



January has a certain reputation. It arrives full of promise and optimism, with a quiet expectation that this will be the year we finally get everything right.

And yet, for many people, January can quickly become tiring and overwhelming. Self-care turns into another thing to do properly, rather than something that actually supports us.

This month at Feel Well Therapy, I'd like to gently slow things down and invite a kinder way of beginning the year.



January reflections from Michelle

At this time of year, we often ask ourselves how we can improve, fix, or push forward. But those questions can assume we have unlimited energy, time, and motivation – which most of us simply don't.

A more helpful question might be:
What would help me feel more balanced, supported, or steady right now?

That might mean:

- Creating space to properly switch off
- Building one habit that helps regulate stress
- Practising saying no, or at least pausing before saying yes

If something increases pressure or self-criticism, it may not be the right focus for you.

Goals that truly support wellbeing tend to be small, flexible, and realistic. They allow room for real life rather than demanding perfection.

"Missing a week doesn't mean you've failed."

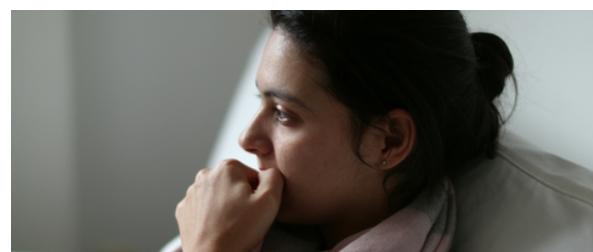
"Expect setbacks and return gently."

"Aim for consistency, not perfection."



Insomnia workshops coming soon!

Small-group workshops to support sleep difficulties, available online and in person. Email info@feelwelltherapy.co.uk to be put on the waiting list.



Panic attack workshops

Practical, supportive sessions to help you understand panic and develop tools to manage it. Email info@feelwelltherapy.co.uk to be put on the waiting list.



Self-care can include enjoyment!

Self-care has developed a reputation for being serious and slightly joyless. While routines like mindfulness and movement matter, self-care can also include laughter, creativity, play, and doing things simply because you enjoy them.

Enjoyment isn't indulgent. It helps regulate the nervous system, builds emotional resilience, and supports our ability to cope with everyday stresses.

Many people, particularly those who are used to caring for others or who hold beliefs such as "I must be strong" or "I must be productive", can find it hard to prioritise themselves. Guilt or discomfort can surface.

As a therapist for over 30 years, I understand how complex this can feel. I also know that change is possible. While some journeys are more challenging than others, we can all learn skills to treat ourselves more compassionately and create more enjoyment in our lives

A helpful cognitive reframe is this:
Looking after yourself is not self-centred – it's maintenance.



Michelles awareness exercise...

Sometimes we don't notice the stress and tension that we hold.

Here is a short body scan exercise to help us become more self-aware. It takes around 3-5 minutes.

Find a comfortable position, sitting or lying down.

If it feels okay, gently close your eyes or soften your gaze.

Take a slow breath in through your nose, and a gentle breath out through your mouth. Let your breathing settle naturally.

Bring your attention to the top of your head and ask yourself,
"What am I noticing?"

Slowly move your awareness down through your face, shoulders, arms, chest, stomach, hips, legs, and feet, taking time to notice in each area as you do.

Notice sensations, thoughts, or feelings without trying to change them.
If your mind wanders, that's completely normal. Gently bring your attention back to your body and your breath.

The purpose of this exercise is simply to notice your experience in this moment, without judgement.

There is no right or wrong way to do this.

What did you notice?

Thank You for Reading

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