

WELL-BEING NEWSLETTER

NEW YEAR NEW BEGINNINGS

AS THE NEW YEAR BEGINS, WE OFTEN FEEL LIKE WE NEED TO MAKE CHANGES IN OUR LIFE, START A NEW PATH OR DO NEW THINGS AND SAY GOODBYE TO OLD HABITS, PROBLEMS, AND DIFFICULTIES. IT IS A TIME OF YEAR WHERE WE CAN FEEL QUITE OPTIMISTIC ABOUT THE YEAR AHEAD AND REFLECT ON THE YEAR PAST.

YOU CAN HAVE A GOOD CONVERSATION WITH YOUR LITTLE ONES:

- WHAT IS THEIR GOAL FOR THIS YEAR?
- WHAT IS THEIR HAPPIEST MEMORY FROM LAST YEAR?
- WHAT NEW THING WOULD THEY LIKE TO TRY?
- WHAT IS THEIR PROUDEST MOMENT FROM 2023?

HOWEVER RESOLUTIONS AREN'T FOR EVERYONE AND YOU MAY PREFER TO JUST LIVE IN THE HERE AND NOW. AN EFFECTIVE WAY TO RELAX AND APPRECIATE THE MOMENT IS TO LISTEN TO CALMING MUSIC AND JUST COLOUR IN... MINDFUL COLOURINGS CAN BE THERAPEUTIC FOR ADULTS AND CHILDREN ALIKE.

IT HAS BEEN PROVEN THAT MINDFUL COLOURING CAN REDUCE ANXIETY AND STRESS, IMPROVE SLEEP, AND IMPROVE FOCUS.

YOU COULD DO THIS ONE FROM THE ELSA SUPPORT WEBSITE: CLICK ON THE PICTURE

