

Carol Hickson - Therapist, Life Coach and
Mental Health Trainer

SUMMER NEWSLETTER



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**There are still places available
on our online Menopause MOT
session. 90 minutes for £10, get
in touch to book.**

About this newsletter

I wanted to keep in touch with friends old and new and thought that a newsletter might be the best way to do that.

I'm trying different formats and fonts, at the moment and these may change in the future, but what won't change is that I'd really love to support and help you.

If you have been a private client then you already know how much I care, but for those of you who don't know me yet the same is true.

My purpose - discovered a little later in life than I might have hoped - is to help others be the change in their own lives. I can offer tips and techniques and friendly advice.

Big smile

Carol

Moving Forward After Lockdown

We're living through amazing times aren't we? I think that this is the greatest challenge for our generation. I wonder how often you've stopped and told yourself how well you're doing?

I don't know if you're living alone, or living with others? Either way you will have had to cope with a totally different way of living over the last few months and despite what you may have thought at the start of lockdown, you're doing well.

Often we're not very good at patting ourselves on the back but the thing is the mind needs us to! Seriously, we all respond to praise over criticism.

So here's a challenge for you. Listen to the voice in your own head. Does it urge you on or put you down and make your life harder?

If the latter is true then it's time to change.

Cozumel and her Therapy Dog Training

Those of you who have been to my therapy room or have met me walking the dog by the river, here in Northwich will have met Cozumel. She's 20-months old and is a cross between a miniature poodle and a welsh border collie.

I'm hoping that she will become a fully qualified therapy dog in the future. Her lovely temperament and intelligence suggest she might.

Her training has been interrupted of course, by lockdown as she was due to take the Kennel Club Good Citizen Dog Scheme Gold award at the end of March.

Now like the rest of us her life's a bit on hold. I'm wondering how confused our pets must be having us at home all day.

What do you think?



Checking in with Yourself



Remember to
Check in
With
Yourself

What are you most looking forward to once the world begins to reopen again?

Are there things you will never take for granted again?

What did you miss most?

What challenged you the most?

It's useful to ask yourself questions like these because none of us can have lived through this experience and not been changed in some way. The mind likes us to be aware of our thoughts and once we're aware of them we can challenge them.

So if you haven't already done so why not pick up your journal and put down a few thoughts? This is social history in action after all!

**Please get in touch
if you have anything that you'd
like to share:**

You can email me at:

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or join me on [Facebook](#) where I've shared lots of live videos.

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