

Moving for your Mental Health Webinar

In this webinar, we discuss decision making and how we can hold on to the decisions made pre-lockdown without letting extenuating circumstances overshadow our needs. We talk all things timing, including how to tell when is the right time to embark on a period of growth and identifying our individual patterns and rhythms. Finally, we dive deep into the 'why', your motivation and reasons for making a change, discussing how to identify your 'why' and how we can hold onto it when things get tough.

Please follow the link to view the webinar replay https://www.lifecoach-directory.org.uk/blog/2021/01/12/webinar-replay-getting-going?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_2

8 ways to find happiness in uncertain times

Through difficult times, it can be hard to stop stress and anxiety intruding into our every thought. But there are moments of happiness to be found in even the darkest places

We all deserve to be happy. Say it with me: we *all* deserve to be happy. Of course, this is easier said than done, particularly in uncertain times where the stream of bad news feels almost constant.

But what's true is that little moments of joy can be found in even the hardest times, and the trick is to nurture them as they come, and hold on to them through thick and thin. Here, we've collected together eight ways that you can find happiness in uncertain times.

To read further please follow this link https://happiful.com/8-ways-to-find-happiness-in-uncertain-times/?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_2

How to become a morning person

Do you struggle to get up and greet the day? We share nine top tips to help you build good morning habits, and start your day the right way

Mornings are like Marmite: you either love 'em, or hate 'em. As a long-time established night owl, trying to make the switch to become a morning person

has been an ongoing struggle for me. Yet, according to the experts, the earlier we start our day, the more likely we are to see improvements in our sleep patterns and overall mood. But how do we flip the switch and make that change? Here, we share nine essential tips to help you get started.

1. Follow the rule of 15

Start slowly. Trying to become a morning person often starts with getting an earlier night, so we can still get our beauty sleep – but that’s often easier said than done. If your body isn’t ready to rest and your mind just won’t shut off, chances are you aren’t going to be able to force things.

To read more please follow this link https://happiful.com/how-to-become-a-morning-person/?utm_source=newsletter&utm_medium=email&utm_campaign=2021-week_2

How to move past the guilt of investing in yourself

The phrase ‘invest in yourself’ gets thrown around a lot, especially around New Year. For many of us, it conjures images of making decadent purchases that promise to change our lives. Marketing teams don’t help matters by latching onto this idea and hoping by phrasing a purchase of their product as an ‘investment in yourself’, you’ll be more likely to buy it.

So before we get into the idea of losing the guilt that can come with investing in ourselves – let’s unpack what investing in yourself really is. Investments can come in various forms. It may be an investment of money, but it may also be an investment of time and energy.

At its heart, I believe investing in yourself is all about investing in your personal growth.

To read more please follow the link https://www.lifecoach-directory.org.uk/blog/2021/01/14/how-to-move-past-the-guilt-of-investing-in-yourself?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_2

How to beat brain fog

We've all had those 'where on earth have I put the keys?' moments, but for some of us continually struggling to process information and constant forgetfulness can be signs of brain fog... And after how stressful the past year has been, it's no wonder that more of us than ever may be experiencing these symptoms. But can anything be done to help us think clearer in 2021?

Imagine going about your day with a mist swirling around in front of you. You'd probably struggle to concentrate or think clearly. Well, that's what living with brain fog is like. There might not be an actual fog around you, but it certainly feels like there is.

To read more please follow the link https://happiful.com/eat-to-beat-brain-fog/?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_1

Our ultimate guide to coping with overwhelm

A good way to think of overwhelm is like a backpack you have on while walking. Every now and then items get added to your backpack. Perhaps you're adding them yourself, or maybe other people are stopping you for a chat and adding items while they do so.

After a while, you notice the backpack is getting heavier and soon, putting one foot in front of the other feels impossible. You need to put the backpack down and rest, but you *have* to keep walking. The weight is crushing and you feel paralysed with no idea what to do.

Sound familiar? I think all of us can relate to this feeling. Various things can trigger this feeling, but often it's when lots of things build up that make you feel stressed. When we're stressed, our logical 'thinking' brain shuts down and our primal 'animal' brain takes over, putting us into fight, flight or freeze mode. Because of this shift, it can be hard to make decisions and think about a plan to tackle overwhelm.

To read more please follow the link https://www.lifecoach-directory.org.uk/blog/2020/12/22/our-ultimate-guide-to-coping-with-overwhelm?utm_source=newsletter&utm_medium=email&utm_campaign=2021_week_1