



welcome

With Christmas soon upon us many of you will be feeling the stresses and strains of the extra workload. So this issue we've concentrated on helping you to bring down those stress levels. Our *Medical update* on page 8 looks at stress and how you can manage it, complete with a *Quick guide* to managing this harmful state of mind. Linked closely

with this is *My story* on page 2 and *Something new* on page 6, where you can read all about an ancient Guatemalan tradition to take away worries and fears and then make your own customised model!

We've made your Christmas shopping easier, too, with two pages of stocking fillers and, of course, we've got knitting kits and luscious yarn in our shop, all delivered to your door free of postage costs, plus your normal membership discount ranging from 15% to 26% off the normal recommended retail price.

As promised last month we have a full report on *Unravel* on page 4 – the day was a huge success as those who came along will agree. Even the multi-coloured sheep enjoyed their day of fame in the warm sunshine!

Plans for our Stitchlinks birthday Wall-hanging continue and you'll find a reminder on page 3. Your ideas and pictures so far have been fabulous, so please keep sending them in to make it as big and as eye-catching as possible.

Don't forget to take some time out to knit and stitch and keep up with your friends. Take care.

Betsan 



4 step action plan for next month

- Put strategies in place to manage your stress levels. Counting to ten and breathing deeply before you react is a good place to start.
- Write a personal note to friends you haven't seen for a while and pop it in a Christmas card.
- Plant some bulbs in pots or in your garden. It'll help you to look forward to springtime. Indoor bulbs are a great Christmas gift, too!
- Buy yourself a small Christmas gift, because you need a treat, too. If money's short give yourself the gift of some regular time to yourself.

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