

MINDFULMOMENTS

WYIM Newsletter

July 2025

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The Art of Becoming
Embracing Life's Transitions



What to Expect

Welcome to the July edition of the WYIM newsletter! This month, we're focusing on transitions—those significant shifts, big or small, that shape our lives. Whether you're embracing a new chapter or navigating unexpected change, these periods can feel both exciting and challenging. We hope this issue offers support and guidance as you journey through life's ever-evolving landscape.

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OUR BLOG

Why do we react to change and how can we get off the rollercoaster?

WHAT'S ON?

Join us on one of our School Anxiety Workshops.



The Listening Room:

Insights from Dr. Jessica Coombes

Hello, I'm Dr. Jessica Coombes, and I'm a counsellor here at With You In Mind Counselling. I often get asked **what it is that we actually do**, and it's a great question, because what happens in the confidential space of the counselling room can sometimes feel a bit mysterious from the outside.

At its heart, the primary role of a counsellor is to be compassionate and deeply reflective. You can think of them as a mirror. You come into the room bringing your unique story, your life experiences, and your complex feelings – perhaps things you've never fully vocalised before. The counsellors job is to truly hear it; to listen with an open mind to every word you share, every subtle hesitation, and even the powerful unspoken emotions that lie beneath the surface.

We all carry our life's narrative with us, a rich tapestry woven from moments big and small. Sometimes, certain chapters, recurring themes, or even single, impactful sentences within that narrative can create a pervasive, ongoing sense of struggle. You might find yourself feeling consistently overwhelmed, deeply stuck, or perhaps sensing a profound lack of control over your own life's direction. **What we do is listen with a keen ear to the story you choose to tell, helping us both to identify the often subtle, yet powerful,**



links between your current emotions and past experiences that might be triggering this overarching sense of struggle.

It's crucial to understand that it's not about you being provided with ready-made answers or being told what to do. Instead it's the approach to counselling is rooted in empowering you. It's about working collaboratively, side-by-side, to help you discover those answers for yourself – the insights and solutions that truly resonate with your authentic self, the counsellors acts as your guide to gently help you realise your true self. As you gently uncover some of these vital links and connections, it's akin to planting tiny, yet potent, seeds of change within your awareness. **Over time, with consistent, gentle nurturing and your own incredible courage to explore and grow, you can truly begin to make meaningful shifts in your life.** These shifts are geared towards creating something that not only feels better, but also more aligned with who you genuinely aspire to be, and ultimately, empowers you with a much greater sense of control and agency over your own path forward.

My ultimate aim is to consistently provide a safe, confidential, and judgment-free space where your entire story can be heard and held with respect. This allows you the freedom to gain profound clarity, explore new perspectives, make informed choices, and courageously **move forward with greater self-understanding and personal empowerment.**



Counselling Unveiled

Exploring Inner Worlds with Sandtray Therapy

Sometimes, **words alone simply aren't enough**. There are feelings, experiences, and even unconscious patterns that can be incredibly difficult to articulate verbally. In these instances, Sandtray therapy offers a profoundly insightful and gentle pathway into deeper understanding.

In a Sandtray session, an individual is invited to create a "world" within this tray using the sand and selecting any miniatures that resonate with them. There's no prescriptive way to do this; the process involves simply arranging the objects in the sand in whatever way feels meaningful in that particular moment.

The power of Sandtray lies significantly in its **non-verbal nature**. As an individual engages with the sand and chooses their figures, they are, often unconsciously,



externalising aspects of their inner world. This physical act of creating a scene provides a unique avenue to express thoughts, emotions, conflicts, and even buried memories that might be too overwhelming or complex to articulate solely through words.

The counsellors role in this process is one of compassionate observation and gentle guidance. While the individual is creating, the therapist witnesses their process, paying attention to the chosen figures, their placement, and the narrative that begins to unfold in the tray. Once the "world" is complete, it is then explored collaboratively. Questions might be posed, such as: "What title would you give this world?" "Do any of these figures represent you, or someone else significant?" or "What is happening in this scene?"

The created scene acts as a **symbolic representation, offering insights into current struggles, relationship dynamics, internal conflicts, or hopes for the future**. It serves as a potent method for bringing unconscious thoughts and feelings into conscious awareness, frequently leading to deeply personal and meaningful insights.



Latest Blog

This month's blog focuses on "**Navigating the Tides of Change: How Counselling Can Help You Find Your Anchor**". Life is a series of transitions, and whether it's a new job, a relationship shift, or a big move, these changes can stir up a complex mix of emotions.

Our latest post explores common responses like anxiety, sadness, and even excitement that come with new chapters. It highlights why our brains react this way and, crucially, how counselling offers a safe and supportive space to process these feelings.

Discover how talking with a professional can help you gain clarity, develop effective coping strategies, and ultimately, find your inner strength to embrace growth during times of change. If you've been feeling overwhelmed by life's shifts, this blog offers valuable insights and a path toward resilience.

Ready to see how you can confidently navigate life's inevitable changes? Read the full blog post here: [**Navigating the Tides of Change: How Counselling Can Help You Find Your Anchor**](#)

How Change Leads to Growth

Change is an inevitable force in life, a constant current that can sweep us into unfamiliar waters. From career shifts and relationship evolutions to new beginnings in a different city or simply the passage of time, transitions can feel unsettling, even daunting. We often cling to the familiar, fearing the unknown that lurks beyond our comfort zones. **But what if we reframed these moments?** What if every transition, no matter how challenging it initially appears, holds the seeds of incredible growth, profound self-discovery, and exciting new beginnings?

It's easy to get caught in the discomfort of change. The anxiety of uncertainty, the sadness of letting go, the fear of failure – these emotions are valid and real. Yet, within this very discomfort lies fertile ground for transformation. Think of a tree shedding its leaves in autumn; it may appear to be dying, but it's actually preparing for a period of dormancy that will fuel vibrant new growth in the spring. We, too, have this innate capacity for renewal.



The key to unlocking growth during transitions often lies in our perspective. Instead of viewing change as an obstacle to overcome, what if we saw it as an invitation? An invitation to discover hidden strengths, clarify our values, and embrace new skills. Unfamiliar situations demand new approaches, fostering adaptability and resilience – qualities that serve us well in all aspects of life.

So, how can we actively shift our perspective and lean into the growth opportunities that change presents? Start by acknowledging and validating your feelings; it's okay to grieve what was. Then, practice mindful observation, looking at the situation with curiosity rather than immediate judgment. **Can you identify the "gift" in the shift** – perhaps a chance for greater independence or a deeper understanding of yourself? Set small, actionable goals to navigate the transition, and remember to celebrate each step forward. Cultivate a growth mindset, believing that your abilities can



develop through dedication. Most importantly, don't go it alone. Leaning on friends, family, or seeking professional counselling can provide invaluable guidance and tools to cope effectively.

Consider a time when a life change, perhaps one you resisted, ultimately led to unexpected growth. Many people find that what felt like an ending was, in fact, a powerful new beginning, leading to a deeper sense of purpose or fulfilment.

At With You In Mind, we understand that navigating life's transitions requires courage and support. We're here to help you explore your feelings, identify your strengths, and embrace the potential for positive outcomes, even when the path feels uncertain. You don't have to walk this unfolding path alone. [Contact Us](#)

Here's Your Growth Toolkit!

Feel It to Heal It: Don't push away those messy feelings – anxiety, sadness, fear. Acknowledge them. It's step one to moving forward.

Look for the "Gift": Even in tough times, there's often a hidden lesson or opportunity. What might this change be teaching you, or opening up for you?

Small Steps, Big Impact: Don't try to conquer the whole mountain at once. Break down the transition into tiny, manageable actions. Celebrate every win!

Adopt a "Can-Do" Mindset: Believe in your ability to learn and adapt. See challenges as chances to grow, not roadblocks.

Lean on Your Support System: You don't have to figure it all out alone. Reach out to friends, family, or professional counsellors. A little support goes a long way.

Book of the Month

Living with anxiety can feel like a constant battle, a relentless hum of worry that makes you question why you're not "fine." Many of us find ourselves trapped in this cycle, believing that the solution lies in fighting against every anxious thought and feeling. However, a more gentle and effective approach lies in shifting our perspective: **instead of battling anxiety, we can learn to co-exist with it**, understanding its mechanisms and developing strategies to manage its impact.

The key to this shift lies in recognising that anxiety, while often uncomfortable, is not inherently dangerous. It's frequently a misfiring alarm system, a vestige of our evolutionary past designed to keep us safe. But in our modern lives, this system can become overactive,



reacting to perceived threats rather than real ones. **Trying to suppress these feelings often gives them more power**, creating a push-pull dynamic that leaves us exhausted. Instead, a more compassionate approach involves acknowledging anxiety's presence without judgement, observing it without getting completely entangled in its narrative.

Embracing this understanding opens the door to a range of practical tools that can significantly improve your daily experience. **Mindfulness**, for



instance, helps you anchor yourself in the present moment, interrupting the spiral of anxious thoughts. By simply observing where you are or focusing on your senses, you can create a small but space between you and your anxiety. **Self-compassion** is another vital tool; treating yourself with the same kindness and understanding you would offer a friend experiencing similar struggles can significantly reduce the internal criticism that often accompanies anxiety.

Furthermore, learning to gently challenge anxious thoughts is crucial. Instead of accepting every worrisome thought as truth, question its validity. **Is this thought a fact, or is it just a feeling?** What evidence supports it, and what evidence contradicts it? Taking small, deliberate steps towards activities anxiety might make you avoid can also gradually expand your comfort zone. This isn't about grand gestures, but about consistent, gentle progression.

Ultimately, the goal is not to eradicate anxiety, but to develop a resilient mindset and a compassionate toolkit that allows you to navigate its presence, reducing its power and fostering a greater sense of calm and well-being.

What's On

4 Week School Anxiety Workshop

Is your child struggling with school anxiety? You're not alone. Join With You In Mind for an empowering workshop designed to demystify school anxiety and provide practical support strategies. Learn to recognise signs, identify triggers, communicate effectively, and discover actionable coping tools to build your child's resilience.

- Date: Wednesdays - August & September
- Time: 10:00 AM - 11:00 PM
- Cost: £20 per session
- [Find Out More](#)



Thoughtful

"Anxiety whispers worries of what might be, but true strength lies in gently guiding your focus back to what is – and your capacity to meet it."



Helpful Tool

Top Tips for Effective Self-Care:

Take a Breather: Even a few minutes of conscious breathing can make a huge difference. Try inhaling slowly for four counts, holding for four, and exhaling for six. This can calm your nervous system.

Gentle Movement: You don't need to run a marathon! A brisk walk in nature, some gentle stretching, or even dancing to your favourite tunes can boost your mood and reduce tension.

Nourish Your Body and Mind: Fuel your body with nutritious foods. Notice how certain foods make you feel, and aim for a varied diet rich in fruits, vegetables, and whole grains.

Prioritise getting enough restful sleep. Create a relaxing bedtime routine – perhaps a warm bath, reading a book, or listening to calming music. Avoid screens before bed.

Reach Out: Human connection is vital. Spend time with loved ones, chat with a trusted friend, or join a local group or club that aligns with your interests. Be mindful of relationships that drain your energy.

Learn to Say 'No': It's okay to decline requests or commitments that overextend you. Protecting your time and energy is a crucial act of self-care.

Urgent Help & Crisis Support

While we are dedicated to providing supportive and timely therapeutic services, **we are not an urgent help or crisis support service**. Our role is to offer scheduled counselling sessions for ongoing mental health support and personal development.

If you are experiencing an immediate mental health crisis, feel unsafe, or require urgent help, it's crucial to contact emergency services or a dedicated crisis support line right away. Please contact the following services for immediate assistance:

- **Dial 999** for emergency services if you are in immediate danger or believe your life is at risk.
- **NHS 111**: Call 111 for urgent advice when it's not a 999 emergency. They can direct you to appropriate mental health support.
- **The Samaritans**: Call 116 123 for free, confidential support, 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

Email Us

Send your enquiry to our dedicated team at info@withyouinmindcounselling.co.uk. We aim to respond to all email queries within 48 hours.

Call Us

You can reach us on 07961916363 . If we're unable to answer, please leave a voicemail with your name and contact number, and we'll call you back as soon as possible.

WhatsApp Us

For a quick and easy way to connect, Whatsapp Us . This is often a great option for initial queries or to confirm details.

