

June 20, 2022

Body, Mind, & Soul Connection

Your weekly newsletter

Whistler's Bay & Co. is located just 10km east of Kingston, along the St. Lawrence River. Stop by on your way to Grass Creek Park or make a day trip out of it and head to 1000 Islands Kayaking.

- <https://1000islandskayaking.com/>
- <https://www.cityofkingston.ca/residents/recreation/parks-trails/grass-creek-park>
- <https://whistlersbay.ca/about>

Beautiful, handpicked bouquet from Whistler's Bay →

If you're feeling:

- Constantly worried about your health
- Avoid activities because of your worries about your health
- Constantly asking others for reassurance about your health
- Regularly looking up your symptoms online
- Avoiding certain TV, such as medical shows
- Having constant fear and worry that medical tests may be incorrect

And if these fears and worries about your health are causing your distress and difficulty in your daily life - let's talk! Perhaps you have something medical going on and you need to talk to your doctor, or maybe it's more mental health related - or maybe it's a combination of both. Either way, health anxiety is real. Let's talk!

Health Anxiety

Sipping my Sunday morning coffee reminded me of how much we, as a collective, have truly been through over the past couple years of the pandemic. Coffee dripped down the side of my takeaway cup and I was about to lick it when my mind said *"Don't do that, don't you know that the barista handled your cup, and others, and the debit machine! They could be sick - you will get sick - yuck, germs!"*

This is one small example of the amount of thought that we've had to put into our daily lives, not to mention keeping loved ones safe, co-workers safe, protecting the elderly, pregnant, and autoimmune compromised.

My new favourite term is **Decision Fatigue**. There are so many decisions that we need to make, and the pandemic added a whole new layer of consideration for the safety of oneself and others.

When in doubt, when exhausted, and when experiencing this "decision fatigue", listen to your body. Close your eyes for a moment if you can, take a deep breath and ask yourself: **"is this right for me right now?"** Let this be your guiding light to decision making, trust yourself, you know best.

Bria Wannamaker Psychotherapy



THIS WEEK ON THE PODCAST

Leave a 5-star review and be entered to win custom merch!

COMPILATION OF MY FAV BODY IMAGE & DIETING NO NO'S FROM PERSONAL TRAINERS

Monday June 20: Episode #91 with Janikka Murray, Hannah Hutson, & Abby Chan.

HOW SOMATIC EXPERIENCING CAN HELP YOU HEAL

Friday June 24: Episode #92 with Bria Wannamaker, RP.



