



NEWSLETTER

Accelerated Healing

Helping you Achieve Positive Changes

February, 2008

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BACK TO WORK!

Yes, the holiday is over. Whether you had time off work and enjoyed a long overdue relaxing holiday by the beach or caught up on much needed family time, January refreshes us all with peaceful days and the promises of a new year. *Ahhh, January, it's relaxing and don't we love it!*

Still, the holidays don't last for long and before you know it you're back to work and everyday life has caught up with you again. Taking the kids to school, catching the bus/train that is always late, getting stuck in traffic, deadlines that are uncompromising, and so it's back to the same old stresses you thought you diffused over January.

You may even feel as if nothing has changed, and in some ways perhaps it hasn't, even though you were able to unwind and relax for a little while.

Stress inevitably creeps into our lives. Even though we make that New Year's Resolution to have a stress free year, if we don't have the awareness of our individual sign and symptoms, the stressors (triggers) and the tools to overcome life's challenges, stress can have consequences on our physical, emotional and mental health.

Often I hear people say 'I really want to do your Stress Management Program but I'm too busy'. Isn't that interesting? It's like procrastinating over whether to take a headache tablet once the initial pain has set in, knowing full well that with each minute the intensity will increase. Yet still many of us find excuses to avoid reaching for the medicine cabinet!

We all know prevention is better than cure, and **NOW is always the time** to get all the tools and resources to manage stress to assist in overcoming life's challenges. To be positive and empowered and enjoy a happier more comfortable life with clearer goals and more optimistic outcomes **YOU DESERVE!**

For more information on the Evening and Corporate Stress Management Program please contact Lydia

DEPRESSION

Does it effect you?

Depression comes in many forms and can 'originate' for many reasons, and there are more people feeling some level of depression more than ever before. It could be as mild as being unhappy, sad and unable to cope with life, especially the little things.

Most people are too embarrassed to admit that they have these uncomfortable feelings, behaviours, emotions and thoughts, let alone ask for help. Others have simply accepted it as 'normal'.

Mild depression can be a result of a specific event or series of events that causes **stress**. If stress is not managed it may accelerate to **burnout** which can then result in **depression**. The greatest concern is that these states can all sneak up on us without realising it, and we often assume that it will simply go away and disappear if we change jobs, earn more money.....(etc.)

Because stress, burnout and depression are all coping mechanisms, they can be modified when presented with the right tools and resources which can then change the way in which we overcome life's challenges effectively and enjoy life!

Below are a few questions that you can ask yourself to find out if you are affected by stress, burnout or depression.

- ◆ Do I have difficulty with sleeping?
- ◆ Has my diet changed compared to my normal diet?
- ◆ Do I get headaches regularly?
- ◆ Am I feeling more emotional than usual?
- ◆ Am I drinking alcohol regularly/excessively?
- ◆ Am I getting tired easy and frequently?
- ◆ Am I finding it difficult to concentrate, remember simple things or in making simple decisions, often feeling confused?
- ◆ Am I socialising less and staying away from people I care about?
- ◆ Am I feeling negative, sad or pessimistic?
- ◆ Am I anxious, irritated or agitated by simple things?
- ◆ Am I feeling unenthusiastic about my future and my goals?
- ◆ Am I frustrated with people day to day events?

Now that you have completed this small sample of questions, is there a positive change that you would like to make in your life, **NOW**? If there answer is yes, please call to find out how Accelerated Healing can help you achieve the positive changes you desire.

*Places are
limited so book
NOW*

for the next
**Stress
Management
Program**

(Evenings)

*Hurry the next
program*

Starts 12 Feb

This program is designed to help you understand stress and offers you the tools and resources to release and manage stress.

Learn how to overcome life's challenges in your life, while creating the future you want and deserve!

Commences: 12 February, 2008

Concludes: 18 March, 2008
(6 Consec. wks)

When: Tues 6.30—7.30pm

Where: Art of Health Clinic
113B Booth St
(cnr Johnston St
Annandale)

Cost: \$110

Dates for Upcoming Programs

- 25 March to 29 April
- 6 May to 10 June
- 17 June to 22 July
- 29 July to 2 Sept.

(Dates may change so please enquire before booking.)

**Corporate Programs are also
available for organisations.**

Call for more information.

Did you make a New Year's Resolution?

Why do it alone?

Get the support you need with:

- ◆ Clinical Hypnotherapy
- ◆ Energy Therapy
- ◆ Stress Management Program
- ◆ Casual Meditation Classes

20% off Psychic Tarot Readings

Ends February

WHEN WAS THE LAST TIME
YOU RELAXED AND
ALLOWED YOUR
IMAGINATION TO WANDER?

COME ALONG AND JOIN US ,
AND EXPERIENCE
A RELAXING

CREATIVE
VISUALISATION
GUIDED MEDITATION!

SPECIAL OFFER
**FIRST CLASS IS
FREE!**

**CASUAL
MEDITATION CLASS**

When: Every Tuesday Evening
Time: 7.45pm – 8.30pm
Where: Art of Health Clinic
113B Booth St
(cnr Johnston St)
Annandale NSW
Cost: \$15 per class or
\$72 for 6 Classes
(prepaid) and can be
used over 3 months
(Saving 20%)

No pre-requisites required – All welcome
Class numbers are limited so please call ahead
to secure your place.

Special offer applies to all new participants

Intuitive Tarot Course 2008

40 hours over 10 weeks

This very special and unique course is offered **only once a year** and is designed to open up and develop your intuitive self in reading and interpreting the meanings of each of the Major and Minor Arcana Cards in the upright and reverse positions, in a variety of combinations & layouts.

This is a fun, hands-on, experiential and practical way to learn the ancient and mystic art of Tarot, providing you with personal guidance and direction, and for your family and friends.

This course will also enable you to gain the skills to **work professionally** and is **suitable for both the beginner and the experienced.**

Commences: Sunday 4 May 2008

Concludes: Sunday 29 July 2008

When: 9.00am to 1.30pm

Where: Art of Health Clinic
113B Booth St (cnr Johnston St)
Annandale NSW

Cost: \$660

Early Bird: \$580 when paid in full before 6 April, 2008

Cost includes: Tarot Manual/Workbook, Tarot Journal, Seventy Eight Degrees of Wisdom by Rachel Pollack.

Numbers are STRICTLY limited to 12 participants so please book early to secure your place.

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ABN: 19 012 645 149

P.O. Box 1673 Rozelle 2039

Lydia H Deukmedjian

Dip CHt, Clinical Memb. AHA and IMDHA, Exec AHA

M: 0410 327 665

E: lydia@acceleratedhealing.com.au

W: www.acceleratedhealing.com.au