

## Attivitajiet ghax-xahar ta' Jannar

**Il-Gimgha 4 ta' Jannar : 8.00pm** : Project House, Floriana.

Illum ghandna diskussjoni bejnietna fuq "Pooling of Resources" fejn flimkien niskopru x'talenti ghandna fil-grupp u naraw kif il-membri jistghu jikkontribwixxu fil-grupp. Wara kafe' u bicca cake flimkien.

**Il-Gimgha 11 ta' Jannar: 8.00pm**: Project House, Floriana.

Illum se jkollna tahdita u demonstration minn Joyce Muscat , Aromatherapist u Holistic Therapist, fuq Aromatherapy. Titilfuhiex ghax interessanti!

**Il-Gimgha 18 ta' Jannar : 8.00pm**: Watson's Pub and Restaurant, Bugibba.

Illum se naghmlu il-Birthday Celebrations gol-Watson's, Bugibba.

Se jkollna Buffet Dinner , inkluz drink wahda, ghall-prezz ta' €22.

Ahsbu kmieni. Booking ma' Maria Caruana. Infakkarkom: M'ahniex se niehdu aktar bookings fuq it-telefon. Booking dirett ma min hu nkarigat u hlas irid isir mal-booking. Araw li tinghataw ircevuta x'hin thallsu.

**Il-Gimgha 25 ta' Jannar: 8.00pm** : Project House , Floriana.

Illum se jkollna tahdita interessanti hafna minn Catherine Galea, li hija Mindfulness Trainer u Empowerment Coach, fuq :

### "MINDFULNESS"

li tghallimna kif nghinu ruhna nirbhu l-istress u l-ugigh. Ghandna Bzonnha!

**Avviz:** Mill-ewwel gimgha ta' Jannar nibdew nigbru l-membership fee li hija ta' €15. Importanti li minn irid jibqa' membru ihallasha mill-aktar fis. Grazi.

**Chairperson:** Maria Borg 9927 1981 **Secretary:** Louise Suda 9949 8784

**Email:** info@minusone.eu or secretary@minusone.eu

**Find us on Facebook:** MinusOne Malta Widows' Support Group

**Website:** https:// www.minusone.eu



Volum 22

Harga 1

Jannar 2019

Gheziez Hbieb,

Kif jigri z-zmien! Xahar wara l-iehor u wasalna ghal sena ohra gdida! U b'hekk noqorbu ghal sfidi godda u esperjenzi godda f'hajjitna. U wahda mit-tibdiliet sinjifikanti li se jkollna fil-grupp hija li jiena se nirtira minn chairperson. Din hija xi haga li ili nitkellem fuqha u issa nhoss li wasal iz-zmien li naghti over lil xi hadd izghar minni. Jien ili tnax il sena fil grupp u xi ghaxra chairperson. Jien dejjem emmint fl-importanza u l-bzonn tal-grupp u hdimt ghalih b'ruhi u b'gismi ghax naf li johrog il-gid minnu. Minkejja hafna diffikultajiet jiena u l-kumitati li kellna komplejna naqdfu ghax dejjem emmint li jekk nghinu persuna wahda f'sena dik il-persuna tiswa daqs mija. U l-grupp ghadda from strength to strength u llum jghodd mal-mitt ruh. Jiena nhoss sodisfazzjon meta nara kemm kiber il-grupp. U llum anke l-irgiel japprezzaw il-htiega tal-grupp ghax ghamilna zmien twil meta rgel ftit li xejn kien hawn. U llum ghandna numru konsiderevoli. Jiena dejjem ippruvajt nippromwovi l-grupp billi accettajt stedinet ghal fuq it-TV, Radio, ktibna fuq gazzetti etc. Thabatna biex insibu post fejn noqoghdu kull darba li keccewna ghax Alla jbierek qisna wandering Jews! Insomma bl-ups and downs kollha tieghu fil-grupp never a dull moment, kif ighidu. Jiena se nimmissja dan ix-xoghol. Nimmissja li niktbilkom dawn l-erbgha kelmiet imma konvinta li, ghal gid tal-grupp, tajjeb ikun hemm fresh blood u lil min ghazilt biex imexxi u li ilu jixxedowjani din l-ahhar sena huwa persuna kapaci. U se nhalli l-grupp f'idejn xi hadd kapaci. Jiena l-grupp u l-gid tal-membri xorta jibqa' ghal qalbi u, fejn nista' nghin, izda mohhi aktar mistrieh meta naf li jibqa' min imexxi u l-grupp ma jisfaxxax fix-xejn. Ghalhekk f' Marzu li gej meta jkollna l-AGM se naraw xi tibdil fil-kumitat.

Issa ngħaddu ghal affarijiet ohra. F'Jannar se jkollna zewg talks interessanti. Wahda fuq Aromatherapy li zgur tinteressana. U l-ohra fuq Mindfulness. X'inhi Mindfulness? Mindfulness huwa kuncett gdid dwar kif inti tista' tibdel il-hsbijiet tieghek f'ohrajn pozittivi u b'hekk tghin ruhhek anke meta jkollok l-ugigh, dwejjaq etc. L-ikla taghna dan ix-xahar se tkun il-Watson's Bugibba fejn morna kemm il-darba. Imma issa gie refurbished u rrangat. Tant ahjar! Peress li gieli kellna xi misunderstandings fuq il-booking ta' ikliet u xi attivitajiet ohra se nibdew sistema ta' booking gdid. Kull min jibbukja ghal xi attivita' irid jibbukja personali mhux fuq it-telefon. Mal-booking irid isir il-hlas u tinghata rcevuta minn min ikun inkarigat bl-attivita'. Jekk ma jsirx hlas inti m'intix meqjus bhala bukkjat u trid turi l-ircevuta x'hin tigi mitluba. Min jitlef l-ircevuta jaf ma jigix accettet ghall-attivita'.

Fl-ahharnett nixtieq nawguralkom sena gdida mimlija sahha, prosperita' u ferh.

**Dejjem taghkom,  
Marija**

## The psychological secrets to successful resolutions

**After the excesses of the festive season, the thoughts of many turn to making resolutions to stop bad habits and take up healthier ones.**

Unfortunately, quite a few fail. But there are some psychological tactics which can be employed to increase the chances of success.

### 1. Persistence

"Failure is the main thing that stops people. If on day one of their diet, they raid the biscuit tin, they think 'that's it' and give up. But persistence is the key. Start again the next day."

### 2. Spread the word

Support from friends and family can help people stick to their goals.

### 3. Plotting progress

This can be something public like a blog - or the fridge door - or more privately, in a spreadsheet or a journal.

### 4. Have achievable goals

It has to be something specific that can be realistically achieved.

"Maybe start by saying you'll go to the gym once a week, then you can look at moving up to two," advises Prof Wiseman.

### 5. Understand triggers

This is important in terms of knowing what prompts behaviour you want to avoid - and to help encourage healthier habits.

"It could be as simple as not having biscuits in the house so you're not tempted - or understanding the stress triggers that make you reach for a cigarette," Prof Wiseman says.

Wishing you all a  
Happy New Year filled with  
good health and happiness!!!



Welcome 2019!!!