



space to breathe
THERAPY

COACHING TIPS

from me



Simple ideas to support your mental health, every day. 



1 SLOW DOWN TO TUNE IN

Take a few deep breaths and notice how you feel.
What's going on for you right now?
Awareness is the first step to change and self-care.



2 TALK ABOUT IT

Talking really does help.
Share how you feel with someone you trust –
a friend, a professional or even by writing it down.
You don't have to carry it alone.



3 DO ONE THING THAT HELPS

Small steps matter. Choose one thing today
that supports your wellbeing – a walk, a song,
a cuppa, some fresh air, stretching or journaling.
One small thing can shift your whole mood.



4 PROTECT YOUR ENERGY

It's okay to say no. It's okay to rest.
Guard your time and energy for the
things and people that truly matter.
Boundaries are self-care.



5 YOU ARE NOT ALONE

Connection is powerful. Reach out,
join in, be part of something.
Being with others who get it
can make a huge difference.



6 BE KIND TO YOU

You would never speak to a friend
the way you sometimes speak to yourself.
Practice self-compassion – you are doing
the best you can.
And that is enough.

A gentle
reminder



Your mind is trying
to protect you.
Be gentle with it.



It's okay if today
is tough.
**Hard days
are human.**



It's okay to pause.
Rest is productive,
not lazy.



Healing is not
linear. Progress
is still progress.



You are enough.
You matter.
Always.



From me to you

Your mental health matters. Not just some days – every day.
Be patient with yourself, celebrate the small wins
and keep showing up. You are stronger than you think,
and I'm proud of you.

With love, Maggie x 



Until next time, give yourself space to breathe