

Breathe

THE AIR IS THERE FOR THE TAKING!

I will breathe.

I will think of solutions. I will not let my worry control me. I will not let my stress level break me. I will simply breathe. And it will be okay. Because I don't quit.

Shayne McClendon



A great habit for December is to get out into the great outdoors more than you already do! The best gift you can give yourself on so many levels is to breathe fresh air. Before you think you are going to take up jogging, how about sitting outside for that morning cuppa? How about finding a ten minute outdoors job, clean a window, sweep a drive, wash a car, top up the feeders? We have never been in such a more significant global situation when we appreciate the value of freely breathing