditional methods, I decided I wanted a change in direction and to become my own boss.

Massage therapy seemed to me to be a good fit, combining my passion for helping people and natural remedies.

I am now a qualified coach, having trained with one of the leading academies in the sector. My particular area of interest and specialism is health and wellbeing. The last couple of years throughout the Covid-19 pandemic has certainly shown the important of looking after our health and ensuring we do everything to optimise our own wellbeing and immune systems.

We are certainly seeing high levels of stress, exhaustion, financial worries and burnout, all of which will be having an impact on both our physical and mental health.

One of the reasons I have now launched an online course is that it will offer skills and techniques to help people deal with the challenges we face and help them build their resilience so they can thrive, and not just survive.

Contact me to Book Your Place

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