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C O U N S E L L I N G

Hello and welcome to my March newsletter

I am sure you will agree, we have been living through strange times. Parents across the nation are no doubt breathing a huge sigh of relief as children return to school this week. I don't know about you, but it certainly feels like we are edging ever closer to things returning to some sort of normality.

Over the past 6 weeks I have been posting far more regularly on social media and writing a weekly blog. Thank you to every one of you who has supported me by interacting and sharing my posts. My blogs have covered:

- **The Imposter Syndrome**
- **Self-harm**
- **Optimism**
- **Our relationship with guilt**
- **Why it can feel difficult to challenge**

Self-care is top priority

Many people in counselling have struggled with keeping structure within their day, coping with isolation, and maintaining a sense of meaning.

Levels of anxiety have significantly increased because of COVID and the uncertainty it has brought. For people who were already anxious, they have developed further symptoms and have found their normal coping mechanisms have not helped or have been unavailable. Anxiety has also increased because people are alone in the house with their thoughts, cut off from others.

So, what do we need to do? I would say self-care, self-care, and more self-care. If you would like any ideas on how to look after yourself, self-care is something I refer to in most of my blogs.

A date for your calendar

19th March 2021 – World Sleep Day

Getting enough sleep is essential for good mental health. If you have ever worked with me, you will know I love Maslow's Hierarchy of needs. It is such a powerful tool to explain how we place limitations on ourselves when we ignore our basic needs such as sleep, nutrition etc.

How would you describe your relationship with sleep? Is it something you prioritise? Do you struggle to sleep? Do you have poor sleep hygiene where you are exposed to too much blue light before bedtime?

If you are interested in learning more about sleep and how it can affect your mental health, check out this information from the Mental Health Foundation: **How to sleep better | Mental Health Foundation**

Future blogs

Over the next month I will be writing about how our relationship has changed with the world and the grief we are experiencing. I will also be exploring the impact of early relationships and how to put your needs first in relationships.

*Here to listen, understand, and support,
Gemma*



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