

MIND



WORKS

for life, health & wellbeing

LIVING BEYOND CHRONIC PAIN

Your pain is
real, but your
brain can
change it

Discover your
best night's sleep
stop the struggle & rest

How do *you* cope with stress?

Why sitting down isn't switching off

STUCK IN FAST FORWARD

How to stop the weeks
disappearing

Stop waiting
to feel ready

Why action comes
before confidence

YOUR COMPLIMENTARY COPY

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MORE FREE
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ONLINE



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I created Your Mind Works to bring psychology into everyday life, not only for the times when things feel challenging, but for anyone who would like to understand themselves a little better.

When you know more about what your mind is doing, difficult experiences can begin to make more sense, and it becomes easier to see what might help.

This magazine brings together ideas I often share in my work. I hope it offers a fresh way of looking at familiar experiences, along with practical ways to support you.

Take your time, and start wherever your interest takes you, come back to anything that feels useful or pass it on to someone who might enjoy it.

If something in these pages gives you a moment to pause, helps something fall into place or stays with you after you turn the page, I'll be very glad it found its way to you.

I hope you enjoy reading,

Lucy

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THE MOMENT *you*
pause YOU CREATE
space to choose
DIFFERENTLY

Your Mind Works



Are you stuck in fast-forward?

If the weeks keep vanishing, the answer might not be doing more.
It may be noticing more of the life you already have.

How is it Friday again? Somewhere between the emails, the school runs, and that thing on Wednesday you'd been dreading, another week has somehow disappeared. Looking back, it's all a bit of a blur. If that sounds familiar, here's what's going on, and how to stop your weeks rushing past without you.

It starts with your brain, which is really good at being efficient. Do something long enough, it no longer needs your full concentration and will run a lot of everyday tasks on autopilot. It's genuinely useful. It allows us to make tea, get dressed, or drive our usual route without having to think through every single move. The problem is that the things that run automatically don't always fully register, so whole stretches of an ordinary day can just pass you by.

Take two months - both thirty days. One you're at work, usual routine, same place day after day. The other, you're still working, but you see a show one evening, go for a weekend away, try a different yoga class, and then there's the conversation over coffee with a friend you're still smiling at. Looking back, the second feels longer and fuller, not because you did more or it had more hours, but because your memory has more distinct moments to return to. We don't remember time as a tidy collection of hours. Repeated days become bundled together, while unique experiences give the mind separate places to stop.



It's why a weekend away can feel like a week in itself, while several weeks at your desk vanish without a trace. So should we all just book more mini-breaks? Tempting as it is, no. Most of life is gloriously ordinary, and we probably wouldn't want an endless itinerary anyway. Novelty in itself also holds no guarantees. You can be somewhere spectacular and still miss it, because the problem was never what you were doing. It's where your attention was while you were doing it.

Imagine the most amazing dinner with someone special, wonderful food, nowhere else to be. They're talking, but your mind's on tomorrow's to-do list. Then they pause, waiting for an answer, and you realise you didn't hear the last thing they said. You're at the table, but you're not entirely there.

Our minds are brilliant time travellers, replaying the past or worrying about the future, while the moment we're in slips by unnoticed. The difficulty is that our attention travels without asking, and we can have little say over where it goes.

How interesting is this?

Harvard researchers used a phone app to catch thousands of people at random moments and ask what they were thinking about. Almost half the time, their minds were somewhere else. Plus, the wanderers were less happy overall, meaning even nice daydreams do not beat being in the present.

Modern life doesn't help. Every time you leave a job unfinished, a little of your attention stays behind with it. You close the email you haven't answered, walk into a conversation, and part of your mind is still quietly drafting the reply. Psychologists call that lingering pull *attention residue*. Once you know it exists, you'll spot it everywhere.

So, what can we do? The answer isn't forcing yourself to concentrate harder or trying to stop your thoughts. It is becoming better at noticing where your attention has gone and choosing where you want it to be.

That's where **mindfulness** comes in – the practice of noticing what is happening around and within you. When you realise your thoughts have carried you elsewhere, you gently bring your attention back. It doesn't require an empty mind or perfect concentration. Minds think, remember, plan and wander all the time, and we can't stop that happening. Noticing that yours has wandered isn't a sign that you're doing mindfulness badly. That moment of noticing is the skill you're developing.

Mindfulness isn't only about meditation, either. You might set aside a few minutes and let your attention rest on your breathing or the sounds around you. Each time your thoughts wander, you practise returning, so it becomes easier to catch yourself during a busy day, an important conversation or a moment you genuinely want to enjoy.

The aim isn't to remain perfectly present every second. It is to notice sooner. Soon enough to hear what someone is really saying, taste the meal you were looking forward to, or take a moment before deciding what to do next.

Remember those two different months? Moments you attend to are moments that register, and moments that register are the ones memory keeps. Learning mindfulness helps you experience more of life without needing a fuller diary. The same week, properly noticed, simply holds more. That's what slowing down actually means. Not doing less, but missing less.

TAKE A MOMENT TO SLOW DOWN

1. Make a memory marker. Do one familiar thing slightly differently today, a new route, book a new class, or take tea in the garden. You're giving your memory something to hold on to.

2. Just one thing. Pick one everyday activity to give your full attention to, not while scrolling, checking emails, or listening to a podcast. Just the thing itself.

3. Practise the return. For a few minutes, rest your attention on one sound, sensation or your breath. When your mind travels (it will), notice where it went, and come back. The noticing is the win.

Routine will always be there, and your mind will keep time-travelling, because that's what minds do. You can't make the clock run slower, but you can be more present in the time it gives you, and that is where the weeks stop disappearing.

Interested in learning mindfulness?

Find out more at www.yourmind.works

THE RESET BUTTON

...you didn't know you had

You do it dozens of times a day without noticing. It turns out your body knows exactly what it's doing.

You've probably sighed today. Maybe at your inbox, maybe out of boredom, relief, mild despair at the printer, or no reason you can name. But a sigh is your body quietly looking after itself.

Your nervous system has two settings, one gets you ready for action, the other lets you rest and recover. A sigh helps nudge you from the first towards the second, and the secret is in the out-breath. Each time you exhale, your heart naturally slows a little, so a long, slow breath out tells your whole system it's safe to stand down. Scientists call the deliberate version of this the **physiological sigh**, and research suggests a few minutes of it can measurably lower stress and lift mood.

To press the button on purpose: Breathe in through your nose, and at the top, sneak in one more short top-up breath. Then let it all out slowly through your mouth; don't rush it. The out-breath is where the calming happens. Repeat two or three times. You'll probably notice your shoulders have dropped all by themselves.

Feel like you might want some support with this?

Why not book a Reset + Relax class for a guided hour with me. Upcoming session details online.



Discover your *best* night's sleep

Overcoming sleep difficulties and insomnia without the struggle.



It's 3.17am, and you know because you've just checked again. You've tried both sides of the pillow, done the maths on how much sleep you'll get if you drop off right now, and your mind (apparently unaware of the time) has decided it's the perfect time to review tomorrow's meeting agenda and replay that conversation from last Tuesday. The more tired you are, the harder you try to sleep, and the more awake you become.

If your nights ever look like this, you're not alone. Everyone has bad nights, but for around one in ten, it can become chronic insomnia. That is, trouble falling asleep, staying asleep, or waking too early.

Stress can play a big part in sleep difficulties, because when you're stressed or worried, your body switches on its alert system, the one designed to keep you safe. It releases hormones like adrenaline and cortisol that raise your heart rate and sharpen your attention. Exactly what you want when there's real danger, but at 3am it works against you. Your mind treats the thought of a problem exactly like the problem itself, so worries about tomorrow set off the same alarm, and won't let you sleep in the middle of what it thinks is a real emergency. Meanwhile, the system that runs rest and recovery gets pushed aside.

The other half of the story is how we get sleepy in the first place. Throughout the day, a chemical called adenosine slowly builds up, creating **sleep pressure**. The longer you're awake and the more you do, the sleepier you become. That pressure works alongside your body clock, your **circadian rhythm**, which uses light and dark to tell your body when it's time to be awake or asleep, one reason morning daylight and dark evenings can help. After a bad night, it can be tempting to have a lie-in, nap or go to bed extra early, but these all quietly drain that pressure, making the next night harder. It's like trying to get hungry for dinner by snacking all afternoon.

If you've struggled with sleep, you'll have met the usual sleep hygiene advice. Helpful enough, but if you worry, the rules become one more thing to get wrong. Worrying about not sleeping keeps your alert system switched on, so the harder you chase sleep, the further away it moves. It's a bit like quicksand. The more you struggle, the deeper you sink.

Trying too hard to control sleep is one of the most common ways people get stuck in a cycle of frustration and poor rest. Think about someone who sleeps well. They don't have techniques, and they're certainly not trying. It's why you can nod off on the sofa in front of a film you were enjoying, then feel wide awake the moment you get

into bed. Sleep tends to arrive when you stop chasing it. A better way forward is to drop the struggle altogether.

Change the goal from sleep to rest.

Simply lying comfortably, breathing quietly, no clock-checking. Rest is genuinely good for you; your body and nervous system benefit even when sleep doesn't follow – taking the pressure off is often what lets sleep back in.

Help your body out during the day by **staying active to build sleep pressure**, and give your evening a **calming routine to settle a stressed system**. Then, when bedtime arrives, your nervous system has had a chance to switch off from the day.

Rather than arguing with thoughts in the middle of the night, **give worries a time and place**: take ten minutes in the day to write down what's on your mind, so when thoughts show up at night, you can remind yourself they've already had their time. When thoughts arrive anyway, create a little distance – you can **notice and name them**, such as “I'm having the thought that I'll never sleep.” It may also help to picture thoughts as leaves floating on a stream or as clouds in the sky, where you can see them, but don't get caught up in them.

What's keeping you awake?

Take the sleep profile quiz and get your free guide at yourmind.works





LIVING YOUR LIFE BEYOND PAIN

Why pain can persist, and how understanding it
can start to change it.

Living with chronic pain affects far more than your body. Over time, it can change how you think, how you feel, and the choices you make every day.

The hardest part is often what others don't see. Pain can make everyday life difficult to predict and make even ordinary decisions feel complicated. Leaving you wondering what you can manage today and what it might cost you tomorrow.

Pain can feel incredibly lonely, especially when nobody else can see it. Yet it is far more common than many people realise. Nearly 28 million adults in the UK live with chronic pain, which means pain that persists or keeps returning for more than three months. Everyone's experience of pain can be very different, and if you live with chronic pain, you are far from alone.

No one wants to be in pain, but it actually has a really important job – to keep us safe. Pain protects us, tells us when to stop, rest, or seek help, and it helps us learn. If you touch a hot pan, your hand pulls away before you've had time to think, and the next time you meet that pan, you're much more careful.

But pain doesn't always behave quite as we might expect. We tend to think more pain means more damage, yet a paper cut, tiny and harmless, can sting furiously when you're sitting quietly with nothing else to do. While footballers have finished entire matches on a broken bone, only to feel the full force of the pain once the whistle has gone. This shows us how the

situation, attention, previous experience and what a sensation means to you can all influence how pain feels.

DID YOU KNOW?

Your nerves don't send 'pain signals' directly to your brain. Instead, they send information about changes in the body. Those messages can be turned up or down along the way, affecting how much pain you feel.

That doesn't make pain imagined or any less real. It helps us explain why pain is so different for each person, and why it doesn't always follow the rules we expect.

Pain can start for many reasons, some clear and others harder to pin down. For some people, the protective system becomes more sensitive over time.

Think of it like a smoke alarm, when you have acute pain, like a new injury, it makes a lot of noise and warns us – which is really helpful. With chronic pain, it's more like when it goes off when you're making toast. The alarm isn't broken, it's trying to protect you, but reacting too quickly, and to something that is not actually dangerous.



Something similar can happen within the nervous system. Movement, pressure or touch may begin to hurt more easily. Existing pain can feel stronger, spread, or flare up unexpectedly. Fibromyalgia is one condition in which this increased sensitivity is thought to play an important part. It helps explain why pain may be widespread and unpredictable, and why it is so often tangled up with disrupted sleep, fatigue and brain fog.

You may have noticed how pain changes. After a restless night or during a stressful week, it can feel louder and harder to manage. Worry, uncertainty, exhaustion and feeling disbelieved can add to it too. On another day, when you are rested, supported or absorbed in something you enjoy, pain may take up a little less space.

Why do we rub a bumped elbow?

Rubbing sends touch and pressure signals into the spinal cord, where they can dampen some of the incoming warning messages. This can briefly take the edge off the pain. It's an instinct with a real purpose.

You may also know the frustration of a scan coming back clear when your pain is anything but. Scans tell us a lot, but they cannot show pain itself. Researchers scanned thousands of people with no back pain and found signs of wear and tear in more than a third of those in their 20s, and in almost everyone by the time they reach 80. These are the same findings that often get pointed to as the cause of someone's pain. A scan is one part of the picture, not the whole story.

So why does this matter? Because alongside medical care, there are other ways to manage pain and reduce its impact on your life. That doesn't mean swapping medication for meditation. Medical care and physiotherapy still matter. Psychology works alongside them.

Pain is difficult enough on its own. Worry about what it means, fear of making it worse, and frustration over what it stops you doing can add another layer of suffering. Therapy helps you understand your pain, respond differently to frightening thoughts, sleep better, balance movement and rest, learn to relax and rebuild confidence in the activities pain has pushed aside.

This is all possible because the nervous system isn't fixed. It is constantly learning and adapting, through a process called **neuroplasticity**. A nervous system that has learnt to be highly protective can also learn to work differently.

What tends to change first is everything around the pain. Better sleep, more confidence, more movement and more of the things that matter to you. Sometimes the pain itself eases too, though therapy can't promise to take it away altogether. You don't have to wait for pain to disappear before life can begin again. The aim is to help pain have less say while life gets bigger.

Scan the QR to get your free **Living Beyond Pain** guide which explores these ideas further and includes two practices and an audio.



THE MEMBERSHIP

The Membership is designed for busy lives, helping you slow down and look after your wellbeing in a way that works for you. Join me each month for practical psychology, mindfulness and personal growth, with tools and practices to support you in between, all in the *Your Mind Works* app.

LIVE MONTHLY COACHING

Together, we explore new ideas and practical ways to support your wellbeing and personal growth.

ALWAYS IN YOUR POCKET

Explore a growing library of guided audios, mindfulness, breathing and relaxation practices, plus Mind Tools for everyday life.

YOUR MIND SPACE

Reflect in your journal, save and schedule your favourite practices or start a new positive habit.

MORE AS A MEMBER

Invitations to additional workshops at no extra cost, including monthly Reset + Relax sessions, plus discounts on programmes.

Find out more at **www.yourmind.works**



**DISCOVER THE
MEMBERSHIP**



Stop waiting to feel ready

Anxiety has a habit of making 'later' feel safer. But confidence rarely arrives while we're waiting for it. Here's why taking one small step can change what happens next.

The email in your inbox has been there for the past three days. You know roughly what you want to say, but every time you open it, your mind races ahead to how the reply might land. So you close it and promise yourself you'll deal with it tomorrow.

For you, it might be a social event, speaking up at work, a conversation you keep putting off or a new offer you can't bring yourself to click 'post' on. Waiting to feel ready or more confident can seem like the right thing to do. But what if confidence comes *after* action?

Fear tends to be about what's happening now. Anxiety has its eyes on what might happen next. It scans ahead, rehearses possible outcomes and looks for problems before anything has happened. Your heart beats faster, your stomach does backflips, and your shoulders tense. Meanwhile, your mind fires off questions. What if I get it wrong

wrong? What if they judge me? What if I can't cope? Anxiety is your mind and body preparing you for something difficult, uncertain or threatening. It can be useful, helping you to prepare, check the details or think before taking a risk.

The trouble starts when anxiety begins making decisions for you. You decline the invitation, close the email or promise you'll make the call another day. Almost immediately, you feel better. That relief is real, but it comes with a catch.

Your mind learns a simple lesson: I avoided it and felt better, so avoiding it must have kept me safe. The next time something similar appears, anxiety often arrives earlier with an even more convincing list of reasons to stay away.

THE RELIEF TRAP

Anxiety rises → you avoid the situation
→ relief arrives → your mind learns to avoid it again.

Avoiding things works brilliantly in the short term, and it's why it can be so easy to get caught up in this cycle. Over time, the list of things that feel difficult can grow. You keep waiting to feel ready, but never get the experiences that would help you discover what you can handle.



We're often most anxious about the things we care about. The stakes feel higher when the outcome matters, but this isn't proof you can't do something. However uncomfortable it may seem, it can mean you're doing something important.

Feeling anxious doesn't mean you're not ready. In one study, people were asked to sing karaoke, give a speech or complete a difficult maths task. Some were asked to tell themselves they felt calm. The others to describe the same nervous energy as excitement. Interestingly, the people who called it excitement performed better. Anxiety and excitement aren't identical, *but they can feel very similar in the body* - a racing heart, butterflies and a burst of energy.

What changes how we feel is the meaning we give to those sensations. Whether we interpret them as anxiety or as excitement. It's not about positive thinking, but you can stop treating every anxious thought or feeling as fact and a sign to retreat.

Here are a few helpful ways to work with anxious thoughts and feelings. **Start by noticing what anxiety is predicting, and put it into words.** We can create a little distance from our thoughts by saying "*I'm having the thought that...*" for example, "*I'm having the thought that I'll embarrass myself*", or you could say "*My mind is telling me I won't cope*". The aim isn't to argue with a thought or try to prove it wrong. You're recognising it as a prediction rather than fact. Then **bring yourself back to what is happening here and now.** Feel your feet on the floor, relax your jaw and take one long slow breath out. Look around and notice where you are, notice what you can see, hear, smell and touch. The aim isn't to make anxiety disappear. It is to settle yourself enough to choose what happens next. Then **take a small step towards what matters to you.** You don't have to solve everything today. It could be writing the first sentence, sending the message or staying at an event for just ten minutes.

TRY THIS

What is anxiety predicting?

What would I choose if I didn't wait to feel completely ready?

What is the smallest step I could take?

Each step you take gives you something reassurance alone cannot, *real evidence that you can cope*. Confidence isn't something you have to find before you begin. It is often built afterwards, one experience at a time.

If anxiety has started making more decisions than you do, my **free guided meditation for anxiety and overthinking** offers a place to begin. Scan the QR code on the back cover.

WHY SITTING DOWN ISN'T SWITCHING OFF

*Long before we had an inbox or a mortgage, stress
was already doing its job.*

The system that sets your heart racing before a difficult conversation first evolved in fish. It has been keeping animals alive ever since, and by the time our caveman ancestors came along, the rule hadn't changed: if something threatens you, fight or get away. You may know it as the **fight-or-flight response**.

Adrenaline is released, muscles tense, the heart beats faster and breathing quickens, preparing the body for action. Very useful if something with large teeth might be about to eat you, but we still have that same primal reflex at work today. When your brain detects a threat or serious challenge, your body prepares to do something about it. The difficulty is that modern life doesn't always give that preparation anywhere to go.

Your body prepares to run while modern life asks you to sit still and reply politely.

This explains a lot about what stress feels like, from tension to restless energy and the sense that everything needs to be dealt with immediately. Your body isn't being dramatic. It is following a survival plan considerably older than the situation it's trying to handle. Stress isn't always bad. A short burst can sharpen your focus, give you energy and help you respond when something needs attention.

Exciting events can be stressful, too. Things like moving house, going on holiday or starting a business all place demands on us, even when we have chosen them. Stress isn't only about what life is asking of you. It is also about what you have to meet these demands.

Psychologist Richard Lazarus explains stress as a balance between what a situation asks of you and the resources you believe you have to cope with it. That might mean time and energy, a clear plan to tackle the problem, support from others or something that helps you handle its emotional impact. Choice and control matter too. The balance can shift from day to day – what feels manageable one day can feel overwhelming the next, especially when you're already stretched.

Stress isn't usually one big demand. More often, it builds through a steady drip of things that need your attention. A message you need to reply to, a decision, that "quick job" that creates three more. Each one takes a little time, thought or emotional energy.

By the evening, a simple question 'What's for dinner?' can feel like one demand too many. It isn't really about dinner – it's everything that came before it. By the time you finally sit down, the day may have stopped, but your mind has not.

When stress builds like that, we all reach for something. Some of us go straight at the problem, some of us look for ways to feel better about it, and some of us reach for distraction and hope it sorts itself out – which is fine until you look up and the paperwork and laundry are all still piled up waiting for you. Most of us fall back on the same one or two coping strategies without realising it. Understanding the way you respond under pressure can help you see what's working and what might need to change.

So, if sitting down isn't the same as switching off, what actually helps? The stress response has a counterpart, called **rest-and-digest**. These are the two branches of your nervous system, the **sympathetic**, which gets you ready for action, and the **parasympathetic**, which helps slow everything down again so your body can recover, digest and repair. Think of them like a car's accelerator and brake. A healthy system moves between the two easily. Pressure rises, you deal with it, the brake comes on, and you settle. Problems start when the accelerator stays pressed down, and the brake barely gets a look in. That is when stress starts to show in your sleep, your patience and your body.

Genuine rest means putting things down on purpose, with nowhere to get to and nothing to achieve.

The brake responds to the right conditions rather than instructions, and creating those conditions can be learned. Breathing and relaxation techniques can ease tension, while mindfulness can bring a busy mind back to the present. The right support can also help with the effects of stress, from poor sleep to overthinking, leaving you with more energy for the things that matter to you.

Knowing how you respond is a good place to start. Scan the code to take the free coping style quiz and get a practice matched to your result.



TAKE THE QUIZ



When life gives you lemons?

Imagine for a moment a fresh lemon; feel its weight in your hand and notice the bright yellow, slightly waxy, dimpled skin. Now imagine cutting it open, smelling the sharp citrus as the juice pours out. Lift one half to your mouth. Touch it with your tongue, then take a bite. Imagine the sour juice spreading across your mouth.

Did your mouth water? Could you almost taste the sharpness? There was, of course, no lemon, but your body may still have responded to the one you imagined.

You're already doing this. Just not usually on purpose. Your mind responds to suggestion, imagery and rehearsal all the time. Picture something going badly, and you may begin to feel tense before anything has happened. Hypnosis works with that same natural ability, but more deliberately. It is nothing like stage hypnosis. There is no sleep, loss of control or mysterious altered states, and you cannot be made to do anything against your will. Hypnosis is best understood as *focused attention*. It's similar to being

Not *actually* a lemon, but here's how to use your imagination on purpose.

completely absorbed in a film or a good book. You remain aware and involved throughout, and can rehearse the responses you actually want: feeling calmer, speaking with confidence, staying focused or handling discomfort differently. When the real moment arrives, it isn't the first time your mind has been there.

This isn't just positive thinking. Cognitive Behavioural Hypnotherapy is an evidence-based approach that combines psychological techniques with hypnosis, and the work is collaborative and tailored to you. An important part of this is learning self-hypnosis, so rather than something done to you in the therapy room, it becomes a skill of your own, ready whenever you need it. Your imagination is already at work – this is how you put it to work for you.



the wellbeing edit

Everything mentioned in these pages, and more.

All designed to genuinely help, not just sit in your downloads folder.

LISTEN

Free guided audios for when your mind keeps going over things, or when stress and self-doubt start to take over.

READ

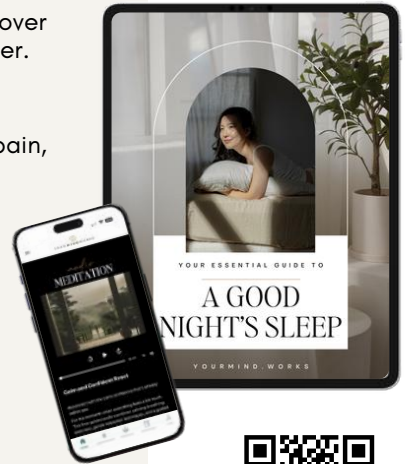
In-depth guides, topics including sleep and chronic pain, to help you better understand yourself.

DISCOVER

Learn more about yourself with short reflective quizzes, each with practical tools and insights.

JOIN ME

Workshops and events, online and in person, exploring practical psychology and wellbeing. Have a look and see what's coming up.



EVERYTHING ALL
IN ONE PLACE

Some things are easier *together*

Wherever you are right now, there are different ways to work together, including therapy, coaching, mindfulness and everyday wellbeing practices. I specialise in therapy for stress, anxiety, sleep and chronic pain, as well as coaching for business owners and busy professionals.

Ready when you are. Start with a **free 30-minute consultation**, a chance to talk through where you are now, what you're looking for and where to start.

Online across the UK, and in person in the Midlands and Central London. Workplace training and community sessions also available.

LUCY MUNDY

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Integrative psychotherapist, coach and accredited mindfulness teacher, with over 25 years' experience in psychology, wellbeing and success.

Practical, evidence-based and down to earth support.

When your
mind works
with you,
everything
changes.



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