

### Relate

Counsellors provide a caring and supportive environment to help you find a way through any difficulties you may be facing in your relationship.

### Peaceful Minds - Julie Flower

Counsellor, Coach, Emotional Freedom Technique practitioner, Reiki Healer, Access Consciousness Bars Practitioner and hypnotherapist.

### Emma Mathews

Psychotherapy

Psychosexual, Relationship & Cognitive Behaviour Therapy

### Tranceform Hypnosis

Solution focused Hypnotherapy for a variety of different conditions

### Dr Fairoz Fayaz

Functional Medicine is a form of lifestyle coaching which looks at the physical causes of physical and mental health

## Classes and Workshops

### Ideal for maintaining good mental health

- Tai Chi
- Restorative Yoga with Meditation
- Dru Yoga with Relaxation
- Crystal Hatha Yoga
- Monthly Mindfulness with Inspire & Rewire (Anxiety Tips & Techniques)
- Various workshops for emotional wellbeing throughout the year (see website)

### To Book or for information

Call 01244 915 603

Northgate Avenue, Chester, CH2 2DX

[www.beehivehealthcare.co.uk](http://www.beehivehealthcare.co.uk)

[info@beehivehealthcare.co.uk](mailto:info@beehivehealthcare.co.uk)

There may be contra-indications which mean a treatment is not suitable for you or it needs to be customised. Check when booking as each service is different.



# Mental Health Hive

Counselling - CBT - Relate - Mindfulness  
- Yoga - Tai Chi - Reiki - Coaching - Love your Mind  
- Master you Mood - Train your mind - Handling  
pressure - Emotional Wellbeing - Resilience training  
- Access Bars - Empowerment - Reflexology -  
Hypnotherapy - Functional Medicine - Relationships





Your mind is one of your greatest assets and most of the time we do not take care of it as we do with our physical fitness. Like so many other good habits, looking after our mind should be part of our normal routine. This might be when dealing with a period of time when our mental health is taking its toll on our physical health or looking after our emotional wellbeing generally. Building and maintaining our resources and resilience enables us to identify the positive and the negative factors that affect our mental wellbeing and help when we are faced with difficult situations and challenges. Symptoms of poor mental health can be very varied and may include:

- Headaches
- Pounding Heart
- Insomnia
- Dry Mouth
- Exhaustion
- Short Temper
- Hyperactivity
- Risk taking behaviour
- Difficulty thinking
- Loss of perspective

Our hive covers just a small number of mental health aspects. If you or a loved one is living with any mental health condition which you would like to seek help and support for, it is important to first and foremost get in touch with your registered GP or mental health professional. They will be able to advise on the appropriate course of action.

### Overwhelming Emotions and Fears

Emotional responses to negative events are normal. Sometimes they become disproportionate with the event and our emotions start to impact our life adversely. Examples include: Anxiety Disorders, Phobias, Post Traumatic Stress Disorder (PTSD) and Anger Issues

### Maintaining Good Mental Health / Master your Mood

It is often forgotten that we can have good mental health and work towards maintaining it or preventing issues from taking hold. By investing in your mind and finding healthy activities that you chose and enjoy, you will enjoy greater mental wellbeing and be more aware of your emotional state to be able to manage your emotions more effectively.

### Chronic Stress / Insomnia

We all experience short periods of stress in our life. The stress response is a natural survival mechanism and can be helpful, however prolonged periods can cause long term physical and emotional problems and a person feels they have little or no control. This is when chronic stress can take hold. Sleeping problems are a common symptom although not the only one.

### Post-natal depression or Birth trauma

Having a baby is a big life event, and it's natural to experience a range of emotions and reactions during and after your pregnancy. Each birth is unique, however, for some new mothers and fathers, the physical and emotional experience can have a lasting impact and can cause mental health issues afterwards. The good news is that this can be treated in a variety of different ways.

### Depression

Depression is a very low mood that lasts for a long time, and affects your everyday life.

In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because the thoughts can be detrimental to your own health.

