

# A Warm Embrace



a gentle space for moments of anxiety



## YCC



YOUR CANVAS COUNSELLING

[www.yourcanvascounselling.services](http://www.yourcanvascounselling.services)

# A Moment Your Mind Remembers



Imagine you're somewhere unfamiliar.  
There's a quiet sense of alertness...  
you're not quite sure what's around you.



And then—suddenly—something happens.  
It startles you.  
Your heart begins to race.  
Your body reacts instantly, before you've even had time to think.



In that moment, your mind learns something important:  
“**This is not safe.**”



And because your mind is there to protect you,  
it doesn't just remember what happened...  
it remembers everything around it too.



The place.



The feeling.



The atmosphere.



It's a little like returning to  
a place where something once  
felt frightening—  
even when nothing is there now,  
your body may still remember.



So later, when something feels similar—even if it isn't dangerous—  
your body may respond in the same way.  
Not because something is wrong...  
but because something was learned quickly, and deeply.

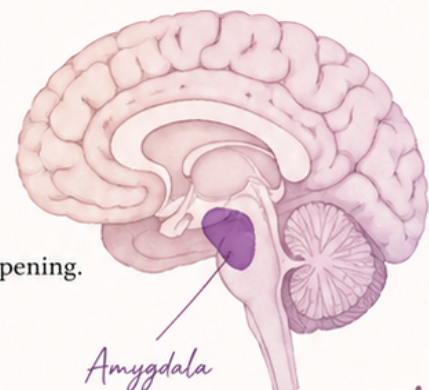


## Understanding the Amygdala



There's a small part of the brain  
called the **amygdala**.  
Its role is to keep you safe.  
It quietly scans for danger and reacts quickly—  
often before you are consciously aware of what is happening.

This is why anxiety can feel so sudden,  
and sometimes overwhelming.



YCC

yourcancounseling.services

# In This Moment

## *As the Feeling Rises*



There are moments when anxiety begins to rise...  
And something shifts within you.



It might feel like a quiet unease at first—  
or something stronger, more sudden.



Your thoughts may begin to race...  
your body may feel unsettled...  
and there can be a sense that  
something isn't quite right.



And in those moments...  
it can feel as though you need to do something  
or figure something out  
or make it stop.



But before anything else...  
just pause here for a moment.



Because this feeling...  
as overwhelming as it can be...  
can take over very quickly.



It can feel consuming.  
Unsettling.  
Difficult to make sense of.



Even though nothing may have  
changed around you...  
everything inside can feel different.



Your body may feel on edge...  
your thoughts may feel louder...  
and there can be a sense of urgency  
that's hard to quiet.

And even in the middle of this feeling...  
even when it feels overwhelming...

*You are still here.*



There is a part of you  
that is noticing this.

A part of you  
that is reading these words.

And that part of you...  
is still steady.  
Still present.



Nothing needs to change all at once.  
There is no need to push this feeling away.

*Just being here...*

*right now...*

*is enough.*



Maybe, if it feels okay...  
you might begin to notice  
something around you.

Something small.  
Something still.



There is no need to search  
for anything in particular.  
Just letting your eyes rest on something  
that feels neutral... or steady.

Maybe, when you feel ready...  
you might like to explore some  
gentle ways to support yourself.



YCC

yourcancounseling.services



# Noticing...

*coming back to your surroundings*



You might gently begin to **notice** where you are.

The room around you.

The light...

The shapes...

The stillness.

Let your eyes rest on something simple. Something steady.



You might notice the feeling of your body being **supported**.

Your feet on the ground.

Your body in the chair.



If it feels right... you might gently **stretch** your arms, or **move** your body in a way that feels natural to you.

Nothing forced.

Just a small movement... to reconnect with yourself.



Just allowing yourself to be **here**.

*I am here.*

*I am safe.*



## A gentle note



This page is intentionally simple.

When we feel overwhelmed, too much information can make things feel heavier.

So here, we keep things light... giving your mind and body the space they need to begin to settle.



*YCC*

YOUR CANVAS COUNSELLING



[www.yourcanvascounselling.services](http://www.yourcanvascounselling.services)



# A Gentle Reflection

*understanding what happened within me*



Now that you have taken a moment to come back to where you are... you might gently begin to notice what just moved through you.

There is no need to rush this. No need to find the “right” words. Just a soft awareness.



## You might gently notice:

- How did my anxiety feel in my body?
- Did my breathing change?
- What did I feel in my chest, my stomach, my hands?



## You might also notice:

- Where did I feel it most?
- Did anything shift, even slightly?
- What feels present for me now?



There is no right or wrong way for anxiety to show up.

*Your experience is your own.*



Just allowing yourself this moment of awareness... can be enough.



*YCC*

YOUR CANVAS COUNSELLING

[www.yourcanvascounselling.services](http://www.yourcanvascounselling.services)

# A Gentle Visualisation

— ♥ —  
*finding a calm space...*



When you feel ready,  
you might find a quiet, comfortable place  
to sit or lie down.

Let your body feel supported.

You may soften your gaze...  
or gently close your eyes.



Take a few slow, steady breaths.

Allow your shoulders to drop...  
feeling the ground beneath you.

*Just arriving...  
in this moment.*



You might gently bring your attention  
to your breath...  
your heartbeat...  
or the feeling of your hands resting.



Now, if it feels right...  
you might imagine a place  
that feels peaceful and safe.

This could be real...  
or something you create.

*A forest...  
the ocean...  
a quiet room...  
or a warm light.*



There is no need to rush.

Just allowing the details  
to come into focus...

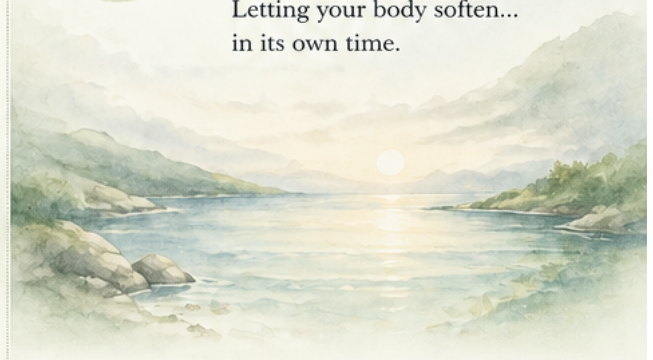
what you can see...  
hear...  
feel.



And as you rest here...

you might begin to notice  
a sense of calm...  
warmth...  
or ease.

Letting your body soften...  
in its own time.



## ♥ *A gentle note*

There is no right way to imagine.



Just allowing yourself  
a moment of quiet  
can be enough.



— YCC —

[www.yourcanvascounselling.services](http://www.yourcanvascounselling.services)



# The Warmth Within

A gentle inner presence...



When you feel ready...  
you might return  
to a comfortable position.

Let your body relax...  
your hands resting softly.



You may gently close your eyes...  
or soften your gaze.

Taking slow, steady breaths...  
feeling supported beneath you.



If it feels safe...  
you might invite  
a sense of warmth and kindness  
to be with you.



This could be:  
*a person...*  
*a gentle guide...*  
*a beloved animal...*  
*or simply a warm light.*



Let this presence feel kind...  
steady...  
and safe.



You might imagine them offering:  
*"I'm here with you."*  
*"You are loved."*  
*"It's okay to feel what you feel."*



There is no need to do anything.  
Just allowing this warmth  
to be with you.



You might notice  
how your body responds...  
perhaps a softness...  
a sense of ease...  
or simply awareness.



## ♥ A gentle closing

You can return to this space  
whenever you need it.

*It is always there for you.*



When you feel ready...  
you might slowly bring your awareness back...  
perhaps moving your fingers or toes...  
and opening your eyes  
in your own time.

## A final gentle reminder

Even a small moment like this...  
can begin to create  
a sense of calm.



YCC

[www.yourcanvacounselling.services](http://www.yourcanvacounselling.services)