

## May Newsletter – Mind over Matter

To close out the merry month of May, I'd love to share a great quote by Satchel Paige, the legendary, trailblazing pitcher in the American Negro Baseball League. The quote sits in prominence on my noticeboard, so let me do a quick rubberneck and read it out to you...

*HOW OLD WOULD YOU BE IF YOU DIDN'T KNOW HOW OLD YOU ARE?*

Isn't that a great question?

Now go on...take a quick imaginary selfie and see what number you come up with.

For those of you feeling older than your years and a bit worn out, cast your eye over the following list of 'ingredients' and see which ones you might need to do a stocktake on:

- What I consume
- How I move and groove
- How I manage stress and emotion
- The quality of my thinking
- How I sleep
- How I relate to others

Remember, we are energetic beings (though some of you may not be feeling quite so at the moment) whereby we take in energy from all sources, make sense of it, transform it and cast it back out to the world around us (in other words, we are walking transformers!).

If that channel of energy gets clogged at any point in the process, it can leave us feeling empty, confused, pressured, blocked or just 'unwell'.

Just know that your physical, emotional, mental and spiritual condition is going to determine how seamlessly that energy flows through you and how zippidy-do-da you feel.

So, run your eyes back over that list again (I've only included 6 to keep things simple), look for chinks in your armour and make a plan for change.

Wellness is a choice.

Act on it.

See you next month!

Caroline