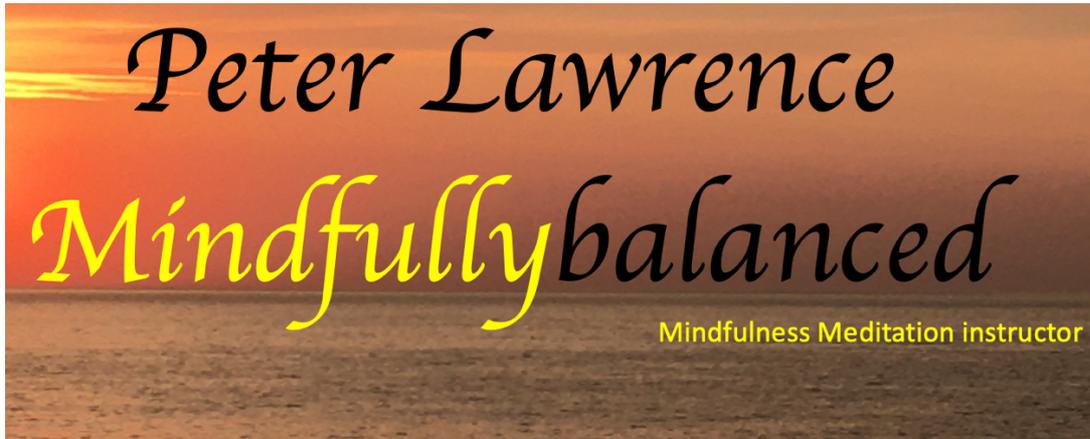


Newsletter 10/2022



Mindfullybalanced.co.uk

Date: 20th March 2022

Contents of this newsletter:

Section 1:

Update weekly sessions:

Section 1:

Monday 21st March – 9am and 7.30pm
Tuesday 22nd March – Movement for cancer –
7.30pm
Wednesday 23rd March 9am and 6.30pm
Friday 25th March – 9am
Saturday 26th March – 11am

Section 2

Cancer creativity course

Retreats

Stress and Emotional competence: Gabor Maté

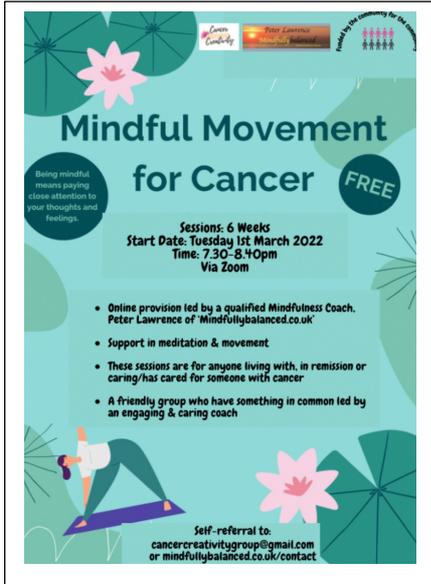
Poem – Make the ordinary come alive



Cancer Creativity Course – ‘Movement for Cancer’

This is the 3rd week of the course. It's not too late to join as there are another 3 sessions remaining.

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This course is free and is available to anyone who is living with cancer, in remission or caring for / or who has previously cared for someone with cancer in the UK.

The 6 week course, covers living mindfully, acceptance, moving mindfully and with a purpose to help the body. And practicing different techniques in how to calm the mind and to give it a pause in a way of helping find peace from all the over thinking, your brain is so good at!

A testimonial:

“While practicing Blue Breathing with Pete, the pain in my mouth subsided as I concentrated on the Blue Healing Breath. It was so nice to be without pain’.

If you would like to join or know of someone that may be interested please contact:

Cheryl at: cancercreativitygroup@gmail.com

September/October 2022 retreat

Information on the Sept/Oct retreat will follow soon.

A couple of testimonials from the Eastbourne retreat:

“The Facilitator: Had a Great manner. Enough to get people to try something new in safety without fear of being made to feel uncomfortable”

“Really lovely to take some time away to reflect. Loved being by the sea and the mindful walk. Enjoyed the pace of the weekend and variation.”

I will run another weekend retreat in the Autumn, around the end of September beginning of October. Dates and prices to be announced. If you are interested in attending please let me know.

It’s great to have 3 already on the waiting list.

Retreats

June 2022 retreat

My website mindfullybalanced.co.uk/retreats - has information about the Weymouth retreat in June.

On-Line retreat in July:

If you would like to experience a retreat but are unable to attend one, I am running a one day on-line retreat over the weekend of Saturday July 2nd or Sunday 3rd.



Spring celebrating new life, a new chance, growth and a sense of worth.

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The times will run from:

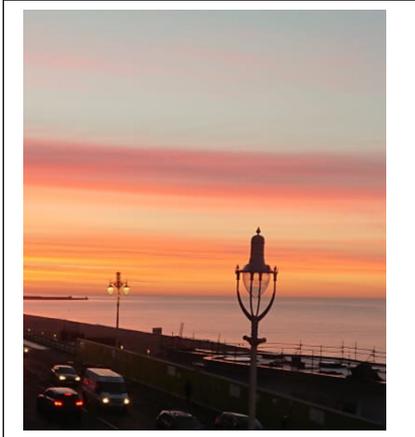
Early morning meditation, (optional) – 8am – 8.45am

Break for breakfast

Morning meditations:

10am – 10.45am

11am – 12pm



Break for lunch

Afternoon meditations

1.15pm – 2pm

Roundup 2.30pm

Farewells

The cost will be £40 for the day.

Autumn retreat

Information will be out soon for this retreat.

If you are interested in the on-line and/or Autumn retreat please let me know. There are a few booked already.

Stress and Emotional competence

Gabor Maté writes on Stress and emotional competence in a chapter from his book: 'When the Body says No' – first published in Canada in 2003.

In this book he discusses the effects of chronic stress on the body, and how understanding the intricate balance of relationships among our psychological dynamics, our emotional environment and our physiology is crucial to well-being. Maté quotes Hans Selye, another pioneering scientist on human behaviour and stress factors, from his ground-breaking book 'The Stress of Life' in which Selye coined the word stress as a biological sequence of events, in 1936, rather than an engineering term. Selye is quoted '*You may feel that there is no conceivable relationship between the behaviour of our cells, for instance in inflammation, and our conduct in everyday life, I do not agree*'.



Continuing in this work Maté researches emotional stress as a cause of illness and in the chapter 'Stress and emotional competence' states the requirements needed to help with well-being' are:

- The capacity to feel our emotions, so that we are aware when we are experiencing stress.

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- The ability to express our emotions effectively and thereby to assert our needs and to maintain the integrity of our emotional boundaries.
- The facility to distinguish between psychological reactions that are pertinent to the present situation and those that represent residue from the past.
- What we want and demand from the world needs to conform to our present needs, not to unconscious, unsatisfied needs from childhood.
- If distinctions between past and present blur, we will perceive loss or the threat of loss where none exists.
- The awareness of those genuine needs that do require satisfaction, rather than their repression for the sake of gaining the acceptance or approval of others.

Mindfulness meditation can help with us looking at our emotional competences with reflection and without judgement, in helping to lead better and more fully fulfilled lives.

On this subject I came across the poem by William Martin below, which I found interesting!

Make the ordinary come alive

Do not ask your children
to strive for extraordinary lives.
Such striving may seem admirable,
but it is the way of foolishness.
Help them instead to find the wonder
and the marvel of an ordinary life.
Show them the joy of tasting
tomatoes, apples and pears.
Show them how to cry
when pets and people die.
Show them the infinite pleasure
in the touch of a hand.
And make the ordinary come alive for them.
The extraordinary will take care of itself.

Take care everyone.

With kindness

Pete

