

Subject: Notes from Becky – October 2025 Newsletter

Hello and welcome to my monthly newsletter!

The clocks have now gone back, which means the evenings are starting to get darker. I know a lot of people struggle with this, but for me I love the opportunity to get cosy in the evenings, and truly embracing hygge! Woolly jumpers, soft blankets, scented candles, and hot chocolate are, for me, the perfect accompaniment to an exciting tv programme (Celebrity Traitors anyone?!) or a good book.

"Hygge: a quality of cosiness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture). "

– Oxford English Dictionary

In the News

"Lily Allen is 'vicious' and 'raw' on her tell-all break-up album"

When Lily Allen's marriage ended, she channelled all her thoughts and feelings into writing a new album. Read about it here: <https://www.bbc.co.uk/news/articles/c5ypgze4l2zo>.

While the majority of us wouldn't want to make our feelings so public in the aftermath of a relationship breakup, channelling our thoughts and feelings into something creative/and or productive can be a healthy way of processing everything we are going through. Much better than keeping everything bottled up and silently getting lost in the maelstrom of thoughts and emotions.

If you'd like some ideas on how to channel your emotions, my "No Contact" workbook offers a lot of practical support in managing your thoughts and feelings post-breakup (whether you decide to go no contact with your ex or not). You can read more about it here: [30 Days No Contact Workbook](#).

Pause For Thought

Pay attention to how you talk to yourself...

If you find your self-talk littered with the things you 'should' be doing, try swapping the word for 'could'...

Let's look at an example:

"I should have cleaned the house today"

Listen to how judgemental that sentence sounds!

But if we make a simple change:

"I *could* have cleaned the house today"

Notice how the judgement has gone and has been replaced with choice. "I could have cleaned the house today, but... [for example] I didn't have the energy to".

This simple word change takes away self-punishment and instead reminds you that you have a choice in everything you do or don't do - allowing you to notice the choices you're making, and maybe

choosing differently next time, or recognising that you made the choice based on the information available to you at the time.

Change 'should' to 'could', and you change punishment and pressure to kindness and choice.

From The Archives

Blog post: [Unrequited Love: What it feels like and how to heal](#)

This has been my most-viewed blog post to date. Unrequited love is something a lot of us experience and yet it's something that isn't talked about very often. This can leave you feeling very alone, or even embarrassed to be in the situation, and unable to share how you feel with anyone else. This blog post is full of practical support to make things a little easier.

This Month I've Been...

Piano playing: I've always loved the playing the piano, but although I stopped having lessons when I left school (over 30 years ago!), I've never lost the desire to play. Finally deciding to do something about it, I bought myself a digital piano this month and have been setting aside some time each day to practice! I am very rusty at the moment, but absolutely loving rediscovering something I loved so much when I was younger. Making music is so mindful, and having a piano in my life is bringing me so much joy.

Furniture rearranging! After purchasing the aforementioned piano, I realised that I needed to make space for it so that it is permanently ready for me to play (rather than having to drag it in and out of its box on a daily basis!), and so some furniture rearranging was called for! But what I hadn't bargained for was how refreshing I'm finding the new layout of the couple of rooms I've changed, and I've enjoyed noticing how changing my environment for the better has helped my mental health. Highly recommended if you're looking for a simple way to change in your life!

Until next time,
Becky

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P.S. Hopefully you've found this newsletter interesting, but if there is anything in particular you'd like to see included in future newsletters, then please let me know!

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