

Monthly Newsletter

TO THE FEEL WELL COMMUNITY...



It's a busy and exciting month here at Feel Well Therapy! I'm thrilled to be running my very first masterclass this month—something I've been working on behind the scenes for a while now. It's all about helping women to recognise and manage their stress in perimenopause and menopause a topic close to my heart, as a 50 something woman also in perimenopause!

We've also got a few updates to share, including the latest on FLOW treatment for depression, and I would like to introduce you to Emma one of our new therapists that works with children. So pop the kettle on and have a little read —there might be something just for you.

Managing Your Stress in Perimenopause/Menopause

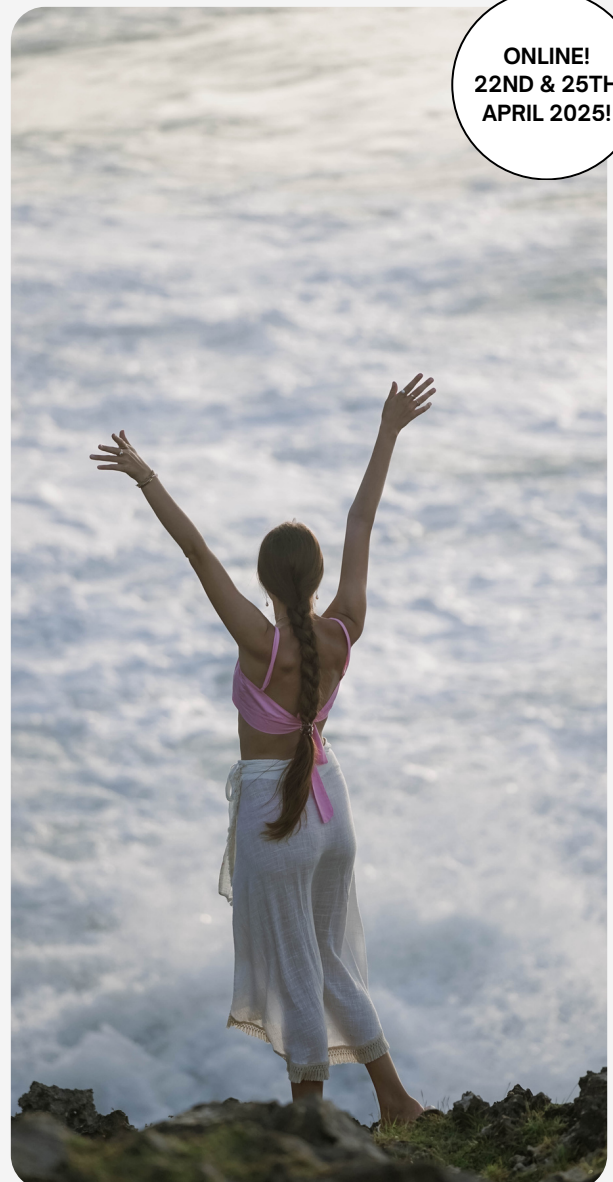
Feeling overwhelmed, anxious, or constantly on edge? Stress can be a key symptom of perimenopause/ menopause or can make your symptoms worse —and it's often overlooked.

Join me for a 2 hour interactive workshop, designed to help you understand what's really going on and equip you with practical, evidence-based strategies to feel more in control.

This is not a passive webinar—it's an engaging, expert-led session where you'll:

- ✓ **Take time to focus on YOU** – reflect on your perimenopause journey and develop an action plan moving forward.
- ✓ **Learn how stress affects perimenopause** – understand its impact on hormones and symptoms.
- ✓ **Gain evidence-based strategies** – discover a wide range of psychological approaches and helpful resources to reduce stress and manage perimenopause symptoms.
- ✓ **Engage in hands-on exercises** – participate in reflective activities and learn practical techniques you can start using immediately.

[Tickets and more info here..](#)





Service Spotlight: FLOW

We are pleased to offer FLOW as part of our services at Feel Well Therapy. FLOW is a drug-free treatment for depression that uses low level brain stimulation (tDCS) to target areas of the brain that are affected in depression. Overseen by our clinical lead Michelle, it can be used alone or alongside therapy to suit your needs.

[Read more about FLOW here...](#)

Emma Pinner, Occupational Therapist

Emma Pinner offers specialist support for young people and families dealing with anxiety, emotional regulation, and autism assessments.

With a background in both schools and the NHS, Emma works face-to-face from our Loddon clinic as well as online—so you can access her support wherever you are.

[Contact Us](#) for more details if your interested in working with Emma.



Clinic Room Available to Rent

Are you a health or wellbeing professional or know someone who is? At the Feel Well Centre in Loddon we have a calm, clean, and quiet space to see your clients. Our fully equipped clinic room is available for just **£10 per hour.**

Perfect for those seeking a peaceful environment to deliver the best service to clients. Email info@feelwelltherapy.co.uk for more details.



Are you feeling Stressed and Anxious?

Life can feel overwhelming at times—whether it's the daily grind, workplace pressure, or the emotional weight that builds without us even realising. Many men find themselves stuck in a cycle of stress, low motivation, and mental exhaustion.

At Feel Well Therapy in Loddon—or online, wherever you are—we offer compassionate, tailored support to help you manage stress, reduce anxiety, and rediscover a sense of calm and control. Contact us here today in confidence..



Did you know that we routinely work with **solicitors** to help their clients to recover after personal injury and employers to help their employees improve their mental health? **Contact us** for more information.

Thank You for Reading!

Thanks for taking the time to catch up with us. We love being able to share updates, resources, and stories from across the Feel Well community with you each month. If you'd like to book an appointment, find out more about any of our services, or speak to someone about how we can support you, feel free to get in touch:

☎ 07957 350396

✉ info@feelwelltherapy.co.uk

🌐 www.feelwelltherapy.co.uk

And don't forget to follow us on social media to stay up to date with what's happening at Feel Well Therapy and the Feel Well Centre:

Facebook: [Feel Well Therapy & The Feel Well Centre](#)

Instagram: [@feelwelltherapyloddon](#)

See you next month!

Michelle

The Journey to You
If you don't know what
to pursue in life right
now — pursue yourself.
Pursue becoming...
the healthiest, the
happiest,
the most healed, the
most present,
the most confident
version of yourself.
Then, the right path will
reveal itself.

Source: Unknown