



Monthly NEWSLETTER

The sunshine and summer holidays are on the way.

This month brings awareness of how important it is to look after you.

We often feel as though we have to accomplish something big in our lives, and if we haven't done something that fits the bill we may feel as though we are waiting. Often our lives don't make sense, they sometimes don't line up with our idea of achievement and accomplishment. When we strive to live our lives to the fullest and be completely true to ourselves, we do something big on an inner level, and this is more than enough to allow us to make sense of why we are here. Staying in tune with our own values and living our lives with our own vision, relieves us of the pressures we experience and often hold ourselves to. Our lives are a process so that we cannot help but co-create; being who we are; responding to each moment as it comes, we can trust that this is enough.

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Dates for your diary

Mental health awareness week is the 13th May to 19th May. This year's theme is body image – how we feel about our bodies. Go to the link below for more information:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

It's also Skin Cancer awareness month.

We often don't think to apply sunscreen before we come to work. It's important to protect your skin. Find some useful information, hints and tips for you below:

<https://www.skincancer.org/prevention/sun-protection/sunscreen>

If you notice anything unusual or persistent changes to your skin, go to your doctor. Chances are it's nothing serious, but if it's skin cancer, finding it early makes it more treatable. Call your GP today.

What do I look for?

The most common sign of skin cancer is a change to a mole, freckle or normal patch of skin. It's important to know your own skin and what it looks like normally so you notice any unusual or persistent changes. Use a mirror or ask your partner to check the areas of your skin that you can't see.

Are there other symptoms of skin cancer?

A change to a mole, freckle or normal patch of skin is a common sign of skin cancer, but there are also other signs to be aware of including:

- **A new growth or sore that doesn't heal**
- **A spot, mole or sore that itches and hurts**
- **A mole or growth that bleeds, crusts or scabs**

If you notice any of these signs, see your GP. If you know anyone who has any of these symptoms, insist they see their doctor.



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