



March 2022 – Self-calm and kindness.

Are you ready for your dreams to take-off?

Coaching provides a space for you to think and reflect. This newsletter is a monthly collection of some things to take you back to that reflective space, just for a little while. So grab the drink of your choice, tune everyone out and see whether anything here inspires you. Our focus this month is on self calming and self comforting. It is totally possible to simultaneously recognise and acknowledge the terrible things going on in the world, struggle with your personal challenges closer to home, and continue to appreciate good things and fun moments. The world needs more kindness and that includes being kind to yourself.

Ellie



[Light the fire – Something to listen to / watch](#)

Grounding yourself in your present.

A technique for calming anxiety is the so-called 5 senses meditation. There are lots of versions out there and everyone has their own preferences for meditation. [Here's one that I like.](#)

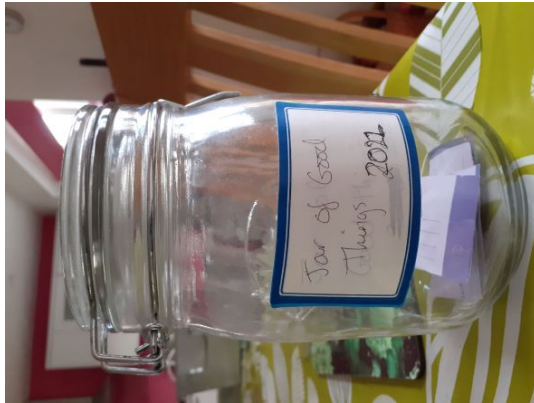
[Ready to fly – something to read](#)

"Gratitude"

Building on the last part of the senses meditation – considering one thing that you feel gratitude for, I have spoken to lots of people in the past week who find themselves finding a new gratitude for the ways of life and opportunities we take for granted. But even in calmer times, there are lots of people that swear by the value of



some sort of gratitude practice. It's a practice that I find really challenging - [this article has some ideas to start and maintain a gratitude practice.](#)



Ready to soar - Something to do

A Jar of Good Things

A family tradition we started a few years ago was to keep a "Jar of Good Things". Working on the principle that we tend to forget the good things and remember the negative things, every time a good thing happens, we write it on a slip of paper and put in a jar. We do it on an adhoc basis but some people do it as part of a weekly routine. On New Year's Eve we open the jar and take it in turns to read out the good things from the year. Lots of happy memories.

More (mostly related) ideas

Blogs from the SendThemSoaring Archive



Self-care is individual

Self-care is a personal thing - for me it includes finishing things.



The importance of taking holiday

Have you booked time off over the Easter / spring holiday period? Or planned ahead for the summer? Blocked time in your diary even if you haven't booked anything?

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