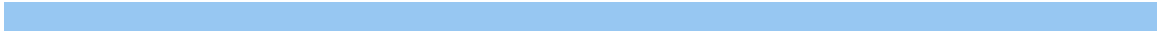




Helen Henry

Outdoor Life Coach



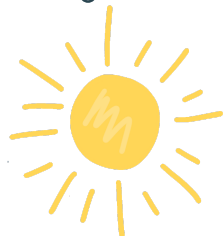
MAY 2021 NEWSLETTER

LATEST NEWS

Outdoor Challenge

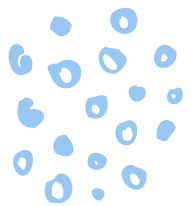
During the first half of May I was working with some lovely ladies completing the Family Wellbeing Programme. We had goals to work on each week and we met online to find out how we were doing and come up with a plan of what we would focus on next. Each week we talked about what worked and what we found hard. We worked through 4 different areas of our wellbeing and by the end of it had de-cluttered parts of our home, found time in our busy lives to breathe, challenge our brain, drink more water, and connect with those we love to name just a few. It was so good having the group supporting each other throughout the programme.

During May Bank Holiday I ran a free, 3 day outdoor challenge to get outdoors for 5 hours or more a day! The members of our group wanted this challenge and it was such gorgeous weather that families were easily over the 15 hours. Some families were camping so felt like they were never actually in at all!! The highest total came in at 32hours!! Amazing!



5 TOP TIPS

To Release Happy Hormones:



- #1. Laugh and have fun.
- #2. Go outside.
- #3. Connect with others inc. pets.
- #4. Sing and dance
- #5. Eat Chocolate!



CELEBRATE

YOU!

I am celebrating being a mother this month as my daughter turned 9 and I can't believe how old she is already! There were times when I was so tired I didn't know how I was going to get through the day, there were times when I sobbed trying to get her to stop crying or to sleep and there were many times when I doubted myself as being a good mum. I used to walk around the house repeating, "I am a good mum" over and over to try and help my belief. I was lucky that my babies were born out of lockdown and I had a community around me. But what if you don't have that network? what if covid hasn't allowed you to make those connections? What if you are feeling very alone now due to covid. I just want to say you are not alone, there are so many of us that feel the same.

Reach out and believe in you. Remember to celebrate who you are and how well you are doing with what you have available. What is your affirmation...I am a good...



I would love to connect with you more:

Book a free 30 minute consultation call to see how I can help you manage the stresses of work and the overwhelm of family life to create headspace and avoid burn out.

<https://bookhrhlifecoach.as.me/>



What to look out for next:

- *Group Soul Hike Friday 18th June. 2.5 hours of time out walking around the stunning Ashridge estate, Buckinghamshire. Revitalise your soul and de-stress from the overwhelms of day to day life. Message me for more information, places limited.*