

Tony Yuile

From: Tony <tony@tycoaching.nz>
Sent: Friday, 13 December 2019 4:39 p.m.
To: tony3
Subject: Three gifts for you

Season's Greetings

from Tony Yuile - Mindset Coach

Empowering Change from the Inside Out



It's Xmas and I've got 3 Gifts for You

Xmas stressing you out?

The festive season can be a busy, demanding time causing your stress level to go through the roof. To help you cope and lower your stress, I've recorded 'Quiet Mind' - a 15 minute guided visualisation mp3, as a gift for you.



disturbed and pop on some headphones. The Quiet Mind track will help you feel more relaxed and calm. [\[Once downloaded - Right Click - Save Audio as ...\]](#)

[Download your Quiet Mind mp3](#)



Cultivate a gratitude habit

Expressing a sense of gratitude is a powerful habit that helps your mental well-being. Studies have found that people who express gratitude feel more optimistic, energetic, joyful, and healthy as they have stronger immune systems.

The best way to reap the benefits of gratitude is to notice new things you're grateful for every day. So in the morning when you wake, make it a habit to say or think 1, 2 or 3 things you're grateful for. This will give you a positive vibe you can carry into your day. At night, just before bed, say or think 1, 2 or 3 things you're grateful for. This will help you sleep more restfully.

Gratitude practice connects you to what's important in your life and helps you stop '*sweating the small stuff*.' To learn more about the Power of Gratitude click [here](#). And to help you to start building your gratitude habit, I've recorded a short (10 min) Gratitude Meditation. [\[Once downloaded - Right Click - Save Audio as ...\]](#)

[Download your Gratitude Meditation mp3](#)

Just take a moment & breathe...

Without you realising it, your breathing pattern (e.g. over breathing, chest breathing, holding your breath) could be messing up your sleep, mood, digestion, nervous system and more.



Correct breathing means you breathe in a way that is physiologically optimal for your body. It's the way you were designed to breathe, only you were never taught how to. The benefits of breathing 'correctly' are huge, including more energy, decreased stress and anxiety, better health, and just a happier life in general.

The good news is you can consciously reshape your breathing pattern. Check out a couple of ways to do this [here](#).

My favourite breathing practice is '7/11 breathing' because it's guaranteed to switch off the Stress Response. To get a copy of my free guide to this wonderful technique click on the box below.

[Download your 7/11 Breathing guide](#)



Time for a change in 2020?

If you'd like some help, either to overcome a problem (perhaps an unwanted habit, stress, anxiety, low self-esteem, overweight) or achieve

ready when you are.

I work with people across NZ and the world thanks to the internet, so when you're ready to make that change get in touch and together we can make magic happen.

[Get in touch with Tony](#)



Go well

Wherever you are in the world,
I wish you, and your loved
ones, a peaceful festive
season, and a bountiful,
healthy, successful New Year.

Tony

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PS. My Xmas break

I'll be taking my coach's hat off on December 20th
and putting it back on again, on January 13th to help
turn those New Year's resolutions into reality. :)



site, or have been a client, or have attended a workshop/talk/networking event with me at some point in time. If you no longer wish to receive this quarterly well-being focused newsletter email, you may unsubscribe by clicking the link at the foot of this email. I only want you to receive the newsletter if you find it of value and you actually read it.

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