



YOUR COUNSELLING
IT STARTS WITH A CONVERSATION

THE MINT MOMENT

A 60-SECOND MINDFULNESS PRACTICE

Your tin holds many mini mints. This practice invites you to slow down and choose just one.

- 1 HOLD AND LISTEN**
Notice the weight and cool surface of the tin. Gently move it and listen as the mints shift.
- 2 OPEN AND NOTICE**
Open the tin slowly. Observe the group of mini mints - their shape, colour, and scent.
- 3 CHOOSE ONE**
Select one mint intentionally. Notice its texture before placing it in your mouth.
- 4 TASTE AND BREATHE**
Notice the flavour and cooling sensation for three slow breaths. When your mind wanders, gently return.

NOTICE

What changed, even slightly?

A grounded moment does not need to be a perfect moment.

yourcounsellingnovascotia.ca

Please enjoy responsibly. Small candies may present a choking risk.

A GENTLER RETURN TO ROUTINE

Practical ways to protect your wellbeing as schedules and seasons change

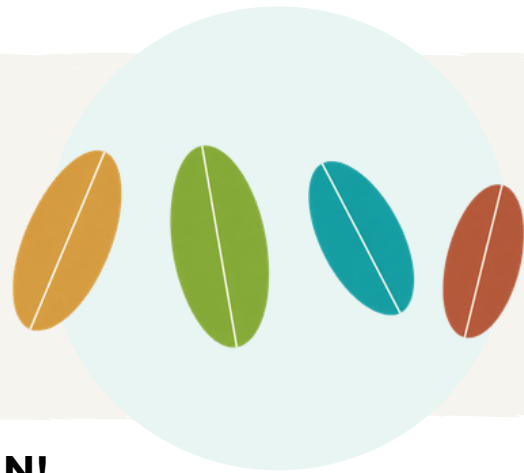
WELLNESS NEWSLETTER PRESENTED BY YOUR COUNSELLING LTD - NOVA SCOTIA

FALL CAN FEEL FULL.

New routines. Shorter days. More demands.

Your wellbeing does not need to wait until life slows down.

Start small. Notice what helps. Ask for support.



WELCOME TO OUR FALL EDITION!

Fall often brings momentum: school schedules resume, work becomes busier, and the pace of daily life can quickly accelerate. Even positive change can place pressure on our nervous systems. This season, we are focusing on sustainable routines – the small, repeatable choices that help us feel grounded without expecting perfection.

At Your Counselling Nova Scotia, we believe mental health support should feel personal, practical, and accessible. Whether you are managing anxiety, navigating a relationship, supporting a child, or simply feeling stretched thin, you do not have to wait for a crisis to begin the conversation.

WHAT'S HAPPENING THIS FALL AT YOUR COUNSELLING?

Start the Conversation: A More Accessible Way to Begin

Start the Conversation is designed to expand access to counselling while maintaining strong clinical oversight and standards of care. Clients can access support through one of three tiers based on clinician experience and program fee.

TIER 1	TIER 2	TIER 3
INTERN THERAPISTS Master's-level counselling students and therapist interns completing advanced clinical training, with close supervision and ongoing case consultation.	NEW THERAPISTS Graduate-level clinicians building their practise, offering an accessible middle tier for clients seeking reduced program fees.	EXPERIENCED THERAPISTS Experienced YC therapists, including fully registered clinicians with established expertise, available through the same program eligibility.

Fall Group Programming

Working With Anger: Build awareness and practise healthier, values-aligned ways to understand and express anger.

Anxiety Support: Learn practical tools for managing worry, overwhelm, and the physical experience of anxiety.

Mastering ADHD: Explore strategies for attention, planning, emotional regulation, and daily life with ADHD.

For more information, visit our website at yourcounselling.ca/services/group-therapy/

WHEN ROUTINE BECOMES PRESSURE

Routine can offer predictability and comfort, but it can also become another standard we feel we are failing to meet. A supportive routine is flexible: it gives you something to return to after a difficult day instead of turning one hard day into evidence that you are “off track”.

Try asking yourself:

- What would make today feel 5% more manageable?
- What expectation can I soften, simplify, or postpone?
- What kind of support would actually help right now?



A REMINDER FOR THE SEASON

Consistency is about returning - not never drifting

A TWO-MINUTE RESET EXERCISE

1. Place both feet on the floor
2. Exhale a little longer than you inhale
3. Name three things you can see
4. Choose one next step – not the whole list

8 WAYS TO SUPPORT YOUR WELLBEING THIS FALL

1. CREATE A REALISTIC MORNING ANCHOR

Choose one repeatable action – water, medication, breakfast, or two quiet minutes – before the day gathers speed.

2. USE TRANSITIONS INTENTIONALLY

A short walk, a changed playlist, or three slow breaths can help your mind shift between work, caregiving, and rest.

3. PROTECT THE BASICS

Sleep, regular meals, movement, and daylight are not cures, but they give your nervous system a steadier foundation.

4. PLAN FOR LOWER-ENERGY DAYS

Keep a shorter version of your routine for difficult days. Doing less with care is still meaningful.

5. CHECK THE STORY BEHIND THE STRESS

Ask whether the pressure is coming from the situation itself or from an expectation that everything must be handled perfectly.

6. STAY CONNECTED BEFORE YOU FEEL ISOLATED

Schedule a call, coffee, walk, or therapy appointment while connection still feels possible.

7. LET BOUNDARIES BE SEASONAL

Your capacity changes. It is reasonable to revisit commitments as work, family, health, and daylight shift.

8. SEEK SUPPORT EARLY

Therapy can help you notice patterns, practise new responses, and make decisions before stress becomes overwhelming.

WHY CHOOSE YOUR COUNSELLING?

- ✓ In-person support in Dartmouth
- ✓ Virtual appointments across Nova Scotia
- ✓ Services for Adults, Youth, Couples & Families
- ✓ Experienced, compassionate therapists
- ✓ Trauma-informed and evidence-based care
- ✓ Direct billing available for over 75 insurance plans

You don't have to navigate life's challenges alone. Whether you're looking for support, clarity, or simply a space to breathe—we're here to help.

 902.422.7561

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