



My favourite Month is May.

I have been loving May. The flowers, sunshine and warmth. Nature is blooming, inviting us to stop and appreciate change and transformation.

May is also my birthday month (39 trips around the sun so far, next year is “the big one”!!), bringing an opportunity for reflection, celebration and gratitude.

Reflection gives us the opportunity to look back over a period of time or experience and recognise the wisdom within it. From this, we can learn, grow and step into a better version of ourselves; change and transformation.

Reflection also gives us the chance to truly celebrate who we are and just how far we have come. We do not do this enough; however, we are often very quick to point out where we feel we are not doing so well.

So, a challenge for you:

- Ask yourself what you are proud of achieving this week, this month and this year so far. Recognise those things and be proud of them.
- Find three things at the end of every day to be grateful for (they do not have to be big) and write them down. Science shows this can literally alter our mindset and how we view ourselves and the world around us. We become more primed to notice opportunities that bring us joy. Plus, if we are having a tough day or going through a

difficult time, we can look back on the little things that have made our world brighter, encouraging us to shine brighter too.

Wishing you a happy, healthy day,
Emily

Ps. You will find a short feedback [questionnaire](#). It's quick, completely anonymous and incredibly helpful. Your thoughts really do shape how I continue to support you. Thank you for taking the time to complete it. It genuinely helps the practice grow.

Wishing you a happy, healthy day,
Emily ✨

(Please note I am not sponsored, endorsed or affiliated by any company or product mentioned in this email).

Did You Know

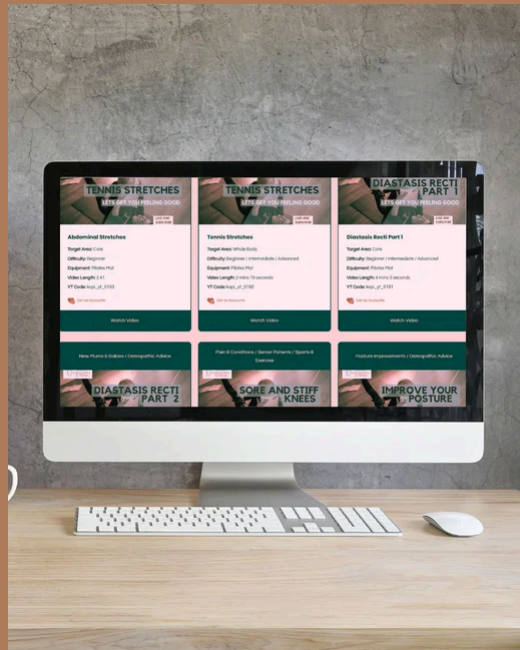
Gratitude is a scientifically proven practice that increases happiness, boosts immunity, reduces stress and improves sleep quality.



May Favourites

I am a dog mum again! We rehomed an incredible 5-month-old Dalmatian. I LOVE walking her, and that people stop and talk to us (plus their fabulous dogs!). Spreading joy and happiness wherever I am is a daily goal; a lovely gentleman even stopped to show me a photo of a dalmatian he owned, saying seeing Lola had made his day.

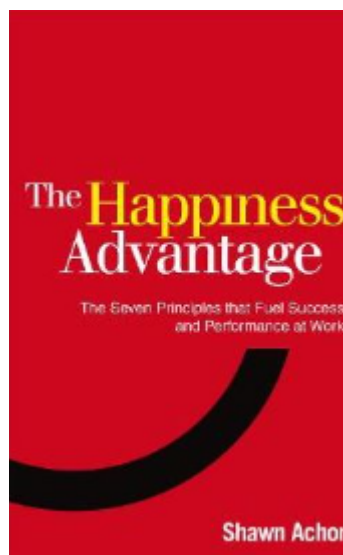
What can you do to make someone's day brighter?



Something For You

The [Video Library](#) on my NEW website is proving to be a fantastic resource for you! You can search by the body area you need help and support with, save your favourites, then create a bespoke routine tailor-made for you by you, with expert teaching. All for FREE.

We are adding new videos regularly, so stay tuned!



Book Club

This month, I read [The Happiness Advantage](#) by Shawn Achor (this book was mentioned in [The Slight Edge](#) by Jeff Olson).

This unpacks how to maximise your potential at work and to maintain a more positive mindset in every aspect of life. Achor shows us how happiness fuels success, not the other way around.



Start Here

If you're feeling up for a challenge, check out my standing lower extremity mobility series that blends balance, gluteal strength, and hip, knee plus ankle mobility!

Giving your physical body a gentle new challenge is always a nice thing to do. [You can find the video here.](#)

A Little Inspiration

"When you are grateful, fear disappears, and abundance appears"

– Tony Robbins



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