

MINDFULMOMENTS

September 2025

WYIM Newsletter



Embrace Your Growth:

A Guide to Cultivating Your Best Self



What to Expect

This month is a time for growth and self-care. We'll be focusing on two important topics to help you on your journey. Setting realistic goals and taking small steps toward positive change as well as a focus on hope, connection, and seeking support.

We're here to support you in your growth.

- 3 The Listening Room - Stories from within -
- 4 What happens behind the door of counselling?
- 5 Feel it to heal it: Your Growth Toolkit
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OUR BIOG

Planting Seeds of Change:
How Counselling Works to Help You Grow.



The Listening Room:

Reaching Out: A Story of Hope and Healing - Anonymous

The first time I walked into the WYIM, my stomach was a knot of anxiety and shame. I'd been carrying these thoughts for months, a heavy, silent weight no one knew about. In my head, they were my secret, a dark and terrifying truth that made me feel like I was a broken person. I was convinced that if I said the words out loud, they would become real and irreversible.

The counsellor greeted me with a calm, gentle presence. We talked about a lot of things at first—my job, my family, the stuff that had been making me feel so overwhelmed. But with every question she asked, I felt the truth bubbling closer to the surface. It was like trying to hold a beach ball under water; it was getting harder and harder to keep it submerged.

Finally, I just couldn't hold it anymore. I dropped my gaze and mumbled, "I don't see the point anymore."

I waited for her to recoil, to look at me with fear or pity. But she didn't. She just listened. Her voice was steady and soft when she asked, "Can you tell me more about that?"

I finally said the words I had been so afraid to say: "It's not that I want to die. I just want the pain to stop."



And in that moment, something shifted. Her simple statement, "I hear you. It sounds like you're carrying a lot of pain right now. Thank you for trusting me with this," made all the difference. She didn't treat me like a problem to be solved; she treated me like a person who was hurting. She didn't tell me I was wrong for feeling this way. Instead, she validated my pain and thanked me for sharing it.

That was the turning point. For the first time, I felt like I wasn't alone. We spent the rest of the session talking about the reasons for my pain and how to cope with it. We came up with a simple plan for the next time the thoughts became overwhelming. It wasn't a magic cure, but it was a lifeline. I left feeling not "fixed," but like I had a partner in my struggle—someone who could help me navigate the storm until I found my way back to shore.

Opening up to a professional isn't about confessing your darkest secrets. It's about sharing your heaviest burdens and realising you don't have to carry them by yourself.

WYIM counselling is a safe space to share your journey and find the support you need. Reaching out is a sign of strength and a courageous step toward healing.

— Anonymous WYIM Client



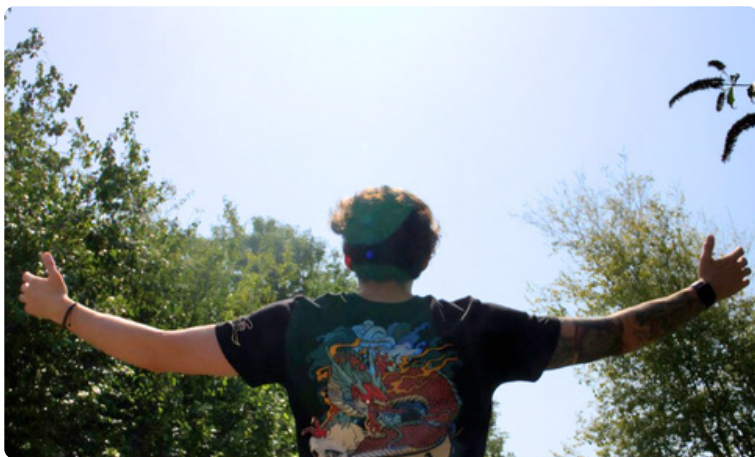
Counselling Unveiled

Hope & Connection, a Path to Well-being

September is National Suicide Prevention Month, a time to acknowledge the complex realities of mental health and, most importantly, to hold space for hope. It's a reminder that even in the darkest moments, there is a path forward, and that path is often found in connection and support.

Life's journey is rarely a straight line. There are twists, turns, and sometimes, moments where the path seems to disappear altogether. It's in these moments that we can feel most isolated. The weight of our struggles can feel too heavy to carry alone, and the world can appear grey and uninviting. But it is precisely at these junctures that we have an opportunity to embrace a different way of being—one rooted in self-compassion and the courage to reach out.

Cultivating your "best self" isn't about achieving a state of perpetual happiness or a flawless existence. It's about building a foundation of resilience and inner strength so that when life's challenges arise, you have the tools to navigate them. This is a journey of growth, not perfection.



Hope isn't just a passive feeling; it's an active choice we make every day. It's the belief that things can and will get better, even when the evidence is hard to see. It's about finding small moments of light—a kind word from a stranger, the beauty of a sunset, a favourite song on the radio. By consciously seeking out these glimmers, we begin to train our minds to look for possibility rather than just despair. Hope is the fuel that allows us to take the next step, no matter how small.

When we are struggling, our natural inclination can be to withdraw. The shame or fear of burdening others can lead us to isolate ourselves. But connection is our lifeline. Reaching out to a trusted friend, a family member, or a colleague can be an act of profound courage. Sharing our vulnerability doesn't make us weak; it makes us human. It reminds us that we are part of a wider community and that our experiences are not unique. This sense of belonging is a powerful antidote to loneliness and can provide the support needed to begin healing.



Seeking Support: A Sign of Strength

Please remember you are not alone. There are people and services ready to help, right now.

Speaking with a trained professional offers a confidential and non-judgemental space. It's a space to be seen, heard, and guided towards a path of healing.

Samaritans: Call 116 123 (24/7, free of charge) or email jo@samaritans.org.

Shout: Text SHOUT to 85258 for a free, confidential text support service (24/7).

This September, let's commit to embracing our growth, to choosing hope, and to valuing the power of connection. Let's remember that reaching out is a sign of immense strength, and that your journey towards your best self is one worth taking.

Latest Blog

Planting Seeds of Change: How Counselling Works to Help You Grow.

Feeling stuck? It's a common feeling, but it doesn't have to be a permanent one. We often look for dramatic solutions to our problems, when in reality, the most profound changes often begin with the smallest of steps. This blog post explores how counselling works not as a quick fix, but as a space to plant and nurture the seeds of change within you. We'll show you how, just like a garden, your inner world can be cultivated over time, leading to significant and lasting personal growth... [Read More.](#)

How a Mental Inventory Can Bring You Peace

Have you ever felt completely overwhelmed, as if your mind is a crowded room filled with a dozen loud conversations at once? You're not alone. Our mental space is often cluttered with a mix of genuine to-do items and a host of worries that we have no power to change. This constant mental "clutter" drains our energy, fuels our anxiety, and leaves us feeling perpetually on edge. This is where the mental inventory, a simple but profound tool used in counselling, can change everything.

The Process: A Simple Brain Dump

Find a quiet space where you won't be interrupted, grab a pen and a piece of paper, and start writing.

Just let your thoughts flow out. Don't worry about grammar, spelling, or even logic. Write down every single thought, worry, task, or nagging feeling that is on your mind. This could include:

"That email I need to send tomorrow."
"What my friend thought of what I said last week."
"The traffic I'll hit on the way to work."
"The news report from last night."

For just a few minutes, treat the paper like a mental car park. The goal is to get everything out of your head and onto the page.



The Analysis: What You Can and Can't Control

Once you have your complete list, draw a line down the middle of the page, creating two columns. Label one column "Within My Control" and the other "Beyond My Control." Now, go through your list item by item and move each one into a column.

"That email I need to send tomorrow" **"Within My Control."**

"What my friend thought of what I said" **"Beyond My Control."**

By externalising everything, you transform the mental chaos into a finite, manageable list. This therapeutic process of separating your worries into two columns—"Within My Control" and "Beyond My Control"—teaches you a vital distinction between worry and action. Seeing an item in the "Beyond My Control" column gives you permission to let it go and stop wasting energy on what you can't change. Over time, this practice trains your brain to automatically make this distinction, helping you find peace in a noisy world.

Here's Your Toolkit!

- 1. The Brain Dump** - On paper or your phone, write down every single thought, worry, or to-do item on your mind. Just get everything out.
- 2. The Two-Column Sort** - Create two columns on your list: "Within My Control" and "Beyond My Control." Move each item into the appropriate column.
- 3. The Payoff** - Take action on one or two items from the "Within My Control" list. For the items in the "Beyond My Control" list, take a deep breath and give yourself permission to let them go.

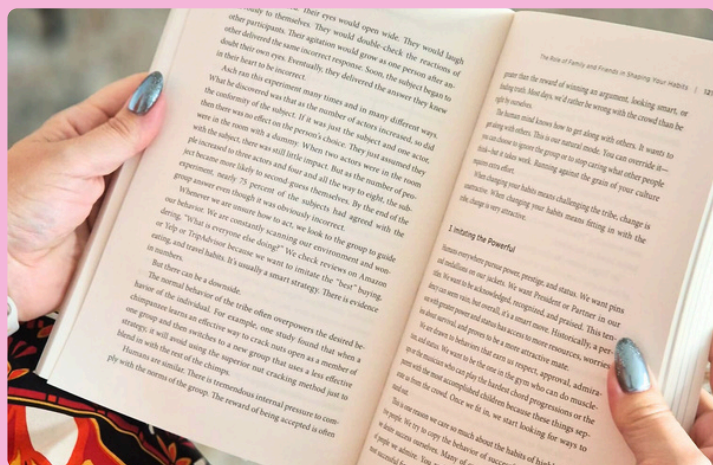


Our Recommendation

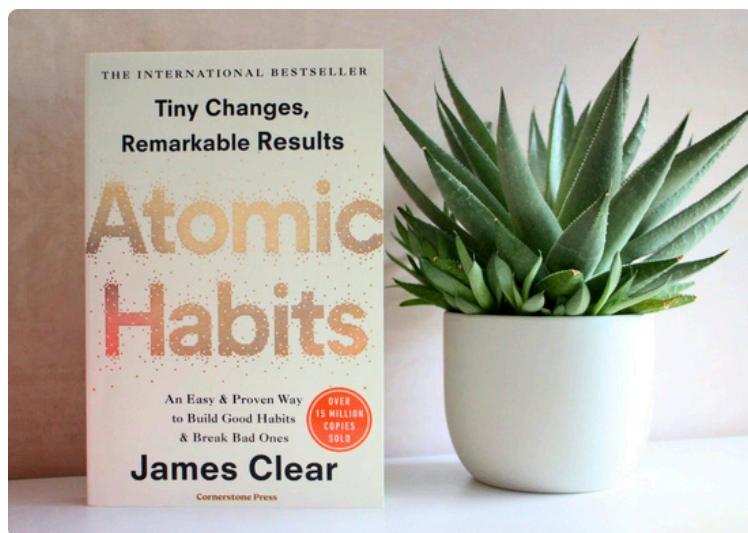
Small Habits, Big Impact: The Atomic Approach to Growth

The journey of inner growth can often feel daunting, like a mountain too steep to climb. We set grand goals for ourselves—to be more patient, to be less anxious, to be a better partner—but the sheer scale of the change can leave us feeling overwhelmed and defeated before we've even started. This is where the wisdom of James Clear's book, *Atomic Habits*, can be a game-changer.

Clear's central premise is beautifully simple: true, lasting change doesn't come from radical, life-altering actions. It comes from tiny, incremental improvements—"atomic habits"—that compound over time. Just as a single raindrop is insignificant but can contribute to a powerful river, a small habit, repeated consistently, can completely reshape your life.



This approach perfectly complements the idea of cultivating your best self. It shifts the focus from a lofty, impossible-to-reach goal to a practical, achievable system. Instead of aiming for an abstract sense of "being better," you focus on becoming 1% better each day. That might mean taking one deep, mindful breath when you feel stressed, or spending two minutes tidying your workspace to reduce mental clutter.



Clear provides a brilliant framework for this, outlining his "Four Laws of Behaviour Change":

Make it obvious: If you want to drink more water, leave a filled glass on your desk.

Make it attractive: Pair a habit you need to do with a habit you enjoy, like listening to a podcast while you go for a walk.

Make it easy: To start a meditation practice, commit to just two minutes a day, rather than an intimidating twenty.

Make it satisfying: Use a simple tracker to tick off your habit, giving you a small hit of satisfaction that reinforces the behaviour.

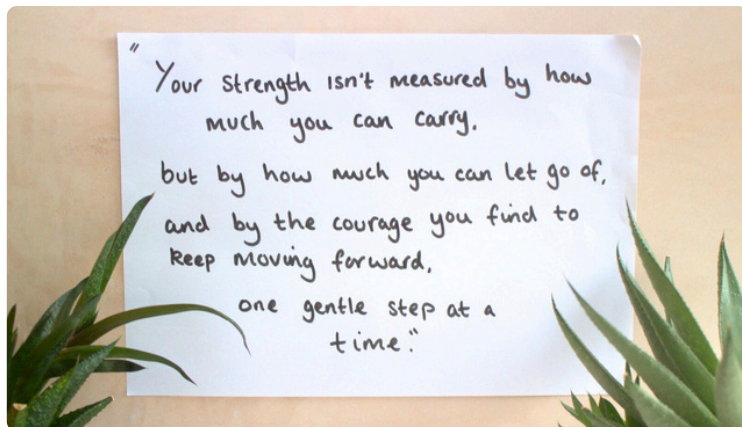
The true genius of *Atomic Habits* lies in its focus on identity. Clear argues that our habits are a reflection of who we believe ourselves to be. Every small, positive action is a "vote" for the type of person you want to become. By consistently making these small choices, you are building undeniable evidence of your new, desired identity.

For many, this is where counselling can provide invaluable support. While the book gives us the "how," talking with a professional can help us uncover the "why." A counsellor can help you identify the core beliefs that may be holding you back and work with you to understand which habits will be most impactful. They can provide a safe space to process the obstacles that arise and celebrate the small victories along the way. Together, you can create a system for growth that is not only effective but truly and uniquely yours.

Thought-full

"Your strength isn't measured by how much you can carry, but by how much you can let go of, and by the courage you find to keep moving forward, one gentle step at a time."

In counselling, we often reframe what it means to be strong. True inner strength isn't about the weight of the burdens you carry, but the profound power you find in letting go of what no longer serves you—old hurts, unhelpful beliefs, or the need to be perfect. The greatest courage often lies not in enduring more, but in choosing a new path and moving forward with compassion for yourself, one gentle step at a time.



Helpful Tool

Resource Mapping: Building Your Support Network

In times of difficulty, it's easy to feel isolated and as if you're facing everything alone. A powerful tool for combating this is **Resource Mapping**. This simple exercise involves creating a clear, accessible list of all the support systems available to you.

Start by identifying your **personal support network**—the people in your life you can trust and rely on. This might include a friend you can call for a chat, a family member who offers a listening ear, or a support group where you feel understood.

Next, list your **professional resources**. This includes helplines, such as the Samaritans or Shout, as well as any medical professionals or other therapists you can reach out to. Having these numbers saved and readily available removes the friction of searching for help in a moment of crisis.

Finally, create a list of **calming activities**. These are the things that bring you comfort and help you feel grounded, whether it's going for a walk, listening to a specific playlist, or engaging in a creative hobby.

Having this map of resources can be a proactive step towards your well-being. It serves as a tangible reminder that you are not alone and that help, comfort, and connection are always within reach.



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](#)

