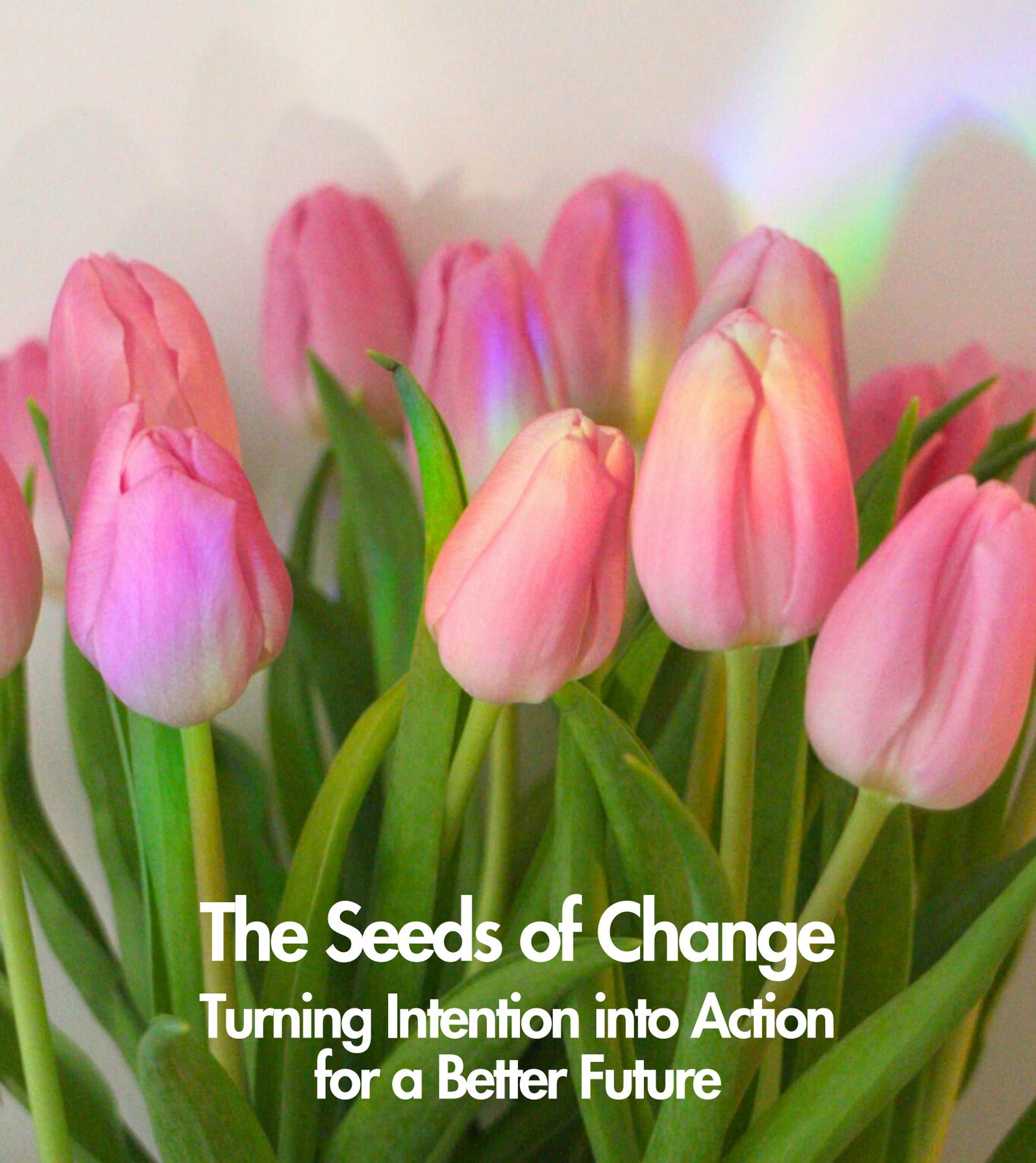


MINDFULMOMENTS

WYIM Newsletter

March 2026



The Seeds of Change
Turning Intention into Action
for a Better Future

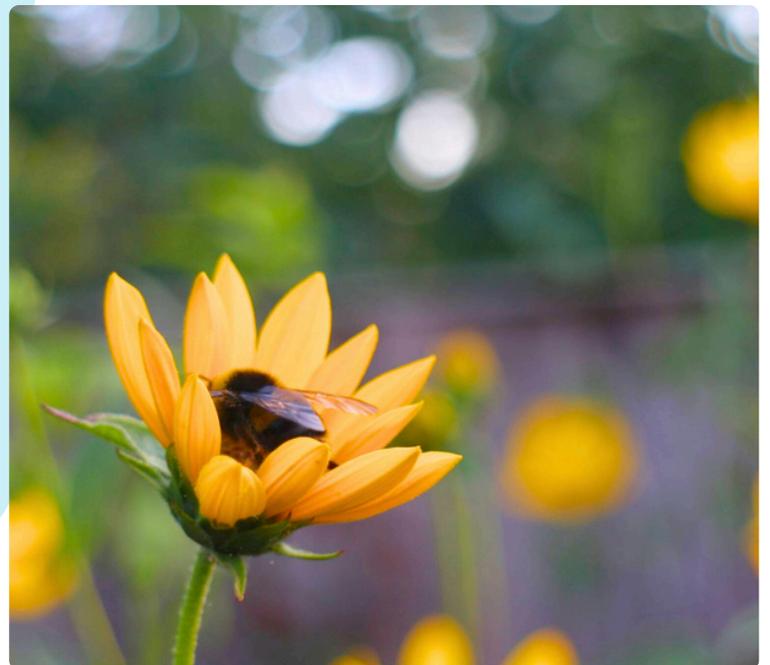


What to Expect

This issue explores the profound dialogue between mind and body, highlighting how physical cues often reveal truths before words can find them. We delve into the "Body-Mind Link," offering gentle movements and the "STOP" skill to help you navigate overwhelm and regulate your nervous system.

We also look at the therapeutic process as a way of "preparing the ground" for natural growth, alongside essential self-compassion practices for those supporting loved ones. Drawing on the wisdom of Dr. Gabor Maté and Nelson Mandela, we celebrate the resilience found in rising after every fall.

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The Listening Room:

The Unspoken Story: Hearing What the Body Says

We often think of counselling as "the talking cure." We come to sessions prepared to tell our stories, to find the right words for our pain, and to intellectually map out our experiences. Yet, words are frequently the last part of us to catch up with the truth. Long before we can articulate a feeling, our bodies have already lived it, stored it, and begun broadcasting it to the world.

In the quiet space of a therapy room, the most profound breakthroughs often happen not during a clever exchange of ideas, but in a moment of shared silence where the body takes the lead.



The Body as a Messenger

Imagine a moment where someone is describing a stressful event with a calm, steady voice. They say they are "fine" or "handling it," yet their hands are tightly clenched in their lap, knuckles white. Or perhaps, as they touch upon a childhood memory, their breathing becomes shallow and high in the chest, though their face remains a mask of composure.

These physical cues—fidgeting, tension, a sudden slump in the shoulders, or a fluttering eyelid—are not distractions. They are the "unspoken story." Our nervous systems are designed to protect us, and often, when a memory or an emotion feels too threatening for

the conscious mind to handle, the body "holds" that energy instead.

When we ignore these signals, we stay stuck in our heads, without ever feeling a sense of release. Counselling helps bridge this gap by shifting the focus from "What are you thinking?" to "What is happening in your body right now?"

Unlocking the Truth

By gently noticing a client's shallow breath or the way they've pulled their arms inward, a space is created for them to check in with themselves. The white-knuckled grip might be revealed as a hidden well of anger that they felt they weren't "allowed" to have. The shallow breathing might be the physical echo of an old anxiety that has been running in the background for years, unnoticed.

When we name these physical sensations, the emotional truth often follows. It is as if the body finally feels "heard." This is where true regulation begins.

How Counselling Can Help:

Modern counselling provides a safe container to explore these physical manifestations of stress and trauma. Here is how the process helps you reconnect:

- **Slowing Down:** Therapy offers the rare permission to slow down and actually feel the weight of our limbs or the beat of our hearts.
- **Validation without Words:** Sometimes, there simply are no words for how we feel. A counsellor can sit with you in that "wordless" space, acknowledging the heaviness of your experience.
- **Safe Regulation:** Once a feeling is identified in the body, we can work on softening it by teaching the nervous system that it is safe to let its guard down.

The Self-Compassion Break: Caring for Yourself While Supporting Others

When a loved one struggles with their mental health, our instinct is to lean in. We offer a shoulder to cry on and hold space for their pain. It is a profound act of love, but one that carries a silent weight.

In the world of support, we often hear: "You cannot pour from an empty cup." Yet, many of us feel that acknowledging our own exhaustion is selfish or a failure to the person "suffering more." True compassion, however, isn't a finite resource; giving it to yourself doesn't mean there is less for others. In fact, self-compassion prevents "empathetic distress"—the burnout that occurs when we become overwhelmed by another's pain.



The Myth of the "Strong One"

There is heavy pressure on supporters to remain stoic—to be the "rock." But anchors are under constant tension, and rocks eventually erode. If you are supporting someone through depression, anxiety, or grief, you are experiencing secondary stress. Feelings of helplessness, guilt, or even resentment are human. Denying them doesn't make them vanish; it just makes them heavier.

Self-kindness is a gift to the person you support. When you are regulated, you become a steadier, calmer presence. You are less likely to react out of irritation and more likely to have the capacity to listen. By treating yourself with grace, you model the very resilience your loved one needs.

Counselling isn't just for those in crisis; it is a vital space for supporters to replenish their own "soil." Remember: you are allowed to be a person, not just a pillar.

The Three-Step Practice

This simple practice can be used during a difficult day to help you stay grounded.

Acknowledge the Struggle: When things feel particularly hard, stop and say: "This is a moment of suffering." By naming the difficulty, you move from a reactive state into one of observation. You are validating the reality that being a supporter is tough.

Recognise Common Humanity Remind yourself: "I am not alone in this." Isolation fuels burnout. We often think others handle these situations better, but thousands of people feel exactly as you do right now. You are part of a community of carers doing their best.

Ask: "What do I need?" Place a hand over your heart—a gesture of kindness—and ask: "How can I be kind to myself right now?" This might be as small as five minutes of fresh air, a cup of tea, or giving yourself permission to stop "solving" problems for the evening.

Latest Blog

Moving with the Movement: Using the Body to Process Big Feelings

Our bodies often store emotional stress as physical tension. When we experience overwhelming feelings like anxiety or anger, our nervous system enters a "fight or flight" state, flooding us with survival energy. If we don't release this energy, we feel "stuck" or chronically stressed. By using intentional movements ...[READ MORE](#)



Opening the Door to Counselling

Preparing the Ground

There is a common misconception that counselling is a process of "fixing" a person, much like a mechanic might replace a faulty part in a car. This perspective suggests that you arrive "broken" and the therapist performs a series of repairs to get you running again. However, at With You in Mind, we prefer a different metaphor—one of growth, seasons, and the quiet, essential work of gardening.

Why We Can't Force Growth

If you have ever tried to force a plant to grow faster by pulling on its leaves, you know the result is usually damage, not progress. Human change is very similar; we cannot "force" ourselves to be happy, confident, or healed simply through willpower or intellectual commands. In the counselling room, we recognise that growth is a natural, organic process. You already have the innate capacity to heal and flourish. If that growth has stalled, it is rarely because you are "broken"—it is usually because the "conditions" for your growth have become compromised.

Tending to Your Internal Landscape

In the therapeutic process, the work of clearing the weeds and replenishing the soil happens simultaneously to create a healthy internal landscape



We begin by identifying the "weeds"—those unhelpful patterns, old wounds, and protective barriers that drain our energy and choke out new possibilities. By acknowledging these roots with compassion, they lose their grip, allowing us to focus on the "soil" of our psyche.

We replenish this ground by building self-knowledge, cultivating a kinder internal voice, and learning to regulate our nervous system, providing the essential nutrients of calm and self-worth. When the weeds are cleared and the soil is rich, natural growth and rebuilding don't need to be forced; they happen organically in an environment designed for you to flourish.

Your Discovery Tool

The "Soil & Weeds" Reflection

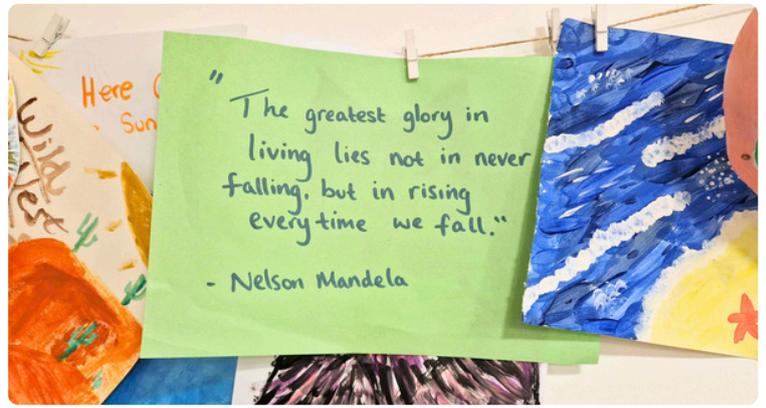
Take a moment with a notebook to "survey your garden." This isn't about judgement; it's about awareness.

- 1. Identify the Weeds:** What is one "automatic" reaction or thought pattern that feels like it's choking your energy lately? (e.g., "I have to be perfect to be loved.")
- 2. Check the Soil:** On a scale of 1–10, how nourished does your self-worth feel today? What is one small thing that would move that number up by just one point?
- 3. Notice the New Shoots:** Even in difficult times, something is trying to grow. What is one tiny thing you've done recently that felt like "you" again?



Thought-full

“The greatest glory in living lies not in never falling, but in rising every time we fall.” – Nelson Mandela



Resilience is not the absence of struggle, but the courage to continue in spite of it.

In the context of mental health, we often mistakenly view a setback or a difficult day as a failure of our progress. However, true psychological growth is found in the act of returning to ourselves after a period of overwhelm.

Counselling provides a safe space to navigate these low points, ensuring that each time we stumble, we develop the insight and strength to stand back up.



Helpful Tool

The STOP Skill: Creating Space in the Heat of the Moment

The STOP skill acts as a "circuit breaker" for your stress response, allowing you to move from impulsive reaction to thoughtful reflection.

How to Practise STOP

- **S — Stop:** The moment you notice a surge of emotion do not move or say a word. Physically pausing interrupts the automatic "fight or flight" loop.
- **T — Take a breath:** Take one slow, intentional breath. Focus on the air entering and leaving your body. This signals to your brain that you are safe, helping to lower your heart rate.
- **O — Observe:** Notice your experience without judgement. Ask: What am I thinking? What am I feeling? Where is this sitting in my body? Detaching from the intensity of the feeling helps you regain perspective.
- **P — Proceed:** Now that you have created space, ask: "What is the most effective or kindest action I can take right now?"

In counselling, we work on identifying the "triggers" that make the STOP skill necessary. Practising this tool effectively "re-wires" your brain to stay within your Window of Tolerance.

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](#)

