



November brings with it two important awareness campaigns — [International Stress Awareness Week](#) and [Movember](#) — both shining a light on the importance of looking after our mental health and recognising when life's pressures start to take their toll.

As the days get shorter and the end of the year draws near, many of us begin to feel the strain of deadlines, family expectations, or simply the pressure to "hold everything together." Stress can creep up slowly — and before we know it, we're running on empty.

This month, I wanted to take a moment to remind you that support is available, whether you're struggling at work, at home, or in the quiet moments in between. Therapy offers space to breathe, to understand what's happening beneath the surface, and to rebuild calm and confidence — one step at a time.

## Therapy for Stress – Let's Talk About It



International Stress Awareness Week (3–7 November 2025) focuses on this year's theme: "Optimising Employee Wellbeing through Strategic Stress Management."

A workplace culture that prioritises growth, support, recognition, and psychological safety isn't just a "nice to have" — it's essential. When individuals feel supported, productivity and wellbeing flourish side by side.

At Feel Well Therapy, we're proud to work alongside employers and employees to improve mental health at work. We understand how stress impacts performance, morale, and personal wellbeing — and how the right therapeutic approach can help people recover and thrive.

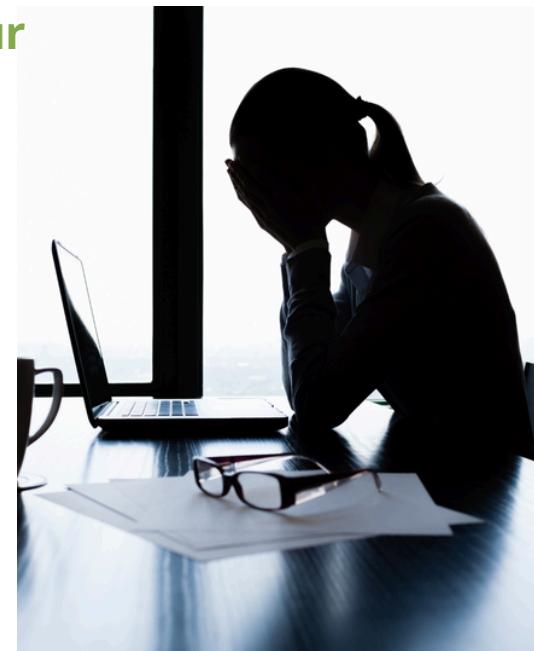
## Women: Are You in the Prime of your career, but feeling overwhelmed?

As busy professionals, it's easy to blame brain fog, low energy, poor sleep, anxiety, or mood swings on stress.

But sometimes, these symptoms may actually be signs of perimenopause.

If you've been feeling "not quite yourself" lately, it might be time for a Menopause MOT.

Working with Michelle, an experienced CBT therapist who specialises in helping women navigate this transition, you'll explore how hormonal changes affect mood, concentration, and emotional balance. Together, you'll develop a personalised plan to help you thrive — both at work and in life.



## Working With Employers: Supporting Employee Wellbeing



With 1 in 6 employees experiencing a common mental health condition, many organisations are now recognising the importance of early support.

At Feel Well Therapy, we provide:

- Specialist psychological assessment and evidence-based therapy (CBT, EMDR, Counselling)
- Treatment for stress, depression, anxiety, trauma, OCD, bereavement, and more
- Wellbeing in Menopause services, offering tailored assessment and therapy for employees navigating menopause at work

Our approach is guided by NICE clinical guidelines, ensuring employees receive the right therapy, first time. Too often, referrals default to counselling alone, which may not be the recommended treatment for many difficulties. We help employers understand what's best for each situation — whether that's CBT, EMDR, Counselling, or specialist menopause support.

What you can expect:

- Professional, confidential service
- Assessment appointments within 2-4 weeks
- Outcome and satisfaction data collection
- Clear communication and transparent costs
- Flexible, pay-as-you-go structure — no long-term contracts

If you'd like to discuss how Feel Well Therapy can support your organisation's wellbeing, contact Michelle for an informal chat:  
[info@feelwelltherapy.co.uk](mailto:info@feelwelltherapy.co.uk)



Initially when I was offered to see a therapist via work, I thought how could talking help but it has helped a lot. It has helped me to get back to work.

## Stress and Anxiety – You Don't Have to Face It Alone



The darker months can be particularly tough. Shorter days, rising workloads, and everyday pressures can leave many men feeling overwhelmed, anxious, and mentally drained. Motivation dips, stress builds up, and it's easy to get caught in a cycle of exhaustion.

But here's the truth — you don't have to navigate this alone.

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.

If you're feeling the weight of workplace pressure or life stress, taking that first step towards support is powerful.

📞 Get in touch to book face-to-face or online therapy. Your wellbeing is worth prioritising.

## Thank You for Reading

As we move through Stress Awareness Week and beyond, remember — you don't have to manage everything alone. Support is here when you're ready to take that next step towards feeling well.

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See you next month,  
**Michelle**

Scan the QR code to receive our newsletter straight to your inbox.

