



FEBRUARY NEWSLETTER

Welcome to the Omega Therapies February Newsletter. We hope you are taking care of your health and well-being.

COUNSELLING

There are many reasons to contact a counsellor/therapist, whether you are going through a difficult time in your life or you are just checking in as part of your self-care routine.

It is especially important in our fast-paced and technology-driven society to take a moment and see if your mental health needs are being met—and if they aren't, it's good to know when to seek counselling help.

Trauma - Any kind of emotional or physical trauma that has happened in your life, whether it be abuse, the death of a loved one, or say a car accident—all and any traumatic events need to be healed.

Self-Acceptance - Many people experience self-esteem challenges. They also feel shame and guilt in regard to their experiences as a result, you may feel like you do not receive happiness or joy.

Self-Care - Regardless of what your challenge is, self-care is one of the most important steps towards recovery.

Mood Disorders and Personality Disorders - Mental health is just as significant to one's well-being as their physical health. Counselling can help deal with your emotions and find the tools to cope with triggers and depressive or manic episodes, communicate your needs to others, and so much more.

You Are Worth the Fight - When life's challenges come up, sometimes people feel hopeless and defeated. They feel like nothing could get better. However, that is an illusion. Counselling gives you time and space to work through your problems. Counselling can help you regain wellbeing and balance in your life.

Therapy helps you gain a different perspective on problems and issues. Therapy provides a safe, non-judgmental and respectful environment.

DEPRESSION

Depression is more than just feeling down or having a bad day. When a sad mood lasts for a long time and interferes with normal, everyday functioning, you may be depressed.

- Feeling sad or anxious often or all the time
- Not wanting to do activities that used to be fun
- Feeling irritable, easily frustrated, or restless
- Having trouble falling asleep or staying asleep
- Waking up too early or sleeping too much
- Eating more or less than usual or having no appetite
- Having trouble concentrating, remembering details, or making decisions
- Feeling tired, even after sleeping well
- Feeling guilty, worthless, or helpless
- Thinking about suicide or hurting yourself

Anyone can get depressed, and depression can happen at any age and in any type of person, however there is normally a trigger or cause for depression. The most common causes are trauma, stress, ill physical health or unhealthy or sharp changes in an environment.

Many people who experience depression also have other mental health conditions. Anxiety disorders often go hand in hand with depression. People who have anxiety disorders struggle with intense and uncontrollable feelings of anxiety, fear, worry, and/or panic. These feelings can interfere with daily activities and may last for a long time.

UPCOMING WORKSHOPS

Wednesday 15th February
and Wednesday 1st March
6:30pm – 8pm

Whole workshop dedicated to the practice of wicca and witchcraft with Joe at Omega Therapies.

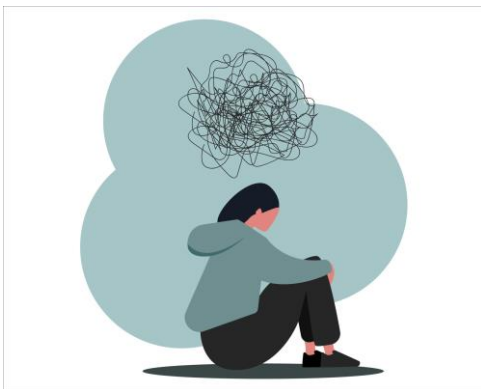
£7.50 per person, if you bring your own ingredients.

£10 per person, if you would like to use the ingredients which we provide for you.

For more information give us a call.



There are many reasons to contact a counsellor/therapist



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Lavender is one of the most common essential oils due to its range of benefits.



Hibiscus tea has many benefits, including regulation of blood pressure and weight loss.



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AROMATHERAPY OILS

Lemon Essential Oil

Extracted from the peel of lemons, lemon oil can be diffused into the air or applied topically to your skin with a carrier oil.

Lemon oil is known to reduce anxiety and depression, reduce pain, ease nausea and kill bacteria.

A study also states that aromatherapy of essential oils like lemon oil might improve the cognitive function of people with Alzheimer's disease.

Eucalyptus Essential Oil

Eucalyptus is a great essential oil to have on hand during cold season. It soothes a stuffed-up nose by opening your nasal passages so you can breathe easier.

It can also relieve pain and fight against herpes simplex virus thanks to its antimicrobial and anti-inflammatory properties.

Take precautions when using eucalyptus oil, making sure to dilute it before applying to the skin. It should not be ingested and can have dangerous side effects on children and pets.

Lavender Essential Oil

Lavender is one of the only essential oils that does not need to be diluted, and for this reason, it is one of the most common essential oils. Lavender also works very well with a wide range of other essential oils, for example Eucalyptus, because Lavender promotes relaxation and relieves anxiety while eucalyptus works to clear airways and mental fog.

Lavender has many benefits to it, including relaxant, pain reliever, decreasing stress and anxiety, and helping to induce sleep.

Studies have shown that essential oils may help:

- Boost mood.
- Reduces stress
- Increases attentiveness.
- Improve sleep.
- Kill bacteria, funguses and viruses.
- Reduce anxiety and pain.
- Reduce inflammation.
- Reduce nausea.
- Relieve headaches.

HERBAL TEAS

Herbal teas are most commonly made from tisanes, which are blends or infusions of dried fruits, flowers, spices or herbs in water, which get partially dissolved.

Ginger Tea

Best known as a trusted nausea remedy, ginger tea has a spicy and full-bodied flavour. It contains the antioxidant gingerol, which is a strong bioactive disease-fighting compound. Ginger also contains trace amounts of vitamins and minerals such as vitamin B3 and B6, iron, potassium and vitamin C.

Ginger has been shown to boost the immune system, as well as help to treat a range of ailments, such as gastrointestinal function, pain, inflammation, and more.

Chamomile Tea

Chamomile tea is most known for its ability to reduce and relieve stress, as well as improves sleep, allowing you to get a better night's sleep. Many people that drink chamomile compare it to the taste of a crisp apple.

Chamomile tea also helps to clear congested sinuses, allowing for clearer and easier breathing. As well as this, it also aids digestion and promotes healthy skin and hair.

Hibiscus Tea

Hibiscus tea is a very strong and positive tea, helping with a lot of physical health issues. Some of these include antioxidant, anti-bacterial, helps regulate weight and blood pressure, boosts immunity and promotes kidney and liver health.

ROOM TO RENT

Room to rent on daily basis, would suit a therapist or counsellor.

£30 a day or a deal could be made if wanting more than one day.

For more information, please call us on 01527 585023 and ask to speak to Joe.

To book any appointments or workshops, please call our number at 01527 585023 or visit our website and online shop at www.omegatherapies.org.