



Jane's Sunday Letter

Stories • Yorkshire • Hope

A quiet moment every Sunday morning.

The kettle's on...

Good morning, my lovely friends,

Here is Sunday Letter #6

I hope you're having a lovely Sunday. ☕❤️

Another week has rolled around, and here we are again with a little time to catch up.



I hope your weekend has given you at least a little time to slow down and enjoy the things that often get lost in the rush of the week.

I've gathered together another little mix for you this Sunday, including some insights from a blog I recently wrote, "When you never quite feel good enough" It was prompted by a song I heard yesterday from the past on the radio: "Beautiful by Christina Aguilera" which reminded me of my experience as a teenager with Anorexia.

So, make yourself a cuppa, get comfortable and come and spend a few minutes with me.

Thank you for continuing to read my Sunday ramblings. It still feels rather lovely knowing these words leave my little corner of Yorkshire and find their way to you.

Have a wonderful Sunday and I hope the week ahead is kind to you.

Jane xx ☕🌿

Author • Storyteller • Yorkshire life & everything in between

A Little YouTube Update 🎥❤️

Can I say a big thank you to everyone who has subscribed to my YouTube channel?

As I've already said, I may not be an expert content creator... but I am definitely a trier. 😊❤️

And somehow, I now have 175 subscribers, which to me is absolutely fantastic!

I've uploaded seven videos so far, and I'm slowly getting the hang of filming, editing and sharing little snippets of my life, my writing and the Yorkshire places I love.

My latest video is from our little family trip to Primrose Valley last weekend. Nothing fancy, nothing staged, just family time, laughter and those simple moments that remind you what really matters in life.

I'm genuinely enjoying learning as I go, and every view, comment and new subscriber gives me a little boost to keep going.

So, if you're one of those 175 people — thank you. ❤️

Who knows where this little YouTube adventure will take me... but I'll keep trying! 😊

📺 Come and join me on YouTube → www.youtube.com/@JaneKellettAuthor



BEHIND THE SCIENCE

When You Never Quite Feel Good Enough

The psychology behind the quiet belief that can follow us from childhood into adulthood.

I was listening to the radio recently when Beautiful by Christina Aguilera came on.
What a wonderful song.

It took me straight back to my teenage years and some of the struggles I had with anorexia and body image — something I may write about properly one day. But it also made me think about teenagers growing up today. I felt pressure about the way I looked back then, but I can't begin to imagine the magnitude of that pressure now. Social media, filters, perfectly edited photographs and a constant stream of images showing us how we're supposedly meant to look.
And perhaps it isn't only teenagers who feel it.

That song got me thinking about something I've carried with me for much of my life: that little voice that whispers, you're not quite good enough.

I've got much better at quietening it over the years, but every now and again, it still raises its ugly head.

So, I decided to write about it.

Not just about body image, but about where that feeling of never quite being good enough comes from, the impact it can have on us, and perhaps most importantly, how we can learn to stop giving it quite so much power.

Here's the beginning of my blog. If it resonates with you, you can read the full article via the link below. ❤️

When You Never Quite Feel Good Enough



The quiet belief that can follow us from childhood into adulthood. There is a particular kind of insecurity that has very little to do with whether we are actually successful, capable or loved.

It is simply a feeling.

A feeling that, somehow, we are not quite enough.

*Not a good enough parent. Not a good enough partner. Not a good enough sibling. Not a good enough friend.
Not quite good enough at work. Not interesting enough to be included. Not important enough for someone to pick up the phone. Not loved quite enough to feel secure.*

And perhaps the strangest thing about this feeling is that it can exist alongside plenty of evidence suggesting the exact opposite.

♥ ACCEPTANCE ♥

Another section from a personal perspective.

Creativity gives emotions somewhere to go.

For me, there is something particularly powerful about the blank page.

You can create people who feel what you have felt.

You can give them conversations you've never had.

You can let them make different choices.

You can explore love, loss, rejection, belonging, anger and forgiveness from the safety of another person's story.

And somewhere between reality and fiction, we sometimes understand ourselves a little better.

Perhaps that is why writing can feel like such a refuge.

For a while, you are no longer waiting for somebody else to tell you that you belong.

You've created somewhere that you do.



Scan to read the full article



And finally... ♥

I just wanted to finish this week by sharing something very simple.

As a family, we spent last weekend at Primrose Valley, and we had the most wonderful time. Nothing elaborate, just proper family time, lots of laughter and a reminder of what really matters.

I was also amazed by how beautiful and clean the beach was.

An amazing moment came on our final morning.

At 6am, my daughter and I got up and walked along the beach as the sun was rising. It was incredibly peaceful, and then, as if the morning wasn't already special enough, dolphins appeared. 🐬 ♥

It was one of those completely unexpected moments that you know you'll remember for a very long time.

Sometimes the best memories aren't the ones you plan. They're the quiet little moments that simply happen when you're with the people you love.

Primrose Valley - I highly recommend it!

And the 6am walk?

Definitely worth getting out of bed for. 😊 ♥



✉️ Until Next Sunday...

🌿 Let's stay connected

I'd Love to Hear From You ❤️

One of the loveliest things about writing Jane's Sunday Letter is knowing there are real people at the other end of it.

So, if something I've written has made you think, made you smile, or you simply fancy saying hello, I'd genuinely love to hear from you.

Just scan the QR code below to get in touch.

And as always, thank you for spending a little bit of your Sunday with me.

Jane xx ❤️

Until next Sunday...

Warm wishes,

Jane xx

Yorkshire Author | Therapist | Creator of Restyle Your Mind

