

NEWSLETTER

# SPRING

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## HELLO AND HAPPY NEW YEAR

Hello, it was a funny Christmas, wasn't it? Leading up to it so many people were anxious about how it was going to turn out and yet we got through it. Now we're in a new year I wondered if you have made any plans for 2021? It's difficult I know, but the human mind does like to plan and we all have extra time on our hands at the moment.

My professional plan is to work smarter and my personal is to waste less. That means time, energy, and money. It will be interesting to see how it goes!



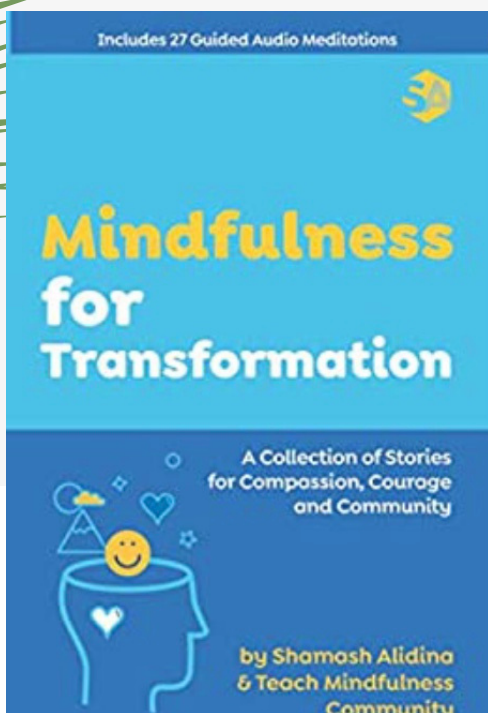
## HAPPY 2ND BIRTHDAY TO COZUMEL!

We were really excited for Cozumel's birthday because we knew that was the day that we would pick up her brother Beeston. Cozumel was less impressed, I think she would have preferred a new bone.



## MINDFULNESS FOR TRANSFORMATION

My mindfulness community published a book in December. Twenty-one of us contributed a chapter. It has been one of the scariest things I have done, sharing deeply personal information. I thought long and hard about it before I agreed, finally deciding that if it helps one person then it is worth it. It's available on Amazon.



## STRESSFUL BUT CAN YOU CHANGE IT?

We've been trying to move house and it was probably the worst thing to do in a pandemic. The stress of 'will the sale go through or not' has been ridiculous.

One of the techniques I use with clients is called 'Can You Change It?'

If something is worrying you then the question is 'Can you change it?'

If not then stop using energy worrying about it. If the answer though is 'yes' then the next question is 'Are you prepared to?'

If the answer is 'no' then again, why are you using energy worrying about it?

If the answer is 'yes', great so what do you intend to do to resolve the problem?

It's a really good technique to try.



If you find yourself getting overwhelmed with 'What ifs', do a 'What if Analysis.'

Once you have a list of 'what ifs' try changing them to 'What is' - it will help you to get some perspective.

Please get in touch if you think I can help. My email is [carol@carolhickson.co.uk](mailto:carol@carolhickson.co.uk) and my website is [www.carolhickson.co.uk](http://www.carolhickson.co.uk) where you can find some free resources.

Have a great Spring!