

Monthly Newsletter

Typical London Gal

So July was full of fun times, we went up London, Swimming in a local sports centre and played in local parks, and now my son has joined a kids club.

I finally uploaded my last Day in a life video from the Platinum Jubilee, it was such an experience and so glad to be around in this world to celebrate.

I have filmed more Day in a life videos and will be of the School Summer Holidays.

The kids will soon be going back to school so it good to make the most of the days even if the weather changes. Sometimes it is better to be cooler for a bit, because I was finding the heat overwhelming and had trouble trying to function.

I am not good in really hot weather, but I have been taking care of myself to not have my skin and body effected, and taking myself away from the heat, but going into the shade or staying indoors. I know BORING!

My August Challenge for this year 2022, is to post on Instagram

<https://www.instagram.com/typicallondongal/>



Book Review August 2022

everyday for 30 days and has been fun. I missed one day, but continued and been good to share different things of what I have been upto.

I did film another All About books on my main channel, [Typical London Gal](#), [Carrie Holmes](#). So I have kept up with my reading. It is so good to read and enjoy it a lot. It's nice to sit in the garden and read.

I written more blogs and videos for my Summer Project 2022 programme. You can find these on my main Youtube channel as above, and my blogs I have shared on my site <https://everyonecanbuildacastle.com>

This will continue until the end of August and then it is planning for the Autumn and Winter.

Apparently they are saying Autumn and winter will be early this year, and so will be preparing should this happen, and I want to have a new book out by this season and then want to write a book for Christmas.

I do have a lot of birthday's coming up and so I will be doing gift guides, and having a sort out, and so September I will be challenging myself to make some changes and have a sort through more clothes, as I have already some clothes that I want to give to be recycled, my laptop and my items still at my old home in Epsom, and just have a bit of a declutter.

I like doing this as we change seasons, because it helps me to prepare for the colder weather and because of the next set of holidays to come.

So, I am going to continue to enjoy the summer and there will be more content to come and more challenges.





Getting ahead of yourself and beating the stress

So I have gotten behind before, like for example when I worked for a Finance Department for an Advertising Company, and would deal with expenses, and each week as much as would have support would be fighting a lost cause. It was too much work for one person, especially when they wanted me to deal with the Petty Cash for the company. I loved the social life, but I didn't like the work.

When it comes to my day in a life videos I was struggling, but I thought no I will get it done and still wanted to upload them, and it was such a wonderful occasion, and so I am now up to date.

Getting ahead is not running around and getting 30 things a day, it is allowing myself more time, and getting up early that my body is happy with and manage my work unpressurised, and focused

I would try to do a lot in a day, but then I would get Burn out and it hit me like a brick and would say to myself "Why do this?", and I didn't have an answer. I had no reason, and realised that it isn't about what time you wake up, it is what will help get my out of bed easier and giving myself time to wake up.


Now I will set an alarm still, make my first cup of tea of the day and do my sons breakfast, when he is with me, then once I have had time to be with my cup of tea, watch a bit of TV and then get on with errands and tasks done when I am fully awake and my energy has kicked in.


I do take medication as I suffer with anxiety, and that is the other thing, my anxiety increased when it came to get ready for the day at one time, and now on the right medication, I feel the anxiety less and don't feel the dread, this has helped my get out and prioritize and have balance.

I do take supplements, that have helped the early morning fatigue, such a multi-vitamin with iron, because I was anaemic at one time, putting on weight and finding it hard to function. I take Vitamin D to stop feeling the Autumn and winter slump and Garlic, and that is good for the heart, hair and body.

Always seek medical advice when it comes to medication including supplements if you are unsure. Life is about getting the most of each day and focusing on looking after yourself and then other people in your life. It is important to be selfish sometimes, and look after you.

If you didn't know I write books about wellbeing and building a better life, on amazon.com under my names Carrie Challoner, Carrle Lee Holmes and Carrie Holmes.





Here are links to my Youtube channels, my Pinterest my blogs and social media accounts:

My other Youtube channels:

<https://www.youtube.com/channel/UCUDFlqjVKLy7NhtcR6Hy0Tg>

https://www.youtube.com/channel/UCVjvO2fsowvFne_iMuG7d1g/videos

<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLTtSg>

Blogs:

<https://carriesversitilefashion.wordpress.com>

<https://sportsandfitnesspassion.wordpress.com>

<https://theparentingadventuretipsandtricks.wordpress.com>

<https://theparentingadventuresthebirthofmyson.wordpress.com>

<https://mystylewayofliving.blogspot.com>

<https://buildingselfconfidencetud.blogspot.com/>

<https://organzie4thebetter.blogspot.com>

<http://stylishmamma.blogspot.com>

<https://mydailythoughtsandfeelings.blogspot.com/>

Social media:

<https://www.instagram.com/typicallondongal/>

<https://twitter.com/Carrie82434764>

<https://www.facebook.com/carriesblognetwork/>

Online Courses:

<https://carriededucationnetwork.thinkific.com/>

