

Frequent anxiety, stress and negativity

Most people experience stress and anxiety associated with day-to-day life for example before a job interview, an examination or driving test etc

However, when the stress and anxiety begin to have an impact on your daily life, it may indicate a more serious issue.

The symptoms can present themselves psychologically or physically, causing trouble sleeping, stomach-ache, sweatiness, diarrhoea, shaking, palpitations, panic or nervousness in social settings, restlessness etc

How I can help you

- ⚓ Explore and understand root causes of your stress and anxiety
- ⚓ Offer you a safe space to reflect and gain clarity
- ⚓ Discover techniques, strategies to cope and manage stress and anxiety
- ⚓ Offer guidance and insight to help you manage everyday stress and anxiety
- ⚓ Guidance in developing emotional resilience, relaxation techniques etc

