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Kids' Page



Chinese New Year is this month. There are twelve animals in the Chinese Zodiac and they take turns to represent the year. Answer the clues to find eleven of the animals, then rearrange the letters in the coloured squares to find out which animal represents 2025



Across

- 1 Another word for cockerel (7)
- 4 Has whiskers on it's chin! (4)
- 7 Stripy animal with a loud roar (5)
- 9 Man's best friend (3)
- 10 Swings through the trees (6)

Down

- 1 Has big teeth and likes carrots (6)
- 2 A type of cow (2)
- 3 Was once a plague carrier (3)
- 5 Very smelly animal (3)
- 6 Breathes fire (6)
- 8 Can be ridden with a saddle (5)

This is how you say Happy New Year in Chinese
Say it out loud and hey-presto...you're speaking Chinese!

GUNG HAY FAT CHOI

And this is how you write it.

恭贺新禧



Crossword Answers



Maze Solution

Snake Maze

Help SAMMY SNAKE meet up with his friend to celebrate CHINESE NEW YEAR



WORD

MAGAZINE

Warfield | Binfield | Winkfield | Ascot

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Welcome to the January update from Warfield Parish Council

A Happy New Year to you!

**WARFIELD
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COUNCIL**

Could you be a Parish Councillor?

Warfield Parish Council is seeking candidates to fill councillor vacancies on the council.

The council will appoint members at a future meeting of the council.

It is an exciting time to be joining Warfield Parish Council. The council is seeking enthusiastic individuals to join our team of councillors for the next three years. Together we will be working on projects and initiatives that will benefit the

residents of Warfield and to protect and enhance the local environment.

If you would like an informal chat on being a councillor and what is involved you can speak with our chairman, Gareth Barnard on 01344 487581.

For an information pack and to apply contact Jason Mawer, the Parish Clerk on 01344 457777 or visit our website.

The closing date for applications is 12 noon, Friday 31 January 2025.

Events in 2025

We are working on planning our events programme for 2025. Look out on our website or in the Digital Wren for more information over the coming months.

Contact the Parish Council

The Parish Office at the Brownlow Hall is open Monday-Friday 9.30am -12.30pm. If you need to contact us out of opening hours, please call us on **01344 457777** and leave a message or e-mail **info@warfieldparishcouncil.gov.uk**. You can also use these contact details if you wish to reach your local councillor.

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Sunday 19th January 2025

Gates Open 1pm

Wassail Ceremony at 2pm

Lead by Ellington Morris



A ceremony to wake fruit trees from their winter slumber and scare away evil spirits, ensuring a good harvest.

An event for the whole family,
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DREAM BIG

Make quality sleep your top New Year's resolution



If there's one resolution that can transform your life in 2025, it's getting more good-quality sleep. Sleep is at the foundation of health and well-being, influencing everything from physical vitality to mental clarity and emotional resilience.

Good-quality sleep is essential for the body to repair itself, regulate hormones, and support immune function. It sharpens focus, improves memory, and helps manage stress. Chronic sleep deprivation, on the other hand, is linked to weight gain, weakened immunity, and an increased risk of conditions like heart disease and diabetes. Simply put, better sleep will help you achieve all your other goals.

By Louise Addison

Here are some simple steps to help you sleep better in 2025:

Create a Sleep Schedule - Go to bed and wake up at the same time every day, even on weekends. Consistency reinforces your body's natural sleep-wake cycle.

Optimize Your Sleep Environment - Keep your bedroom cool, dark, and quiet. Invest in comfortable bedding and minimize distractions, like bright clocks or noisy devices.

Limit Screen Time Before Bed - Blue light from phones and tablets can disrupt melatonin production. Aim to unplug at least an hour before bedtime and switch to 'night mode' if you absolutely have to check in.

Establish a Relaxing Routine - Incorporate calming activities like reading, meditation, or a warm bath to signal to your body that it's time to wind down.

Prioritizing quality sleep is a powerful, life-enhancing resolution. Start small, stay consistent, and watch as better rest leads to a better you in 2025.

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Warfield Environment Group

Review of 2024

It was another busy year for the group, with many of our volunteer hours contributing towards the targets of the Bracknell Forest Biodiversity Action Plan. Highlights included:

- Annual orchard maintenance at Edmunds Green where we also held a wee wassail to encourage a good harvest, Larks Hill where we also topped up the dead hedge fence protecting land for ground nesting skylarks, and Warfield Chase.
- Dividing snowdrops at Westmorland Park to give them more room to grow and spread.
- Litter picks with the 2nd Bracknell Beavers, and a Great British Spring Clean. Over 20 sacks of litter removed from Warfield.
- Removing 9 sacks of plastic tree guards from Frost Folly.
- Attending Warfield Village Fete – very busy as usual!
- Our summer woodland wander and bat walk, which were both well attended.
- Continued management for wildlife of 3 verges along Harvest Ride, including the sowing of more wildflower seed.
- Surveys of our verges to measure the impact of our work on biodiversity, and bats and newts to monitor their populations.
- Cleaning out bird nest boxes in Whitegrove.

A big thank you to everyone who helped us in any way!

2025

Our programme of events for 2025 will be published soon. We do hope you will be able to join us!



warfieldenvgroup.wordpress.com

✉ warfieldenvironmentgroup@hotmail.com

📘 Warfield Environment Group



Join our mailing list for the latest information on upcoming events

Trash to Treasure

Could junk journaling be for you?

Unlike ordinary journaling, which often focuses on writing about daily life or personal reflections, junk journaling is a visually driven, creative activity that anyone can enjoy, regardless of writing ability.

At its core, junk journaling involves repurposing and assembling various materials - think ticket stubs, magazine clippings, scraps of fabric, or pressed flowers - into a journal format. The result is a quirky, possibly beautiful, and personal collection of memories, ideas, and inspirations, created through art rather than words.

For non-writers, this approach is liberating. There's no pressure to articulate thoughts perfectly or maintain a consistent narrative. Instead, junk journaling celebrates imperfection and creativity. You can express emotions through colours,



textures, and imagery, letting the materials guide your story.

The tactile nature of junk journaling also makes it more engaging than traditional journaling. Cutting, gluing, and arranging materials becomes a meditative

process that can reduce stress. Each page becomes a work of art, a reflection of your unique style and mood.

What's more, junk journaling is accessible and eco-friendly. You can start with items already at home - greeting cards, wrapping paper, or even product packaging - turning "junk" into something meaningful.

For those intimidated by the blank page, junk journaling offers a fun, forgiving, and endlessly creative alternative. It's not about perfect prose; it's about personal expression - and that's something anyone can do in 2025.

By Sarah Davey

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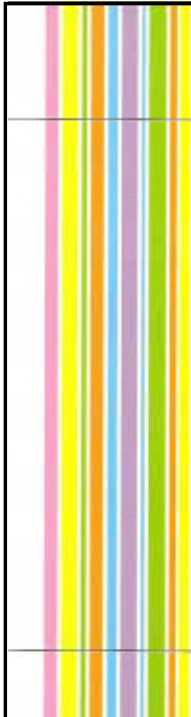


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Sudoku

		2	1	4		9		
				7		4		
6		7					3	
		4		1				
5			3		4			7
				8		1		
	7					6		9
		8		2				
		1		5	6	8		

How to Play

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9, **with no repetition!**

That's all there is to it.

You solve the puzzle with reasoning and logic - there's no maths involved and no adding up.

It's fun. It's challenging. It's addictive!

(solution on page 18)

Declutter Your Life

A Yearlong Goal for 2025



As we step into January, one of the most transformative resolutions we can set for ourselves is to declutter - not just our physical spaces, but our schedules, obligations, and minds. Clutter, in all its forms, weighs us down, creating stress and preventing us from living intentionally. By committing to a year of decluttering, we can embrace simplicity, improve our mental clarity, and make room in our lives for what truly matters.

Clutter isn't just a nuisance; it has profound psychological effects. Studies have shown that disorganized spaces increase stress, reduce focus, and even contribute to feelings of anxiety or depression. When we're surrounded by clutter, our brains struggle to process information effectively, leaving us feeling overwhelmed and out of control. Decluttered spaces, on the other hand, foster a sense of calm, order, and accomplishment.

While it's great to remove physical clutter from our lives, we can go a step further and recognize that the principles of decluttering apply equally to our mental and emotional lives. Decluttering is not about perfection though, it's about creating space for growth, peace, and intentional living.

By decluttering unnecessary commitments, we reclaim time and energy. Overscheduling is a modern epidemic and leaves little room for rest or reflection. We can start by evaluating our calendar: What obligations really align with our values and goals? What can we say "no" to? Setting boundaries is not selfish - it's essential for our well-being.

Mental clutter, including negative self-talk, unresolved worries, and the constant influx of information, demands our attention. We can use practices like journaling, mindfulness, and digital detoxes to help our mental space.

Remember, decluttering is a long-term project, not a one-time fix. To stay inspired and focused throughout 2025, try reading books such as *The Life-Changing Magic of Tidying Up* by Marie Kondo. This classic provides a step-by-step method for tidying physical spaces by keeping only what sparks joy. Another good read is *Decluttering at the Speed of Life* by Dana K White. She also hosts an excellent podcase called *A Slob Comes Clean*. And you can also check out *The Lazy Genius* podcast with Kendra Adachi.

Decluttering isn't something that happens overnight - it's a mindset that requires patience and persistence. By dedicating 2025 to decluttering in all areas of life, you'll not only create more space but also cultivate a greater sense of purpose and fulfilment. Take it one step at a time, celebrate small victories, and remember that every action you take brings you closer to a lighter, more intentional life.

By Tracey Anderson

Is 2025 Finally the Year You Achieve Your Goals?

A New Year, New You? Here's How Hypnotherapy Can Help.

As the excitement of a New Year is upon us, many of us start setting ambitious goals for the months ahead. Whether it's losing weight, quitting smoking, reducing alcohol consumption or perhaps dry January, or embracing a healthier lifestyle, the promise of a fresh start is undeniably motivating. But how often do those well-intentioned resolutions last beyond the first few weeks of January?

If you've ever found yourself struggling to stick to your goals, it's not due to a lack of willpower—it's often a matter of mindset. This is where hypnotherapy can make a world of difference.

Why do our New Year resolutions fail? The truth is, our habits and behaviours are deeply rooted in our subconscious mind. No matter how much we consciously desire change, subconscious beliefs and patterns can hold us back. For instance, you might want to lose weight, but if your subconscious associates food with comfort or stress relief, it can be a challenge to break that cycle.

That's why traditional goal setting often falls short. It focuses on conscious effort while ignoring the subconscious roadblocks and unconscious self-sabotage that can interfere with success.

Hypnotherapy is a powerful tool that helps you unlock the potential of your subconscious mind. It works by guiding you into a deeply relaxed state, where your mind becomes more receptive to positive suggestions and new ways of thinking.

For example, in a hypnotherapy session, we might address limiting beliefs like, "I'll never be able to stick to a gym routine," and replace them with empowering thoughts such as, "I enjoy exercising and look forward to it." By aligning your subconscious with your conscious goals, hypnotherapy helps create lasting change with surprisingly little resistance.

If 2025 is the year you've decided to prioritise your health and well-being goals, hypnotherapy can support you in achieving a wide range of goals.

Hypnotherapy for weight reduction can help you can shed unwanted pounds by reprogramming your mindset around food, portion control, and exercise. Hypnotherapy can help reduce emotional eating and build a healthy relationship with food.

A 2021 study also found that 86% of subjects, no longer smoked 6 months after undergoing hypnosis. Break free from nicotine addiction by addressing the subconscious triggers and associations that make quitting feel difficult.

Gain control over your drinking habits and create healthier patterns that align with a healthy lifestyle goal that you want to achieve.

Struggling to stay consistent with workouts? Hypnotherapy can help you enjoy exercise and look forward to the many physical and mental benefits it brings.



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No specific resolutions for 2025, but you want to feel healthier, more energetic, and alive?

Stress might not feel like a big deal, but it could be impacting your health more than you realise. From draining your energy to triggering issues like IBS, headaches, poor sleep, and even weakening your immune system, stress often works behind the scenes—until it doesn't.

Hypnotherapy can help by addressing the root causes of stress and rewiring your response to it, paving the way for improved mental and physical health so you can thrive in the year ahead.

From improving sleep patterns to managing stress, hypnotherapy offers a holistic approach to creating balance and well-being in all areas of your life.

The beauty of hypnotherapy is that it works better than will power alone, it removes the inner resistance that so often derails resolutions. By addressing the root causes of habits and behaviours, it makes change feel natural and achievable—not like an uphill battle.

Imagine feeling genuinely excited to hit the gym, or effortlessly turning down that extra glass of wine. With hypnotherapy, you're not forcing yourself to change; you're rewiring your mind to embrace those changes.

As the New Year begins, give yourself the gift of lasting transformation. Whether you want to lose weight, quit smoking, reduce alcohol or adopt a healthier lifestyle, hypnotherapy can help you achieve your goals and maintain them long after January is over.

Don't let another year slip by with unfulfilled resolutions and goals. Take the first step toward becoming the best version of yourself in 2025. Start Your Journey Today!

Book a free consultation today, and let's make 2025 your most successful year yet.

New year, new you. The possibilities are endless when you harness the power of your mind. Let us make 2025 the year for you!

A Good Read



***The Porpoise* by Mark Haddon**

Mark Haddon's *The Porpoise* is a sweeping and imaginative novel that weaves together contemporary narrative with ancient myth. Known for *The*

Curious Incident of the Dog in the Night-Time, Haddon ventures into different territory here with a story that explores trauma, survival, and transformation.

The novel begins with a tragic plane crash, which leaves wealthy Philippe without his beloved wife. Their newborn daughter, Angelica, survives, but her life is overshadowed by Philippe's controlling and abusive behaviour. In her isolated and troubled existence, Angelica finds herself retreating into the world of her mind—and this is where Haddon's novel takes an unexpected turn.

The narrative splits between Angelica's plight and a parallel retelling of the ancient tale of Pericles, Prince of Tyre. The novel then moves between the modern and the mythical, with the story of Pericles embarking on a sea journey that mirrors Angelica's emotional and psychological journey. As the characters cross between worlds, the boundaries of time and space blur, and Haddon's lush, often poetic prose gives life to rich landscapes and deep emotional currents.

The Porpoise is an intense, complex novel. Haddon's storytelling is both adventurous and reflective, drawing readers into a world where myth and reality intersect in fascinating ways, yet the thread of the central story remains strong.

***Kick the Moon* by Muhammad Khan**

Kick the Moon is a bold, thought-provoking teen novel that explores identity, friendship, and the pressures of growing up. It's set in diverse, modern-day London, and centres around 15-year-old Ilyas Mian, a talented artist and comic book enthusiast who dreams of pursuing his passion for drawing, but his strict, traditional Pakistani father has different expectations for his future.

At school, Ilyas faces another challenge: he's stuck in a dangerous dynamic with Imran, a volatile bully who expects Ilyas to stay loyal to him no matter what. When Ilyas befriends Kelly, a confident, outspoken classmate who encourages him to follow his dreams, he begins to rethink his relationship with Imran and question the path he's on. But standing up for himself comes with risks, and Ilyas must navigate the pressures of school, his father's expectations, and his personal ambitions.

Khan expertly portrays the struggles of young people trying to balance their identities between home and school, with themes of loyalty, masculinity, and the courage to be yourself woven throughout the novel. Ilyas's journey is heartfelt and inspiring, filled with moments of humour and tension. The book's authentic voice and relatable characters make it a standout in contemporary young adult fiction.



Tash Donovan



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Six Nations Rugby

A Legacy of Rivalries and Passion



only time the tournament ended without a clear winner.

The Grand Slam - winning all matches in a single tournament - is a rare and celebrated feat.

The 2025 Six Nations Championship kicks off on 31st January, when France host Wales under the Friday night lights in Paris.

It's one of the oldest and most prestigious rugby tournaments in the world. It brings together England, Scotland, Wales, Ireland, France, and Italy in an annual competition that captivates fans with fierce rivalries and thrilling matches.

The championship began as the Home Nations Championship, contested between England, Scotland, Wales, and Ireland. By 1910, France joined the fray, transforming the competition into the Five Nations Championship.

Five became six in 2000 when Italy joined, marking the birth of the Six Nations Championship as we know it today. Despite initially struggling to compete with the established rugby powers, Italy's inclusion expanded the championship's reach and added a new layer of intrigue.

Over their long history, first the Five Nations then the Six Nations have delivered countless unforgettable moments. One of the most remarkable achievements came in 1973 when the five nations finished tied, with each team winning two matches. This extraordinary result underscored the evenly matched nature of the competition and remains the

England's 2003 campaign was especially memorable, as they not only secured the Grand Slam but also carried that momentum to win the Rugby World Cup later that year. Led by captain Martin Johnson and guided by Jonny Wilkinson's legendary kicking, England demonstrated unparalleled dominance.

Upsets have also defined the championships' drama. In 1999, Scotland stunned England in the final Five Nations match to deny them a Grand Slam, with a superb kicking display from Scott Hastings. More recently, in 2007, Italy shocked Scotland with an historic victory at Murrayfield, cementing their place as a competitive force in the championship.

This season, Ireland head into the 2025 competition looking for a third title in a row. They didn't manage a clean sweep in 2024, after England beat them at Twickenham. France have been their closest rivals in recent years and - with superstar scrum-half Antoine Dupont back from winning gold in the Olympic rugby sevens - seem likely to be the biggest threat to an Irish hat-trick.

Get ready for some thrills and possibly some surprises. The Six Nations never fails to deliver.

By James Cookson

Sweet Potato and Cauli Coconut Curry

Infused with spices, this is a delicious creamy curry for a cold January evening. Its also perfect for Veganuary month!



Preparation and cooking time combined: 35-40 minutes.

Serves: 4

Ingredients

- 500g sweet potatoes, scrubbed.
- Vegetable oil
- 1 large cauliflower
- 1 onion, chopped.
- Thumb-sized piece of root ginger.
- 2 red chillies
- 5 garlic cloves
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 2 x 400g tin full-fat coconut milk
- 1 x 30g pack flat-leaf parsley, leaves picked.

Method

Preheat the oven to 220°C, fan 200°C, gas 7. Chop the unpeeled sweet potatoes into 2cm cubes. Toss in a bowl with a tablespoon of oil then season and place into a large baking tray. Roast for

10 minutes.

Meanwhile, prepare the cauliflower. Remove the outer leaves and cut the head into florets. Add these to the tray with another tablespoon of oil and a little more seasoning. Toss the veg to mix then roast the cauli with the sweet potato for another 15 minutes or until the vegetables are tender.

Heat 2 teaspoons of oil in a frying pan then fry the chopped onion for 5 minutes or until translucent.

Deseed the chillies then thinly slice. Peel and finely chop the ginger and garlic. Add these to the pan along with the spices and cook for 2 minutes. Add the coconut milk, 200ml of water and season to taste. Simmer gently for 10 minutes.

Remove the roasted sweet potato and cauliflower from the oven and stir the roasted vegetables into the curry sauce. Simmer for 3-4 minutes, then throw in the parsley. Adjust the seasoning to taste then serve the curry alongside jasmine rice.

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 The Look Out 01344 354400

Sudoku Solution

8	5	2	1	4	3	9	7	6
1	9	3	6	7	5	4	2	8
6	4	7	8	9	2	5	3	1
7	8	4	2	1	9	3	6	5
5	1	9	3	6	4	2	8	7
3	2	6	5	8	7	1	9	4
2	7	5	4	3	8	6	1	9
4	6	8	9	2	1	7	5	3
9	3	1	7	5	6	8	4	2

Garden View

This month - Welcome to the asylum

Edward Augustus Bowles, known affectionately known as "Gussie," was a British horticulturist, plantsman, and garden writer, who transformed the gardens of Myddelton House into a horticultural masterpiece, introducing a diverse array of plants, including many rare and exotic species. He deserves to be better known for many reasons, but my favourite is that he devoted one corner of his garden to cultivating 'odd' plants...weird specimens which took his fancy. He called this his 'lunatic asylum' and the plants his 'maniacs'!

Like Bowles I enjoy collecting quirky specimens but rather than grouping them together in one corner I prefer to integrate the whimsical with the conventional, partly due to space restrictions and partly because I like it when visitors suddenly pause, do a double take, or raise an eyebrow and smile.

The first candidate for Bowles' asylum was the corkscrew hazel. This is a variant of the common hazel and has fabulous spiral stems which are smothered in cheerful yellow catkins in the late winter and early spring.

I added a corkscrew hazel to my own plot a few years ago and admit that its twisted branches and sculptural appearance give me a lot of pleasure on cold grey winter days.

Another plant which Bowles coveted was the Plymouth Strawberry, (*Fragaria vesca muricata*). It looks like a strawberry with a freaky green spiked hairdo. You can eat the fruit because the spikes are soft and harmless, but it's more usually grown for its ornamental properties.

If you only have a very small space, like a balcony, try *Ophiopogon*

planiscapus "Nigrescens". This intensely black grass looks like a small black fountain and grows well in a pot. It's a very attractive, unusual addition especially if set against white gravel or pebbles.

A favourite with children is *Tolmiea menziessi*, more commonly known as the 'piggyback plant' due to its strange habit of carrying its young on its leaves. Each little plantlet which sprouts can be potted up and established on its own. They make great teacher and office gifts!

Among my own personal collection of 'maniacs' my favourite is my small colony of pitcher plants (*sarracenias*) which look exotic but are actually quite easy to grow. They appeal to small boys (and lots of older ones!) because of their gruesome insect-eating habit.

If your garden is a bit boring and in need of a little spice why not try one of these more unconventional additions to your plot?

Happy Gardening



By Rachael Leverton

Turn the Wheel

And shape a new hobby for 2025

Pottery as a pastime is enjoying something of a boom period right now thanks to the Great Pottery Throwdown which starts again this month on Channel 4.

The origins of pottery trace back over 10,000 years to early agricultural societies. Clay was one of the first materials humans manipulated to create essential items, such as storage vessels and cooking pots. These early wares were often simple, shaped by hand, and fired in open flames or primitive kilns.

As civilizations grew, pottery techniques became more sophisticated. The invention of the potter's wheel around 3,000 BCE in Mesopotamia marked a turning point, allowing for symmetrical forms and mass production. Ancient cultures, including the Egyptians, Greeks, and Chinese, added artistic flourishes to their pottery. Designs reflected religious beliefs, cultural narratives, and daily life, transforming utilitarian items into objects of beauty and significance.

By the Renaissance, pottery in Europe began blending functionality with aesthetics. Ceramics like Italian majolica and English Wedgwood demonstrated the artistic potential of pottery. In modern times, pottery continues to evolve, with contemporary artists using clay as a medium for abstract expression and storytelling.

Pottery's transition from practicality to art is most likely rooted in its adaptability. Clay's versatility allows for infinite possibilities, whether for crafting sturdy dinnerware or sculptural masterpieces. The addition of glazes, textures, and firing techniques further expands its creative potential.

In today's world, pottery is recognized as both an artisanal craft and a fine art form. Museums showcase historical pottery alongside contemporary works, and artists experiment with bold designs, intricate details, and innovative techniques. The



boundaries between functional and artistic pottery continue to blur, something which one of the UK's most famous potters Grayson Perry likes to play with when creating and decorating his own pots, which feature themes such as identity, gender,

sexuality, and social status.

Pottery appeals to the senses in a way few hobbies do. The tactile experience of moulding clay, the rhythmic spinning of the wheel, and the anticipation of unveiling a finished piece from the kiln make pottery deeply immersive. Each step in the process—shaping, decorating, firing—is an exercise in mindfulness and creativity.

And pottery offers tangible results. Whether you create a mug or a sculpture, the sense of accomplishment is undeniable. Imperfections often enhance the charm of handmade pieces, making each item uniquely personal.

If you fancy trying your hand at turning a pot, local studios and community centres often offer beginner classes that provide access to equipment like potter's wheels and kilns. These environments are great for learning foundational skills and receiving guidance from experienced instructors.

If classes are not an option then air-dry clay or polymer clay are excellent media for beginners. These materials don't require firing, so allow you to focus on shaping and decorating. Basic tools, such as a rolling pin, sponge, and carving implements, are affordable and easy to find.

As you gain confidence, consider experimenting with wheel throwing or glazing. Joining pottery workshops or online communities can also provide inspiration and support as you develop your skills.

Pottery offers a deeply fulfilling way to express yourself. So, grab some clay, and start shaping your story!

By Kay Carmichael

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Is it Toxic?

How to recognise and distance yourself from unhealthy friendships

Friendships are meant to be a source of joy and support, but not all friendships are healthy. Knowing when a friendship is toxic - and how to distance yourself politely - will protect your emotional well-being.



If you frequently feel worse after interacting with a person, it may be time to reevaluate the relationship. Distancing yourself doesn't have to mean confrontation.

Signs of a Toxic Friendship

A toxic friend often leaves you feeling drained, anxious, or unvalued. Red flags include:

Consistent Negativity: They criticize, belittle, or focus only on problems, leaving little room for positivity.

Lack of Reciprocity: The friendship feels one-sided, with you constantly giving while they consistently take.

Manipulative Behaviour: They guilt-trip, gaslight, lie, or use your vulnerabilities against you.

Boundary Violations: They disrespect your time, energy, or personal boundaries.

Jealousy or Competitiveness: They downplay your successes or sabotage your growth.

Set Boundaries: Politely but firmly communicate your limits, such as being unavailable for certain activities or conversations.

Limit Interactions: Gradually reduce contact by declining invites or responding less frequently to messages.

Focus on Positive Connections: Spend more time with supportive friends or hobbies that uplift you.

Make it About You: If your friend asks, calmly express that you need space to focus on yourself without blaming them.

This year, let go of a toxic friendship and open the door to healthier, more fulfilling connections in 2025.

By Sarah Davey

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