



Emotional Wellbeing Resources

For many women, the emotional impact of menopause can be even more debilitating than the physical symptoms of hot flushes, aching joints and more - not least due to so many other life events that often occur in parallel to menopause transition. Ageing parents, children and challenging careers can all take their toll. That's why we include a timetable of activities to help you reduce the stress, take back emotional control, manage the overwhelm, and find those much needed moments of calm.

As a Supported Care member of www.harleystathome.com, you will have access to the following LIVE emotional wellbeing sessions:

- **Mind Bites:** Join Rachel Willett as she shares emotional wellbeing tips in just 10-20 minutes, to help you deal with life.
- **Anxiety Management Programme:** Join Rachel Willett in this 8 week programme designed to help you understand your anxiety and empower you with simple tools and strategies to help manage your anxiety.

Meet Our Emotional Wellbeing Team

Transformational Therapist and Coach Rachel Willett

Rachel specialises in helping people overcome low self-worth and to live with courage, confidence and joy. In particular, she enjoys working with women in perimenopause and menopause to help them rediscover themselves and develop their emotional resilience. Having trained extensively, Rachel is an Advanced Rapid Transformational Therapist, Certified and Clinical Hypnotherapist. Rachel has worked in the UK criminal justice system for over 25 years delivering rehabilitative one-to-one and group work interventions underpinned by Cognitive Behavioural Theory (CBT), mindfulness and coaching. Within this, Rachel has specialised in working with relationship abuse for the past 18 years. You really are in safe and trustworthy hands with Rachel. All of Rachel's work is underpinned by her passion to support others in accepting and truly valuing who they are.

