

the therapy room

This month we have extended The Therapy Room to encompass the entire Health & Beauty section of the magazine, as they are all types of “therapy” in some shape or form.

Each month we will provide some inspirational and useful quotes and tips to open the section. I hope you find the articles enjoyable and informative, and that The Therapy Room becomes a “place” you like to visit each month when the magazine arrives on your doorstep.

Tips for lifting moods by Emhart Counselling

Bad moods are typically unpleasant but short emotional states, whereas depression drags on for weeks, or in some cases, far longer.

After you're over your depression, you'll still encounter occasional bad moods. Nonetheless, realising that bad moods aren't intolerable and that you can do something about them may help prevent them from spiralling into a longer-lasting depression. Here are some tips for handling the blues and keeping upbeat.

- Do something nice
- Getting a lift from exercise
- Singing yourself into a better mood
- Calling a long-lost friend or going out with a friend
- Dancing
- Soaking the blues away
- Taking a walk in the fresh air
- Mellowing out to music or relaxing
- Eating your favourite food

“Good judgement comes from experience...

...experience comes from bad judgement”



Need to Talk

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- who listens? • who doesn't judge?
- who doesn't tell you what to do?
- who isn't involved?

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 Mobile: 07795 007941 • www.emhart.org.uk
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Emma Taylor - Qualified Counsellor
 MASC (Ad.C.S) (P.Th) (Ad.Crim) MSFTR LAPHM MNACHP

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