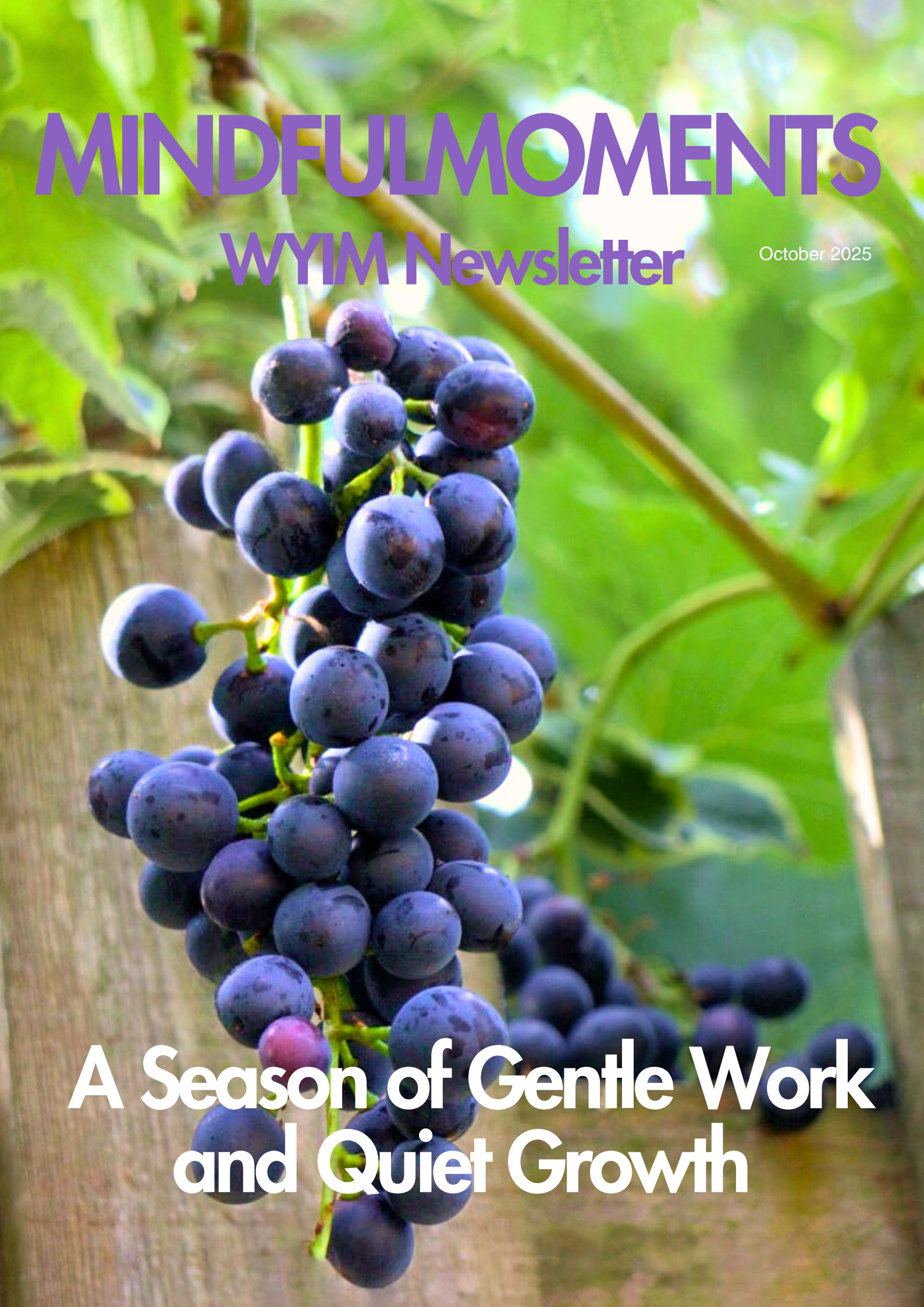




MINDFULMOMENTS

WYIM Newsletter

October 2025

A Season of Gentle Work
and Quiet Growth



What to Expect

This month is a season of quiet growth, inviting us to turn our focus inward. We explore the profound mind-body connection in trauma, examining how somatisation allows our bodies to tell stories our minds cannot. We also look at practical self-care, from how good nutrition builds resilience, and explore finding peace in nature, embracing the idea that “home is a state of mind.”

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OUR BLOG

Finding Healing and Hope in the Outdoors: The Power of What's Already Given



The Listening Room:

When Words Aren't Enough: Understanding How Trauma Is Held in the Body

Have you ever experienced physical symptoms like headaches, stomach issues, or chronic pain that doctors can't seem to explain? Or perhaps you feel a constant sense of unease or tightness in your chest. For many of us, this feeling of disconnection between our mind and body can be confusing and frustrating. This is a common experience, and it points to a profound link between our emotional well-being and our physical health, especially when we've gone through a difficult or traumatic event.

The term somatisation describes how emotional or psychological distress can show up as physical symptoms. Trauma, in particular, isn't just a mental wound—it's a physical one. When we face a threat that overwhelms us, our nervous system instinctively kicks into a survival response: fight, flight, or freeze. While our conscious mind might eventually move on, our body can hold on to the memory of that event, storing the tension and fear deep within our muscles and nervous system.

Imagine your body's alarm system gets stuck in the 'on' position. Even long after the original threat is gone, your body stays on high alert. This constant state of stress can lead to physical issues.

For example, the tension from a "fight" response might cause chronic headaches, while the frozen energy of a "freeze" response might show up as fatigue or a feeling of numbness. The anxiety from a "flight" response could lead to digestive problems or a racing heart.

These physical symptoms are not just "in your head." They are very real, acting as a messenger from your body, trying to tell a story that words alone can't express. It's your body's way of saying, "I'm still carrying this."

How Counselling Can Help:

So, if these issues are rooted in the body, how can talking to a counsellor help?

Counselling provides a safe space to begin listening to your body's story. It's not about trying to directly "fix" the physical symptoms, but about creating the right environment for your body to release what it's been holding onto.

Ultimately, healing from trauma involves reconnecting your mind and body. By creating space to listen to what your body is trying to tell you, counselling can help you gently and safely let go of the past, allowing you to move forward with renewed peace.



Nourishing Resilience: How Good Nutrition Really Helps

Think about the last time you felt a little "off"—tired, moody, or just not quite with it. We often blame a lack of sleep or a tough day, but the real culprit could be much closer to home: what you've been eating. Nutrition isn't just about having the energy to move and socialise; it's the essential fuel your body needs for everything, from making your heart beat to helping your brain function and your digestive system work.

When we neglect our nutrition, especially our gut health, our bodies' core functions begin to slow down. This isn't just about digestion; it's a ripple effect that touches everything from our energy levels to our mental well-being.

Your gut and your brain are in constant communication, connected by a superhighway of nerves. What you eat directly impacts the health of your gut microbiome—the trillions of bacteria that live inside you. When this "inner community" is happy and balanced, it helps produce important chemical messengers, like serotonin, which is crucial for regulating your mood.

When we fuel our bodies with processed foods, sugary snacks, or fast food, we can disrupt this delicate balance. This can lead to what's known as "dysbiosis"—an unhealthy gut. And when your gut isn't happy, your brain feels it. This can show up as:

Brain Fog and Poor Concentration: An unhealthy gut can lead to inflammation, which makes it harder to focus in class, concentrate on a task, or remember things.

Low Energy and Mood Swings: When your body is struggling to get the nutrients it needs, your energy levels plummet and less able to cope with stress, making it feel like a rollercoaster of emotions.

Less Resilience to Difficult Experiences: When we're under-nourished, our bodies are already under strain. This makes it harder to deal with difficult emotions and experiences. It's like trying to run a marathon on an empty stomach—you just don't have the capacity to handle the challenge.

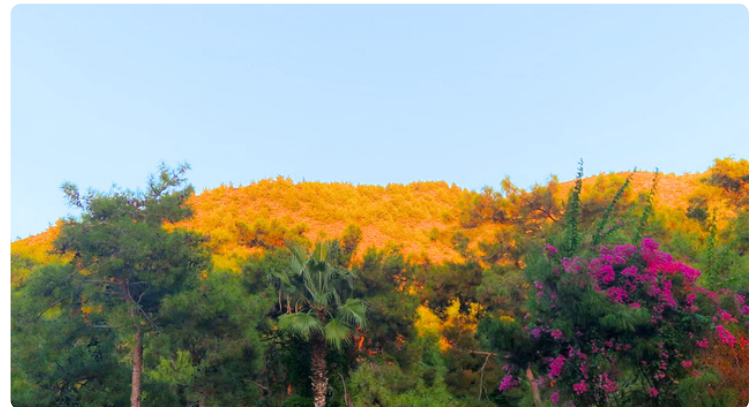


You have the power to change this.

By finding enjoyment in the process of cooking and trying new foods, you can build a stronger foundation for your mental well-being.

When you spend time engaged in shopping, cooking, and enjoying the process of creating a balanced meal with less packaging, you're not just making food—you're actively nourishing your body and mind. This mindful approach can give your gut the nutrients it needs to thrive.

A well-nourished body and gut are better equipped to handle stress. When your body is in a state of balance, you have a greater capacity to manage difficult emotions and experiences. This leads to clearer thinking, better focus, and a greater ability to manage life's challenges.



Latest Blog

Finding Healing and Hope in the Outdoors: The Power of What's Already Given

Connecting with the outdoors is far more than just stepping outside for a walk. It's an act of deep self-acceptance. In a world that tells us we need to be better, prettier, or more successful, nature simply invites us to be. It strips away the pressure to chase an idealised version of ourselves, a version often created by others or by the consumerist messages we absorb every day. This endless pursuit of "more" can be a coping strategy, a way to mask underlying pain or a sense of not being enough. By stepping back and immersing ourselves in the natural world, we begin to dismantle that mask. We recognise that the trees ... [READ MORE](#)

Opening the Door to Counselling

At its heart, counselling is a brave act of opening a door. It's a decision to step into a secure space where you can be truly heard and seen, perhaps for the first time. For us at With You In Mind, our role is to simply hold that door open and walk with you on a journey of self-discovery. We believe that what happens inside this space is what makes healing possible.

What to Expect: Your First Step

If you've never been to a session, you might wonder what happens. The first meeting is simply a conversation. It's a chance to meet your counsellor, ask questions, and share as much or as little as you feel comfortable with. There's no pressure to tell your whole story at once; the focus is on creating a connection and exploring what brought you here. It's a mutual process of discovery to see if this is the right space for you.

The Space and The Work

Counselling is not about being given advice or being "fixed." Instead, a counsellor is a trusted guide. We help you explore your thoughts and feelings, providing tools and insights to help you navigate life's challenges. We believe in tailoring our approach to fit you, not the other way around. This is why we use a range of methods—from traditional talk therapy



to creative approaches like art and play therapy. These are simply different languages to help you express what words alone can't always capture. Ultimately, the goal of counselling is to empower you. We create a safe, non-judgmental environment where you can explore your truth, gain a deeper understanding of yourself, and find the clarity to forge your own path forward. It's a journey of quiet strength, and it begins with that one brave step through the door.

What Counselling Isn't: Beyond the "Quick Fix"

Counselling isn't a quick fix or a magic wand to make problems disappear overnight. It won't give you all the answers. Instead, it's a journey of self-discovery that requires time and commitment. It's not a passive process; your counsellor is there to provide a safe space, but you are the one doing the real work. The goal is to help you build the resilience and skills to navigate life's challenges yourself. And, that is where we can help.

Here's Your Guide

What It Is: Counselling is a confidential and collaborative journey of self-discovery. It's a space to explore thoughts without judgment, with a counsellor as a guide to help you build resilience.

What It Isn't: It's not a quick fix, a magic wand, or a passive process. Counsellors won't tell you what to do; you are in the driver's seat.

The Key Takeaway: Counselling is a partnership that empowers you to find your own path to healing and develop coping skills.



Our Recommendation

The Unwritten Path: A Journey of Hope and the Human Spirit

In our lives, we often encounter threads that unexpectedly fray, leaving us with a story that feels unravelled. We find ourselves at a crossroads, where the familiar path has disappeared, and we are left to navigate a landscape of uncertainty and grief. It is in these moments that we must look within, for it is here that a powerful journey begins. Where the narrative shifts from one of tragedy to one of incredible, silent strength. When the known world vanishes, a different kind of journey begins—one not on a paved road, but on a rugged, untamed path. The physical act of moving forward becomes a way of processing grief, not by standing still, but by walking through it.

When stripped of all societal comforts, we are forced to reconnect with our most fundamental selves. We learn to find solace not in possessions, but in the simple acts of survival and connection



Resilience is not a grand, heroic gesture, but a series of small, relentless actions. It is the ability to share a moment of quiet peace with a loved one, and to find comfort in the kindness of strangers. It's about discovering that your strength isn't defined by what you own, but by how you choose to persevere. Letting go is not a sign of defeat, but an act of liberation. This process is not easy, but it is a journey of transformation. To be present in the moment and to find joy in the simple beauty of the world around you.



Ultimately, it is about the pursuit and discovery of hope. Hope, in this context, is not a naïve belief that everything will be okay. It is a quiet, powerful conviction that even in the darkest of times, there is still beauty, meaning, and a sense of purpose to be found. Peace is not found in a return to normalcy, but in the acceptance of what is and the quiet strength to continue moving forward.

Navigating an unwritten path requires immense courage, and it's a journey no one should have to take alone. The process of walking through emotional turmoil—of adapting to profound change and rediscovering hope—often requires a guide.

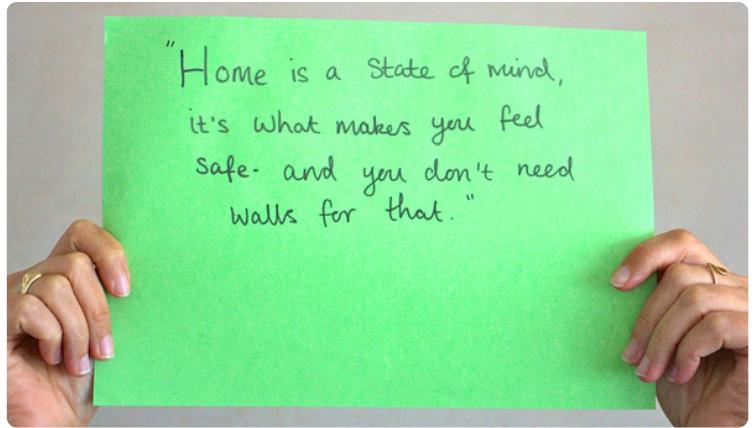
This is where counselling can be a helpful support. A counsellor provides a safe, confidential space to unpack the heavy emotions you are carrying without judgement. They can help you identify the patterns that may be holding you back, and together, you can explore new ways of responding to life's challenges. Like a trusted companion on a difficult trek, a counsellor won't walk the path for you, but they will walk alongside you, offering tools and insights to help you find your footing, build resilience, and ultimately, discover the quiet strength that lies within. They can help you see that the cracks in the old pavement are not just brokenness, but new opportunities for growth and a deeper understanding of yourself.

... And remember, every step forward, no matter how small, is a testament to your own strength and power.

Thought-full

“Home is a state of mind, it's what makes you feel safe – and you don't need walls for that”

In counselling, we reframe the idea of home from a physical place to a state of mind. This quote beautifully illustrates that true safety and belonging come from within, not from external factors like a specific house or community. It's about cultivating an inner sanctuary—a place of emotional safety and self-acceptance that remains with us regardless of our circumstances. By building this internal "home," we gain the resilience needed to face life's challenges, knowing we always have a safe place to return to.



Helpful Tool

Found Object Therapy

One powerful nature-based tool is Found Object Therapy, where clients mindfully collect natural items to serve as tangible anchors for their inner world. This technique directly links the act of gathering to talk therapy, providing a symbolic bridge between a client's emotions and their environment.

How it Works in a Session

A counsellor asks the client to go on a purposeful walk to find a few items that resonate with them, such as a smooth stone or a fallen leaf. The focus is on what the item feels like or represents. Once back, the object becomes a focal point for discussion.

- **As a Narrative Prompt:** A client might hold a rough piece of bark and describe how its texture reminds them of a difficult experience, while its moss symbolises hope. The object helps to articulate feelings that are hard to put into words.
- **As a Symbolic Metaphor:** A counsellor can invite the client to use an object to represent a feeling, like a worn stone for the "weight" of a burden.
- **As an Anchor:** The object can be taken home as a physical reminder of a breakthrough or a moment of calm from the session, helping the client reconnect with their therapeutic work.

Urgent Help

If you are experiencing an immediate mental health crisis, feel unsafe, or require urgent help, please contact the following services for immediate assistance:

- **999** for emergency services.
- **NHS 111**: for urgent advice
- **The Samaritans**: Call 116 123 for free, 24 hours a day, 7 days a week.
- **Shout 85258**: Text "SHOUT" to 85258 to connect with a trained volunteer for free, confidential crisis support via text, anytime.
- **Your GP**: Contact your GP during surgery hours for an urgent appointment or advice.

Your safety and well-being are the absolute priority. Please do not hesitate to reach out to these services if you need immediate help.

Contact Us

[Email Us](#)

[Call Us](#)

[WhatsApp Us](#)

