



Monthly NEWSLETTER

Master your strengths in June

We are usually very good at pointing out our own weaknesses and can sometimes find it hard to give ourselves credit or “pat ourselves on the back” when we have achieved something positive.

Understanding what we are good at and using our strengths to our advantage, according to our experiences and talents can make us feel good about ourselves. Our ability to overcome problems, or make do with what is available to help us create a solution, can be part of our approach. Focusing on utilising our strengths will help us to have a positive mental attitude, creating happiness and a sense of achievement. Rather than focusing on what we are less good at and dwelling on how this makes us feel.

Boost your energy levels and take a moment to reflect at some point during your day on the things you have achieved.

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Here are some ideas to help you master your strengths:

- Do things that make you happy and give you enjoyment
 - Celebrate your successes
 - Recognise what you are good at
 - Listen and accept praise
 - Reflect on what you have achieved
 - Utilise your strengths
- Develop the talents you have by practicing them

Tips to help you regulate mood swings:

- Try to get 6-8 hours of sleep
- Relax and take time out for yourself
 - Practice meditation
 - Try some deep breathing
- Reduce your caffeine, alcohol and sugar consumption
 - Have a balanced diet, try to eat nutritional food
 - Stay hydrated
 - Look after your physical health
- Take care of your wellbeing – mind and body
 - Avoid burnout