

Patricia Potts Newsletter



Hello my friends,

Somehow December passed me right by and I forgot to write to you. Sorry.

Here are some Ideas, information and de-stress ideas that helped me lately. I think you'll enjoy them too:

- * Take a 5 minute break to tickle or play with a grandchild (or child)
- * Tony Robbins suggested taking a deep breath then holding it as long as you can before blowing it out. I find it helpful to combine this with prayers of gratitude or reviewing my goals.
- * Creating a corner in my bedroom where I can retreat too when the noise the demands are too much. People who have highly sensitive personalities need quiet to to regroup.
- * Over the past few months I've had some health setbacks. The bad news about my wrist was that I had 2 fractures, 2 torn ligaments and a cyst possibly requiring a bone graph. I felt frustrated and upset. For the next few days I played the pity party. The good news was that with this disappointment I allowed myself to sulk, to write to call a few friends about it and before I knew it I had gotten rid of my garbage thinking and found myself thinking of positive things about the situation.

- * The parties were much more pleasant than the guilt gullies in the past. Within a few days I was able to accept and rebuild.
- * In making new years resolutions I find that if I evaluate in terms of checking off if I make any kind of progress my experience is much better.

I hope these little ideas will be helpful to you.

Happy New Year

Patricia



Kerri Ernestsen and I are offering a presentation PEACE IN A NEW DAY to church groups and more. Please let me know if we can serve you



ME & MOM

QUICK IDEAS TO BEAT THE BLUES

**TAKE A 5-MINUTE
BREAK**

TAKE DEEP BREATHS

CREATE A CORNER

**HAVE A GOOD OLD-
FASHIONED PITY
PARTY**

**RESOLVED: NEW
YEARS PROGRESS**