



What To Do Between Sessions

Gentle Guidance for Growth

What To Do Between Sessions

Here are some supportive practices you can explore between our sessions. Take a read through and choose something that feels helpful and kind to yourself this week.



Reflect

Journal for 5–10 minutes each day. You might explore: What did I notice about myself today? What felt hard? What am I learning about how I respond?



Tune In

Listen to a podcast or audiobook on topics like mindfulness or emotional regulation. Create a playlist of songs that match your mood or help you shift it.



Use Skills

Use a grounding or breathing technique (i.e. extending the exhale). Try out one of the tools we explored in session. Track your mood once a day using the [How We Feel app](#) or your journal.



Connect with Yourself

Spend time in nature. Do something creative. Take 10 minutes of screen-free quiet time just to breathe and notice how you're feeling.



Notice & Note

Jot down any situations that brought up strong feelings or reactions. Bring any thoughts, dreams, or patterns you'd like to explore moving forward.



Be Kind to Yourself

Schedule rest, not just productivity. Do one thing that makes you feel cared for (a bath, clean sheets, a warm drink). Remind yourself: healing is not linear.