



Empower Your Mind with Counselling

Explore your thoughts in a safe, affirming space.

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3-Minute Breathing Space

A quick reset for when you're overwhelmed

Begin by pausing.

Notice what's happening for you right now, physically, emotionally, mentally. Let your awareness gently settle on your experience without trying to change anything.

Now bring your attention to the breath.

Follow the natural flow of your breathing, in and out. Feel the rise and fall of the chest, the belly, or the air passing through your nose. Use the breath as an anchor.

Finally, expand your awareness.

Widen your focus to encompass your entire body, the surrounding space, and your connection to the ground.

Let yourself rest in this spacious awareness as you continue your day.

Disclaimer:

These practices are intended to support your well-being, but they may not be right for everyone at all times. If at any point something feels overwhelming, unsafe, or "off" for you, please stop. Gently return to something that feels familiar and grounding, such as having a warm drink, wrapping yourself in a blanket, talking to a trusted person, or simply taking a moment to notice your surroundings. You know yourself best. Trust that.