



*Hello everyone, I hope you are all well, and enjoying the spring weather.*

*I have been in touch with St Georges Hall and if everything remains to plan we will be returning to group on Wednesday July 14<sup>th</sup> at 1.30pm.*

*I really look forward to welcoming you all back and finally meeting you all.*

*Take care*

Lisa

**for anyone with a birthday this month....**

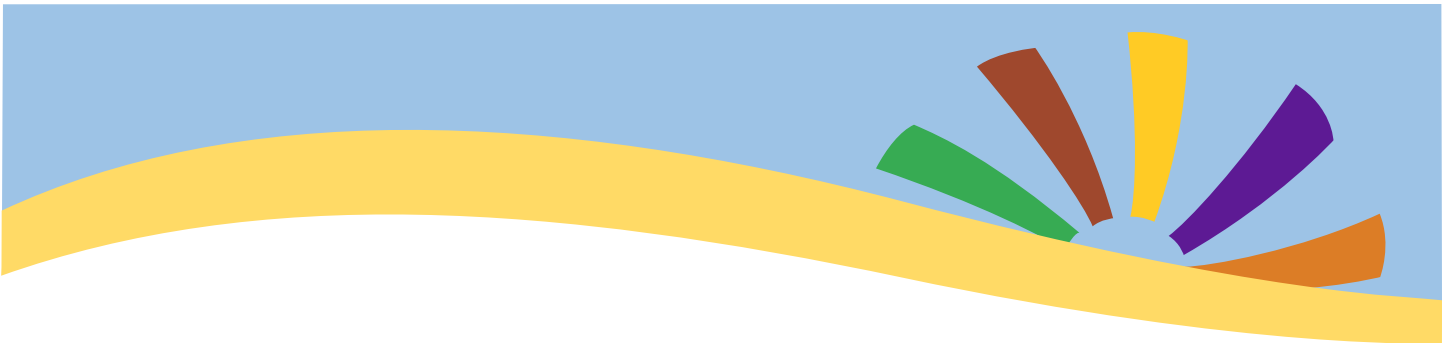


**AS YOU GET OLDER  
YOU'VE GOT TO STAY  
POSITIVE.  
FOR EXAMPLE, THE  
OTHER DAY I FELL DOWN  
THE STAIRS...  
INSTEAD OF GETTING UPSET  
I JUST THOUGHT,  
"WOW, THAT'S THE FASTEST  
I'VE MOVED IN YEARS."**



Hyde Hall has several events on this summer including three nights of live music. Look at their events using the below link

<https://www.rhs.org.uk/gardens/hyde-hall/whatson>



## Hylands House Farmers Market

Sunday 16th May

Sunday 20th June

Sunday 18th July

Sunday 19th September



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[www.bennettsfunerals.co.uk](http://www.bennettsfunerals.co.uk)

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Manned by trained counsellors for when you  
need to talk with someone at any time





### **Kaizen; The One Minute Principle**

A couple of months ago (where did the time go?!) we were reminded about the importance of routine but also the importance of breaking our routine which has felt monotonous over the past 14 months! With 2 children under 20 months and with my full time return to the office this month, our household relies heavily on routine and ways to make our life a little easier! I know that this is true for many others too. Whilst I feel extremely excited to get back outside and return to see the familiar friendly faces in our office in Brentwood, I know for some, fear and uncertainty have crept into lives to accompany the re-opening of retail, restaurants and gardens!

There is a wonderful Japanese practice called “Kaizen”, and it is so simple in its beauty. The word itself has two roots - ‘kai’ (change) and ‘zen’ (wisdom). It is a one-minute principle for self-improvement. At the heart of it is the idea that a person should practice doing something for a single minute, every day at the same time. More often than not we find excuses not to do things when we believe it will take a long time. But, we can all do something for 60 seconds.

As many of us start to head back into the world, we don’t know what it’s going to be like, how people are going to act, what the norms will be or how you’re supposed to behave. Don’t worry. Everyone is feeling some sense of anxiety and caution and that’s normal.

When I am back at work, I am going to create 60 seconds of routine that will bring me joy and satisfaction – for me it may be sitting in my office chair with my cup of tea in some peace and quiet! Alternatively, instead of writing to my client friends to ensure they are well, I may pick up the phone to check in with them. If you’re stuck on what to focus on for those 60 seconds, start with a little bit of gratitude -what are you grateful for?

Maybe you’ve started gardening or cleaned out your garage. Tried a new recipe you were nervous to attempt? Every little thing you’re doing is part of what makes you the extraordinary person you are... so spend 60 seconds each day focusing on one of those things that makes you so lovely and so resilient to a 14 month lockdown... so much so that you have now come out the other end!

With, as always, my best wishes

Jessie

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