

New Year, New You?

Is 2018 going to be YOUR year for CHANGE?

As we approach Christmas and the New Year, Are you beginning to think about what your resolutions might be for 2018? My 2017 New Year's Resolution brought about the start of 'Your Continence Matters' and I thought I would share this with you.



There were particular events in 2016, that led me to start thinking about what was important in life, and whether I was achieving what I really wanted to. ***Was I Happy?*** I thought I would have life sussed by now.

I had achieved all the usual milestones in life I did ok at school, went to university, got married, had a good job, bought a house and had my own family and being good at my job was important to me. I had always strived for the next step, but it wasn't working for me anymore.

Life felt stressful and not very enjoyable anymore, but I realised life is short, time is precious and none of us know how long we have to enjoy it. We should ALL be making the most of every moment as much as we can, as cheesy as that sounds, so I decided that it was time to take action to make sure that life became enjoyable again.

As a family we agreed that 2017 was going to be our '***year of change***' and we began making decisions to make sure that we achieved more, but in line with what makes us feel happy and fulfilled, because as the saying goes

Life is what you make it!

The thought that there had to be a better way, resulted in the start of 'Your Continence Matters' and in April this year, full of apprehension, trepidation and self-doubt, but also excitement, I gave up my job that I enjoyed, as it didn't give me the right work/life balance. I felt that I could give a more personal service to men and women through 'Your Continence Matters', visiting them at home and offering support and advice using the extensive knowledge that I had, whilst in turn giving people the tools to bring about their own change.

It has been a challenge but in a positive and rewarding way.

Would you like to be feel happier, more confident, and in control?

On average people wait 7 years before seeking help with Continence problems, and while I agree that it can be difficult and maybe embarrassing to talk to some-one, it can also be a great moment for change. Just think what life could be like, if you were able to manage your Continence better?

People are often surprised that help is available and that Continence problems can be treated, so it is worth remembering that incontinence is a symptom of something else, it doesn't just happen and there are many treatment and management options available. SO.....

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