

Mental Health Booster

Recharge your mind



Wellbeing
Pathways



I'm Carol, owner of Wellbeing Pathways

Dedicated to helping you succeed

Taking time to care for my mental health has been a life-changing experience for me, and I'm confident it can do the same for you.

My approach combines various techniques to ensure the most effective outcomes. As a certified and registered Well-Being Life Coach, clinical hypnotherapist, and mindfulness instructor, I'm equipped to support you to to give your mental well-being the attention it deserves.

Proud to be a member of



About

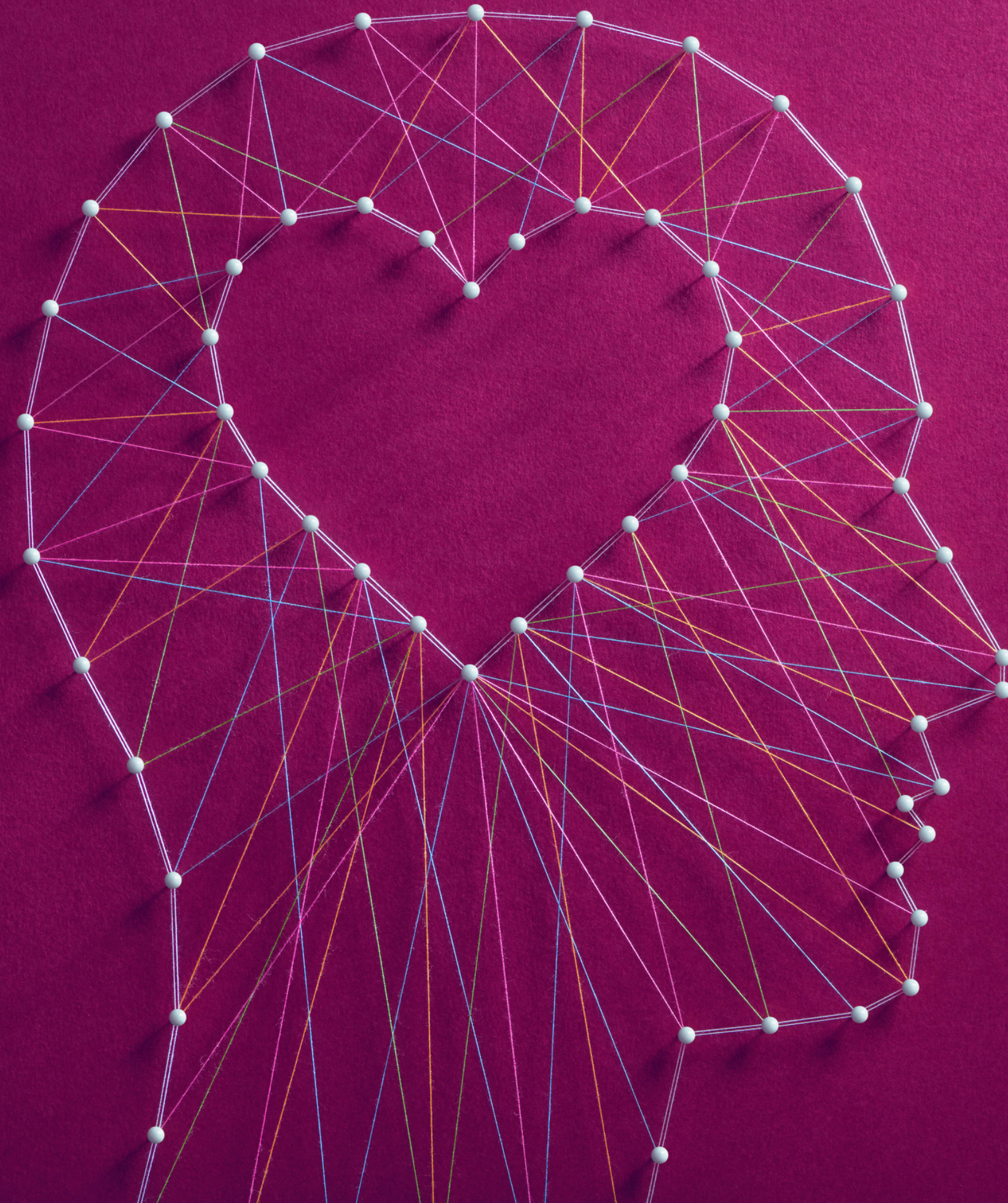
The Power of a Mental Health Booster Session

In today's fast-paced world, mental health often takes a backseat to the endless to-do lists and daily stresses we face. However, just as we regularly maintain our physical health, it's crucial to give our mental well-being the attention it deserves. A mental health booster session – a quick yet impactful way to recharge your mental batteries.

What is a Mental Health Booster Session?

A mental health booster session is a short, focused session designed to provide immediate emotional support, clarity, and coping strategies.

Unlike traditional therapy sessions that might delve deep into long-term issues, booster sessions are tailored to address immediate concerns and provide a mental lift.



Why opt for a Booster Session?

Do any of these strike a cord with you?

- Quick Relief: Sometimes, you don't need a full therapy regimen but just a quick check-in to navigate a rough patch.
- Accessible Support: For those with tight schedules, a shorter session fits more easily into the day, ensuring you can get the help you need without significant time investment.
- Focused Approach: These sessions are highly targeted, allowing you to tackle specific issues or stressors effectively.



Who Can Benefit?

Almost anyone can benefit from a mental health booster session. Whether you're dealing with work-related stress, personal challenges, or just need a moment to recalibrate, these sessions offer valuable support.

They are particularly beneficial for:

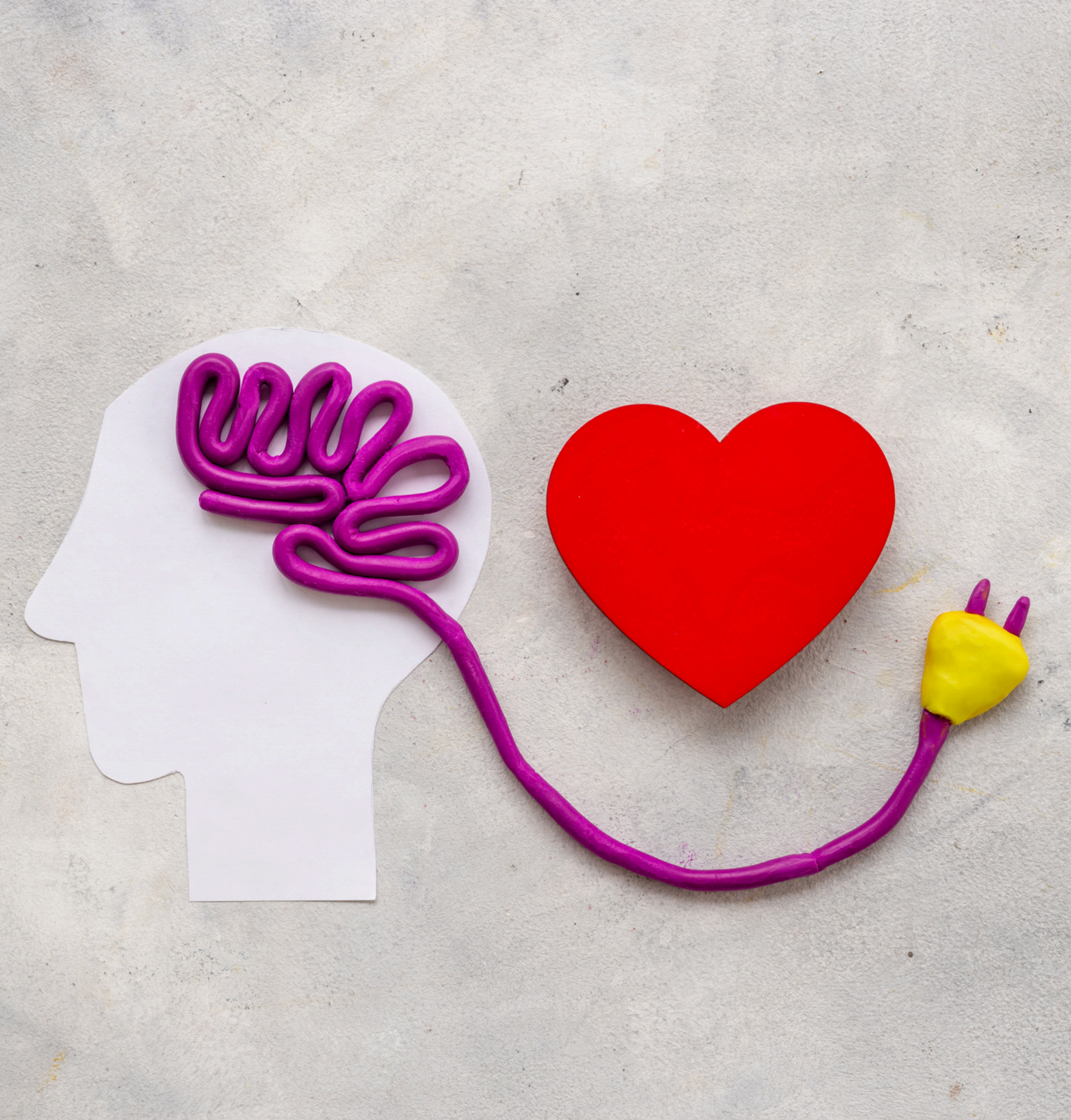
- Professionals with high-stress jobs
- Students during exam periods
- Individuals navigating major life changes
- Parents balancing numerous responsibilities
- Anyone just wanting a positive boost to their mental wellbeing



The Benefits

Benefits of Booster Sessions include:

- **Reduced Anxiety:** By addressing stressors promptly, you can prevent them from escalating into more significant anxiety or depression.
- **Improved Focus:** With a clearer mind, you can return to your daily tasks with renewed concentration and energy.
- **Enhanced Resilience:** Regular check-ins can help build mental resilience, making it easier to handle future stressors.



Services & Fees

Prices

- Mental Health Booster Appointment £45 for 45 mins
- Includes your free Consultation

What to expect

A booster session includes:

- Free initial consultation: we will explore what you would like to focus on during your appointment
- Targeted Strategies: Based on your immediate focus, I will offer practical coping strategies and techniques to support you.
- Emotional Support: A booster session provides a safe space to express your feelings and concerns, which can be incredibly relieving.

Your mental health booster session is tailored to your chosen focus, and can include trying out hypnotherapy, mindfulness or well-being life coaching to experience positive mindset changes.



Final thoughts

Mental health booster sessions are a practical, efficient way to maintain your mental well-being. They provide immediate support and actionable strategies, ensuring that you can keep moving forward even when life gets challenging.

Remember, taking a moment to focus on your mental health isn't a luxury – it's a necessity. Consider scheduling time for your mental health booster session and experience the uplifting impact it can have on your life.



Contact Me

For further details or to make a booking:

T: 07305 810935

E: carol@wellbeing-pathways.co.uk

To visit the website:

[Wellbeing Pathways](#)

Or scan the QR code!



*Disclaimer: Results may vary from person to person.
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.*