

# SUMMER NEWSLETTER 2021

Carol Hickson - Therapist, Life Coach and Workplace Trainer



## Summer News:

How are you?

Seven months into 2021, do you think that you have adapted to the new normal?

I've found it interesting how we've begun to create new patterns and embed new programming:- always carry a mask, look for the green light before you enter a supermarket and, of course, hand sanitiser everywhere!

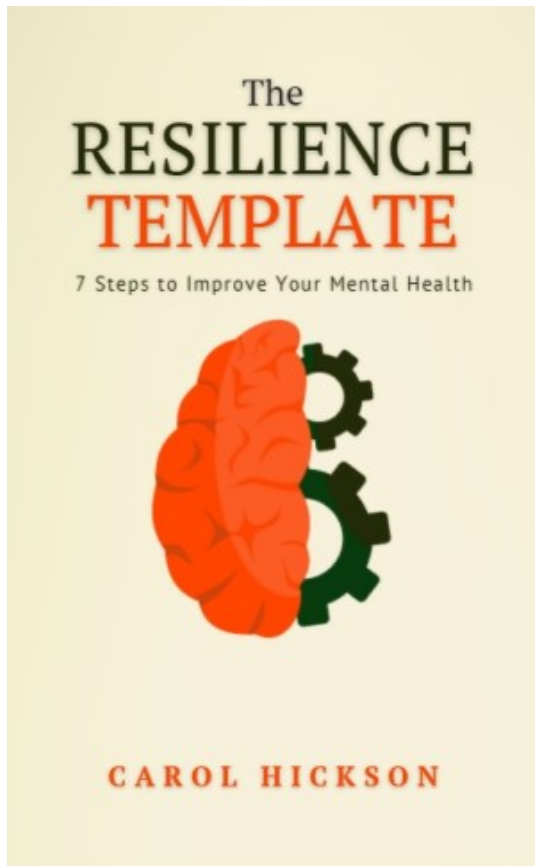
If you are still finding it hard, try not to worry. This is about accepting the things we can't change, no matter how much we would like to.

This ability to change ensures our survival as a species.

We are pretty amazing aren't we?

## IN THIS ISSUE!

**My New Book:  
The Resilience  
Template  
7 Steps to Improve  
Your  
Mental Health**



## My new book!

I still can't believe I've written and published a book.

To be honest, when I was writing it I thought I'd never finish, but I'm so glad that I persevered.

Holding the first copy my hands was like holding a new baby!

It has been pretty overwhelming sharing so many thoughts and ideas that have been in my head and part of me, for so long.

Somebody asked me how long it took to write and I said, *"It took six months in the writing, three years in the creating and a lifetime in the living."*

I hadn't realised how much you have to publicise a new book and, to be honest, I haven't been too good at self promotion so it's a bit of a learning curve.

I was brought up 'blow my own trumpet'. Perhaps you're the same?

It's hard going against old belief systems, but it's good when we do.

If you'd like a copy, it's available on Amazon. If you do read it I'd be grateful for a review! I definitely sound like an author now.

[Find the Resilience Template on Amazon](#)

## The Bucket of Stress

As we are returning to work there's a lot of change.

Some people will never go back to full time at the office, some will work in a hybrid way and others will have lost jobs and be trying to find new opportunities.

Wherever you find yourself, I hope you are getting some support with your mental health.

I've been offering drop-in sessions and training at an engineering company recently. I think in the past some employers might have forgotten that our lives, both inside and outside work, can be very complex.

All our problems, both professional and personal, go into our stress bucket, and sometimes we all need help to empty them out.

If you do need extra support, please ask your employer. Now, more than ever, they have a duty of care to their staff.



**If you have any questions or there is anything you'd like to share in the next issue please drop me an email at [carol@carolhickson.co.uk](mailto:carol@carolhickson.co.uk).**

**I'd love to hear from you.**

**I'll give a complimentary hypnotherapy relaxation session for any contributions I can share!**

*Big smile!*

**Carol Hickson**

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