

The SPANNER

A Tool for Regaining and Maintaining Your Life Force



S = Self. Find and honour yourself through self-care, self-love, self-compassion, becoming self-centred and self-actualised...

P = Peace and Quiet. We all need quiet time; time to rest, relax, meditate, journal, sleep. Preferably in silence...

A = Ask and Accept and Allow. You can make your life so much easier when you allow yourself to ask for and to receive help, love, advice, compliments, feedback, and anything else positive that is offered...

N = Nourish. Nourish your body, mind and soul by eating nourishing food, thinking nourishing thoughts and doing nourishing things...

N = No! Overwhelm is caused by having too many things on our plate. Remember that 'a no to someone else is a yes to me' and that 'no is a full sentence'...

E = Exercise. Gentle exercise lets oxygen in and stress out, releases adrenaline and gets the blood flowing. It helps you sleep better and improves your appetite for healthy food.

R = Relationships, Rest and Relaxation. Reinvest in the relationships that nourish you - pay them the time, attention and effort that they (and you) deserve. Make sure you get enough sleep and relaxation time to recharge your batteries.