

**Very
Important
Invitation**



**Raising Awareness
Of Cervical
Screening**

CERVICAL SCREENING HANNAH'S BLOG



So here we are, it's 2023....

The start of a new year can be an emotional and reflective period of time, igniting internal contemplation for many, often it's during this period, we consider our successes and failures the most.

For some, the new year can be the perfect time to redesign their life, a fresh orbit around the sun, new beginnings, priorities and goals.

For others, it can be a time for reflection, which is not always easy. It can cause comparisons with others in thinking about where you thought you should be at this particular time in your life. It can be extremely difficult if you have suffered loss and grief to feel the turning of a page into a new year without that loved one present.

It is important to have awareness and understanding that there is no right or wrong way to feel and that people can feel very differently about this time of year and that's ok. All feelings are valid.

Often, we believe this period of time should set the tone for the rest of the year, which can add an additional weight in what we need or feel we should be doing to make our lives magically fall into place. However, this can be an unreasonable added pressure, which we could really all do without. We continue to live in difficult & uncertain times, be proud of how far you've come and all you have achieved, no matter how big or small. You have already survived 100% of your worst days.

Personally, I do think there can be some positive significance at this time, but I like to encourage you, if more appropriate, to make New Year's intentions rather than resolutions. Intentions are ideas that will drive your goals, vision and purpose. I feel it's important to work on setting attainable and enjoyable outcomes but not to overload ourselves in doing so, the key is to prioritise starting small and building from there.

Below are some of the intentions I value;

- Find some time for gratitude
- Remember you are worthy of self-care and self-compassion
- Surround yourself with loved ones and people who 'fill your cup' and make you happy.
- Bring focus on what you can control in your own life.
- Ask for help when you need it.
- Be kind to yourself.

The World Health Organisation's definition of self-care is the ability of individuals, families and communities to promote their own health, prevent disease and maintain health. Attending for cervical screening is an important element of self-care as it checks the health of a person's cervix. Cervical cancer is preventable and by regularly attending your cervical screening, precancerous cells can be identified and removed before they turn into cancer.

We are aware that there are many different barriers to attending for cervical screening and for some it's not a simple option to just attend. However, if this act of self-care is something you plan to do in the new year and need any additional support with this please do not hesitate to get in contact.

In the previous blog post, Laura discussed the reasonable adjustments that we can make to support you as an individual. Please remember we are always here to help and support.

Whatever the start of the new year signifies to you, The Very Important invitation team wish you much happiness, hope and positivity for the coming year.

