



DEVERNON PSYCHOTHERAPY

A Compassionate Space for
Your Mental Wellbeing

- We believe in a gentle, evidence-based approach to mental health.
- We're here to help you navigate stress, anxiety, and their impact on your life.

DEVERNON PSYCHOTHERAPY



READY TO FIND RELIEF?

You are not alone in this.
Taking the first step is a
sign of immense
courage.

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DEVERNON PSYCHOTHERAPY

Let's Talk DEVERNON PSYCHOTHERAPY

Understanding Stress, Anxiety, and
the Impact on Your Mind

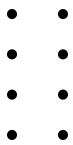
A supportive and compassionate
space for your mental well-being.



OUR APPROACH: COMPASSIONATE, EVIDENCE-BASED SUPPORT

- Who We Are: DeVernon Psychotherapy is dedicated to helping you navigate the complexities of your mind with care and expertise. We specialise in providing tailored support for individuals experiencing stress, anxiety, and their impact on mental health.
- A Gentle Hand: Our goal is not to fix you, but to provide you with the tools to understand and manage your feelings, empowering you to lead a more peaceful life. We believe in working at your pace, in a way that feels safe and supportive.

Stress & Burnout
Anxiety & Depression
Trauma



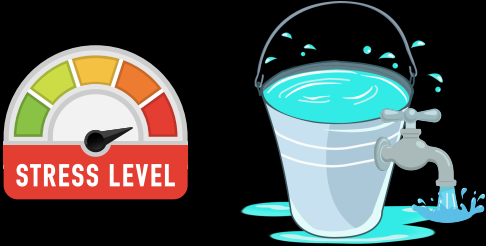
THE IMPACT OF STRESS AND ANXIETY: WHAT'S HAPPENING IN YOUR MIND?

It can feel overwhelming when your mind is filled with worry. To help you understand what's happening, here are two simple analogies.

1. The Stress Bucket

We all have a stress bucket that holds all our worries and daily pressures.

- When the bucket overflows, it can lead to intense feelings of overwhelm, anxiety, and fear.
- Your bucket may feel full right now due to recent challenges.
- Therapy can help you find healthy ways to drain your bucket and prevent it from overflowing.



2. The Faulty Alarm System

Imagine your brain has an alarm system to protect you from danger. After a period of high stress, this alarm can become oversensitive.

- It starts to go off even at small, harmless things, like a ringing phone or a car driving by.
- This is why you might feel anxious or on edge, even when you know there is no real threat.
- In therapy, we can work together to recalibrate your alarm system, helping it return to a normal, calmer state.



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How We Can Help

Our approach focuses on empowering you with practical skills and insights.

- Psychoeducation: We'll help you understand what's happening in your mind without judgment, using clear, simple concepts.
- Anxiety Relief: Learn proven, gentle techniques to calm your body and mind in the moment.
- Building a Tool Kit: Together, we'll create a personalised set of skills you can use to manage difficult thoughts and feelings.
- Finding Peace: Our ultimate goal is to help you feel safer, more grounded, and in control of your life.

