

Simple Self-Help Tools

Gentle, practical ways to create a little more space, steadiness and connection between sessions.

This guide is not another list of things you *should* be doing. It is a small collection of simple practices you can return to when life feels full, emotions are heightened, or you simply want to reconnect with yourself.

Use what feels helpful and leave the rest. Sometimes one small pause is more supportive than trying to do everything perfectly.

A gentle reminder

These tools are intended for general wellbeing and self-support. They are not a substitute for medical, psychological or other appropriate professional care. If you are worried about your physical or emotional wellbeing, please seek suitable professional support.

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Find Your Inner Harmony

1. Come Back to the Present

When your thoughts are racing ahead or circling around something that has already happened, gently bring your attention back to what is here now.

If it is comfortable, place both feet on the floor. Notice the support beneath you. Then quietly notice three things you can see, three things you can physically feel, and three sounds you can hear. There is no need to change your breathing or make yourself feel calm. Simply notice where you are.

*Ask yourself: **What do I need in this moment?***

You do not need an immediate answer. The value is often in creating enough space to hear yourself again.

2. The Pause Before the Reaction

When something triggers a strong response, it can be tempting to reply, fix, explain or make a decision immediately. Where possible, give yourself a small pause first.

Notice what you are feeling without needing to analyse why. You might name it very simply: *I feel angry. I feel hurt. I feel pressured. I feel overwhelmed.*

*Then ask: **Does this need a response now, or would a little time help me respond more clearly?***

A pause is not avoidance. Sometimes it is simply the space that allows a reaction to become a choice.

3. What Is Mine to Carry?

It is easy to become caught up in other people's emotions, expectations, problems or responsibilities - especially when you care deeply.

When things feel heavy, gently ask yourself:

Is this actually mine to deal with?

Is there something useful I can do?

Am I carrying something that belongs to someone else?

What can I put down for now?

You can care without taking responsibility for everything. Sometimes recognising the difference is enough to soften the weight.

4. Create a Little Space

When everything feels equally urgent, the mind can treat the whole list as one enormous problem. Instead of trying to solve everything, separate what is in front of you.

Try three simple questions:

What genuinely needs my attention today?

What can wait?

What does not need to be mine at all?

Choose one manageable next step. You are not trying to finish your whole life in an afternoon - merely deciding what belongs in this moment.

5. After Energy Work

After a session, you do not need to search for signs that something has changed or repeatedly analyse what was cleared. Give yourself permission to let the work settle.

If possible, allow a little quiet space afterwards. Continue with your normal hydration and everyday routine, and simply notice what you notice over the days that follow. Changes can be subtle as well as obvious.

If you receive session notes, reading them once or twice is usually enough. You do not need to keep revisiting them in order for the work to integrate.

6. When You Need More Support

Self-help is not about having to manage everything by yourself. Sometimes the most supportive step is recognising that you would benefit from another person's help.

That might mean speaking with someone you trust, arranging further professional support, or seeking appropriate medical or psychological advice when needed.

You do not have to wait until things feel overwhelming before asking for support.

A final thought

You do not need to use all of these tools. Choose the one that feels most useful in the moment. A small shift in attention, perspective or pace can sometimes be enough to create the space for something different.

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