



Between-Session Support Guide

Caring for yourself between counselling sessions

Counselling can stir up thoughts, emotions, and body sensations that continue after a session ends. This guide is here to support you in caring for yourself between sessions and to remind you that you are not doing this work alone.

1. If emotions feel stronger after session

It's common to feel more emotional after opening things up in counselling.

You might try:

- Slowing down your day if possible
- Drinking water or eating something nourishing
- Taking a few steady breaths
- Journaling or writing down what feels most present

Remind yourself: Strong emotions don't mean something is wrong—they often mean something important was touched.

2. When anxiety or distress shows up unexpectedly

If distress arises between sessions, grounding can help bring your nervous system back to the present.

Try one of the following:

- Name 5 things you can see, 4 you can feel, 3 you can hear, 2 you can smell, 1 you can taste
- Place one hand on your chest and one on your belly and breathe slowly
- Change temperature (hold something cold or splash cool water on your face)

If helpful, write down what triggered this moment:



3. Supporting yourself emotionally

Gentle emotional support might include:

- Speaking kindly to yourself
- Taking breaks from overthinking or problem-solving
- Engaging in comforting or familiar activities

One thing that usually helps me feel steadier:

4. Using your session insights

You don't need to work on everything at once. Small reflections are enough.

You may want to jot down:

- A phrase or insight that stayed with me
- Something I noticed about myself
- A question I want to bring to next session

5. When to reach out for extra support

If emotions become overwhelming or you feel unsafe, it's important to seek immediate support.

You can reach out to:

- A trusted friend or family member
- A local crisis line or emergency service
- Emergency services (911 in Canada)

If you have a safety plan, keep it accessible.

Healing is not linear. Some days will feel lighter, others heavier. What matters is that you continue showing up with care and patience for yourself.