

January



2023! It really doesn't seem like it does it... and yet it's here! After a full year of many reasons to celebrate, I hope that this year ahead gives you even more reasons to smile. Let's make it the best year ahead, in terms of professional life as well as personal.

There's nothing like absolutely aiming to be the best version of yourself and drawing out a whole plan of what areas of personal development you want to work on for this year. It could be getting into a better exercise regime, cooking with healthier recipes, or even practicing more mindfulness.

With a New Year comes more opportunity to reset things, re-evaluate decisions and become the best version of YOU. So, grab some pen and paper, and write out a list of how to turn yourself into the 2.0 version of YOU. Make a detailed plan, write down your goals, hopes and aspirations for this remarkable year ahead, and then absolutely go out there and NAIL IT.

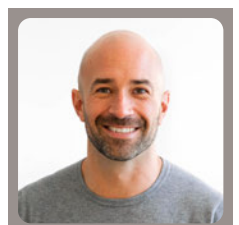



Don't just list down your resolutions, but rather make a detailed plan for each. This of course could change over time, but it's always nice to initially lay down a solid plan. This could make it more motivating to follow through, or even give you more clarity! Once again, HAPPY NEW YEAR! My sincere wishes towards you and all your loved ones that this is the year to make it big for YOU.



Luc Archambault

Chiropractor





Journaling ideas to help improve your mental health and productivity

It's a well-known fact that journaling is a great hobby to take up to keep up with mindfulness. Writing your thoughts down is known to help reduce stress and improve your mood. Also, studies show that journaling has a direct positive impact on your mental health. But the next question is, what should you journal about?

There are various kinds of journals one can keep, each for a different purpose. So here are a few ideas to get you started:

1. Write down your goals everyday

It's always a good idea to keep reminding yourself of what your future goals are. It also helps to break them down and write them on physical paper for more clarity of thought. Making journaling a part of your everyday routine can act as a good reminder as to what you're trying to achieve. You could write down the same goals every day and evaluate your progress, or you could write down a new list daily.

Writing down our thoughts is beneficial as it'll help you to break down a thought pattern and gain more clarity of your goals. If you journal about your ambitions daily, it'll subconsciously instil motivation in you to strive further ahead, and you'll even have a progress record!



2. Daily Logs

Another way to ground yourself and to reflect, is to write about your day. This is a good way to record information about your life so you don't forget important details but can also be used to analyse how your day went. We usually have a lot going on, so sitting down with the simplicity of pen to paper at the end of the day, can help you to clear your mind.



3. Bullet Journals

Ever walk into a stationary store and not find the journal that you precisely want? Well, a bullet journal is a solution to that. It's the best way to make your journal fully customizable alongside the benefit of added art therapy. A bullet journal is a completely blank journal you can start off with and can then make it customizable to you. The best part? You get to draw in everything. So grab a bunch of colourful pens, maybe a few stickers and design your own journal as per your needs. You could draw in a calendar section, a to- do list and can move tasks along to the next day or can cross them off if you're done with them.



4. Gratitude Journal

One of the best mindful journaling techniques is to constantly remind yourself of the good things in your life. There are countless things to be grateful for and writing them down can really help to develop an overall positive mindset. Perhaps you could try to write about new things every day that you're grateful for. This can perhaps then be accompanied with some breathing practices.

5. Collect Quotes

We often come across quotes that seem insightful, intelligent, and overall worth remembering. It could be worth having a journal dedicated to collecting quotes you read in books, hear in movies, or even helpful advice you get from others. The quote book can be great to refer to when you're looking for inspiration or even a bit of motivation.



SALMON PASTA

Ingredients :

- 350g penne
- 2 salmon steaks, about 175g/6oz each
- 1 red pepper, deseeded and chopped
- Handful basil leaves
- 1 tbsp pine nut
- 1 tbsp olive oil

Instructions :

Step 1 : Cook the pasta following the instructions on the packaging. Add in the salmon to the water 6 minutes before the cooking time ends.

Step 2 : Heat the oil in a pan, and cook the pine nuts until they're toasted. Add in the pepper and fry it until it softens. Put in the mushrooms and stir them in with everything until the soften, then add in a ladleful of pasta water.

Step 3 : When the pasta is fully cooked, remove the salmon and put it on a plate. Drain the pasta. Take a fork, and mash the salmon into flakes. Add in the vegetables along with the pasta and the basil leaves. Season it with pepper, and lightly toss before serving.



Fun Facts ~

Exposure to natural light in daytime promotes a healthy sleep-wake cycle.



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PATIENT OF THE MONTH

CONGRATULATIONS!

ALESSANDRO!!!

Through his dedication and regular adjustments over the last 7 months, our patient of the month Alessandro has achieved an amazing postural correction!

We are so proud of him and his hard work!
Keep it up Alessandro!

