

With the summer holidays behind us, it is sometimes difficult to readapt to different routines, new schedules, and maybe to new schools or new job,

You may be feeling in need of a motivation boost, or reassurance that you will be successful. You may feel fearful of the unknown, or feel so nostalgic about the past you are not able to connect to the present....

During difficult moments, Bach flowers can help you regain the right emotional balance, so you are able to fully focus on the 'here and now' and enjoy the present moment.

Walnut will help you adapt to new changes and find your anchor, **Mimulus** will help you clear the fears which are making you anxious, **Hornbeam** will give you the 'Monday morning' boost, **Honeysuckle** will invite you to leave behind the nostalgia of the pass so you can enjoy and fully focus on the present moment.....

We all have moments when we feel so overwhelmed with our emotions that it stops us from being able to have a clear head and get back on the right track. If this therapy speaks out to you, then let's get started!



DID YOU KNOW?

JACQUELINE SHUM

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