

Giving to Yourself



Christmas is about giving—if you give to others what are you giving to yourself? Consider these:-

A sense of purpose boosts your self-esteem. A sense of accomplishment acknowledges achievements. Releasing resentment can make way for improved health and relationships. Letting go of other people's expectations of you. A sense of adventure you learn more about yourself and become resilient, have more fun and become braver. Being empowered gives you strength and reduces vulnerability. Focus on the present and count your blessings, you are more capable than you know. Give yourself permission to explore and create the life you want being mindful of your actions as you adjust. Make time to do something you enjoy. Do what you love, be true to yourself and be your own best friend. Forgive yourself when things go wrong and find time for self-care, it's essential, not selfish. These are gifts you can give to yourself to live your best life. As you go through the darker days put one foot in front of the other every day and remember to breathe. Keep moving forward, find the light and avoid the shadows. Looking ahead give thought to taking a step forward, give yourself something you deserve – support. By having a strong network of support, you are never alone. Do all this for yourself.

Join Us!

Positively Crafty

Calendars were achieved in the November session.



You do not need to be a master crafter to join us. We are learning new things every time we get together. It is a fun, light hearted afternoon. Give yourself the chance to change your focus, become absorbed and enjoy company.

The next session is on Thursday 1st December from 1.30-4pm at Southgate Community Centre CPSG—no meeting in December
Coffee Morning Monday 5th December from 10.30am at Dobbies.

Zoom—art on Wednesdays and virtual coffee mornings on Saturdays. Both from 10am.

The year is soon to come to a close so we take this opportunity to wish all of you a very Merry Christmas and to say thank you to all our speakers for their presentations, to Southgate Community Centre for accommodating us, to the Directory Team for publishing our articles and more importantly to you the readers, for listening. Until we meet again take good care and enjoy the festive season.

Many blessings.



Together we can overcome sadness and banish loneliness. Feel blessed having people in your life who come together. Better your existence is, by letting them in.