

Carol Hickson - Therapist, Life Coach and
Mental Health Trainer

AUTUMN NEWSLETTER



IN THIS ISSUE

APOLOGIES...

That I'm sending this second newsletter later than I had hoped, I'm not entirely sure where the time has gone!

MEET BEESTON

I think most of us remain confused by the effect that Covid 19 is having on our health and lives and the restrictions that are being placed on us. For me I've found the best way is to keep busy and this summer I've done lots of training courses.

COZUMEL AND HER THERAPY DOG TRAINING

In September we also found out that our therapy dog's mum and dad were having a second litter of pups and guess who got first choice!

CHECKING IN WITH YOURSELF

COMING SOON!

Apologies...

Keep safe

Big smile

Carol

Meet Beeston, Cozumel's Baby Brother



We found out in September that we are getting a new puppy in November and since then we've been able to see him twice. Hopefully, soon Cozumel will get to meet him before we bring him home.

It's so exciting planning for a new addition and also, making sure that Cozumel is ready for the transition from only dog child to big sister.

Transitions are such important times for us all aren't they? Getting them right is key to successful change.

I've been seeing a lot of younger clients recently, helping them to settle back into school. Our children are more resilient than we often think and seeing their flexibility at the moment, is encouraging.

Cozumel and her Therapy Dog Training

Last week Cozumel achieved her Kennel Club Gold Award and it was a relief. She's been fine but, I have found myself reluctant to go out to dog school at 8pm.

Cold nights and tiredness after work have seen me wishing to stay at home with a book and a glass of wine, yearning for an easy life. The truth is having a badly behaved dog would make my life incredibly difficult and I have to remind myself why I do it. Personal development can be a bit like that too. Often we just want what we assume is an easy life and in many cases that means staying in our comfort zone. The amazing thing is once we put the work in things truly become easier and more pleasurable!



Checking in with Yourself



3,2,1

This is one of my favourite tools for calming the nervous system. As with many of the techniques that I use, it is simple and it's efficacy comes from repetition and consistent use.

You start by setting two minutes on your phone timer.

With eyes open take three deep belly breaths. Cross your arms over your chest, resting opposite hands on opposite shoulders, and close your eyes. Slowly begin to run your hands up and down your arms, from shoulder to elbow and back again. Saying whatever it is that you need to hear right now, perhaps that is "I'm doing ok."

Practise several times a day and feel the change as you invite calmness to reground you.

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

You can email me at:

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