

MIND

WORKS

for life, health & well-being

LIVING BEYOND CHRONIC PAIN

Your pain is real, but your brain can change it.

What's your coping style?

How to best manage stress.

MINDFULNESS

The science behind living in the present moment.

Discover your *best* night's sleep

stop the struggle & rest

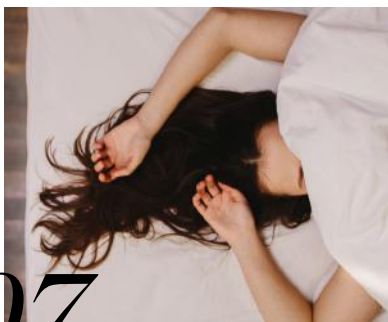
FIVE powerful ways to ease anxiety

YOUR COMPLIMENTARY COPY

CONTENTS

YOUR MIND . WORKS

07



Discover your *best* night's sleep

06

The power of journaling

09

Life beyond chronic pain

17

Get the FAQs on therapy

12

Discover
YMW app



13

5 *powerful* ways
to ease anxiety.



the science of 04
MINDFULNESS

with simple practices that
can transform your life.

15



What's your coping style?

Learn what you can do to cope
well with stress.



READ MORE ONLINE



Lucy Mundy





MSc, BSc (Hons) Psychology,
HDipCBH, GMBPsS, MNCIP (reg)

Hello, and welcome.

Your Mind Works is here to make psychology accessible, with a kind perspective and practical tools and techniques that work in real life. You don't need to be struggling to benefit; understanding how your mind works is powerful at any time.

As a qualified Integrative Psychotherapist & Coach, I bring to these pages the same approach I offer in my practice, a blend of evidence-based methods and genuine compassion. My therapeutic toolkit draws from scientifically-proven approaches, including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Mindfulness, and Cognitive Behavioural Hypnotherapy (CBH), all of which inform the insights you'll find here.

May these pages offer a moment of pause, a nudge towards what matters, and a reminder, you're allowed to take care of your mind, body and well-being. The insights shared here reflect my commitment to helping you create meaningful, lasting change, and I hope you enjoy this issue and please do reach out if I can be of further help.

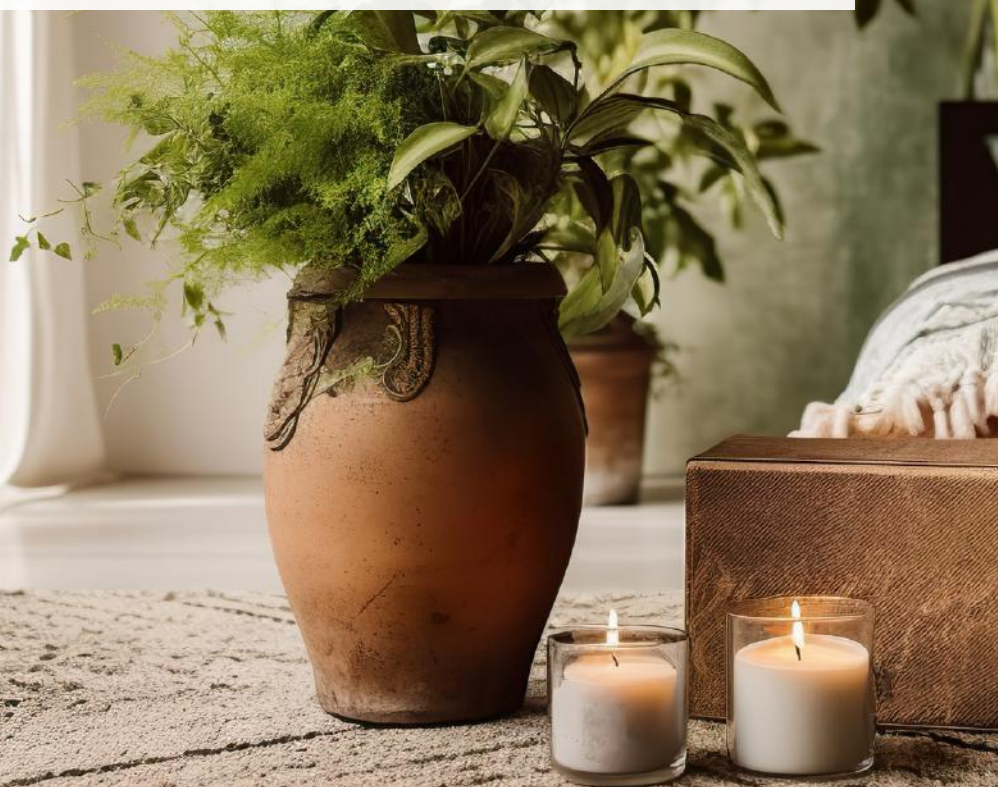
-  07825293139
-  hello@yourmind.works
-  [yourmind.works](https://www.instagram.com/yourmind.works)
-  [lucymundy](https://www.linkedin.com/in/lucymundy)

Lucy



THE HAPPINESS *of*
your life DEPENDS
UPON *the quality of*
YOUR THOUGHTS

Marcus Aurelius



the science of MINDFULNESS

and how this ancient practice is transforming modern lives.

In our busy lives, we often rush through our days without stopping to notice what is happening both within us and around us. Much of what we do happens on 'automatic pilot', including how we think and behave. While this allows us to process information quickly and easily handle multiple tasks, it can also mean we get stuck in unhelpful patterns. If you've ever driven a familiar route and suddenly realised you don't remember the last few minutes because your mind was elsewhere. That's automatic pilot in action.

However, if we take time to step out of automatic pilot, we can expand our choices and improve our emotional experience. Meaning we become more resilient to stress, improving our focus and the way we cope and handle our emotions. Mindfulness helps us to notice thoughts, feelings and sensations without the need to hold on to or suppress them. This creates space for us to make better choices, allowing us to find appreciation for the joyful moments in life, and helping us live in the now, rather than getting caught up in thoughts and worries about the past or future.

Jon Kabat-Zinn, who brought mindfulness to modern psychology with the Mindfulness Based Stress Reduction (MBSR) programme, defines mindfulness as "awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

Rooted in ancient contemplative traditions, modern mindfulness is a secular practice accessible to all. The good news is that you



don't need to spend hours meditating to gain the benefits for your physical and mental health.

We often spend much of our time in 'doing' mode, the part of the mind that plans, analyses and solves problems, which is incredibly useful at helping us to get things done. But when the doing mind is constantly active, especially under stress, it can become overworked. It starts scanning for problems, replaying the past or rehearsing the future. You might notice that even when you're resting, your mind is still 'doing', planning dinner, worrying about tomorrow, or criticising yourself for not doing enough. Mindfulness helps us reconnect with 'being' mode. Being mode is different. It's not about stopping or doing nothing; it's about allowing things to be as they are for just a moment. We step back and observe, rather than fix, notice and control. This builds resilience to cope with stress and reduces emotional or physical suffering. Think of mindfulness as moving from doing to being, even for a few seconds.

For example, when you pause to feel the warmth of your tea or listen to the sound of the rain instead of rushing to the next task, you're already practising mindfulness. These small moments can transform how you experience the rest of your day. You can start by simply pausing and noticing your breath, paying attention to your surroundings or listening to a short guided practice for just a few minutes. Each time you do, you're training your mind to be a little steadier and a little kinder. This can be helpful in times of stress, taking a moment before reacting. Much like our physical fitness, mindfulness is a muscle to build, and just like the benefits of exercise for our physical health, mindfulness is a great workout for our mental health.

The science is clear, with thousands of journal articles demonstrating its benefits for both mental and physical health. Neuroscience shows that mindfulness doesn't just change how we feel, it changes the brain itself, through a process called *neuroplasticity*. Our brains are constantly adapting, creating new neural pathways in response to our experiences. MRI studies at Harvard and Oxford Universities found that regularly practising mindfulness increases brain activity in areas involved in learning, memory, and emotional regulation, while reducing activity in regions linked to stress and fear.

Our entire physiology changes too; evidence suggests that mindfulness can increase Heart Rate Variability (HRV), a key indicator of our ability to manage stress, balance our nervous system and maintain overall good health. There are also many benefits for people with long-term health conditions, including chronic pain. Studies show everything from reduced symptoms to lower levels of stress and improved well-being, better sleep, and lower levels of anxiety and depression. Mindfulness offers a scientifically-proven way to reduced stress, improve focus, and experience greater well-being.

You don't have to be struggling to benefit, anyone, of any age, can learn to be more mindful. By dedicating just a few minutes each day to practice, you can discover improvements in psychological well-being, break free from unhelpful patterns and discover a more positive relationship with your health and body. It is also a wonderful gift to teach our children, helping them understand how their own unique mind works, so they can deal with big emotions, improve focus and attention and better cope with challenges such as exam stress. The benefits are not just for now, these are skills they take with them for life, and can make a real difference to their future.

Mindfulness can support you
through life's challenges,
while improving well-being,
self-awareness & compassion.



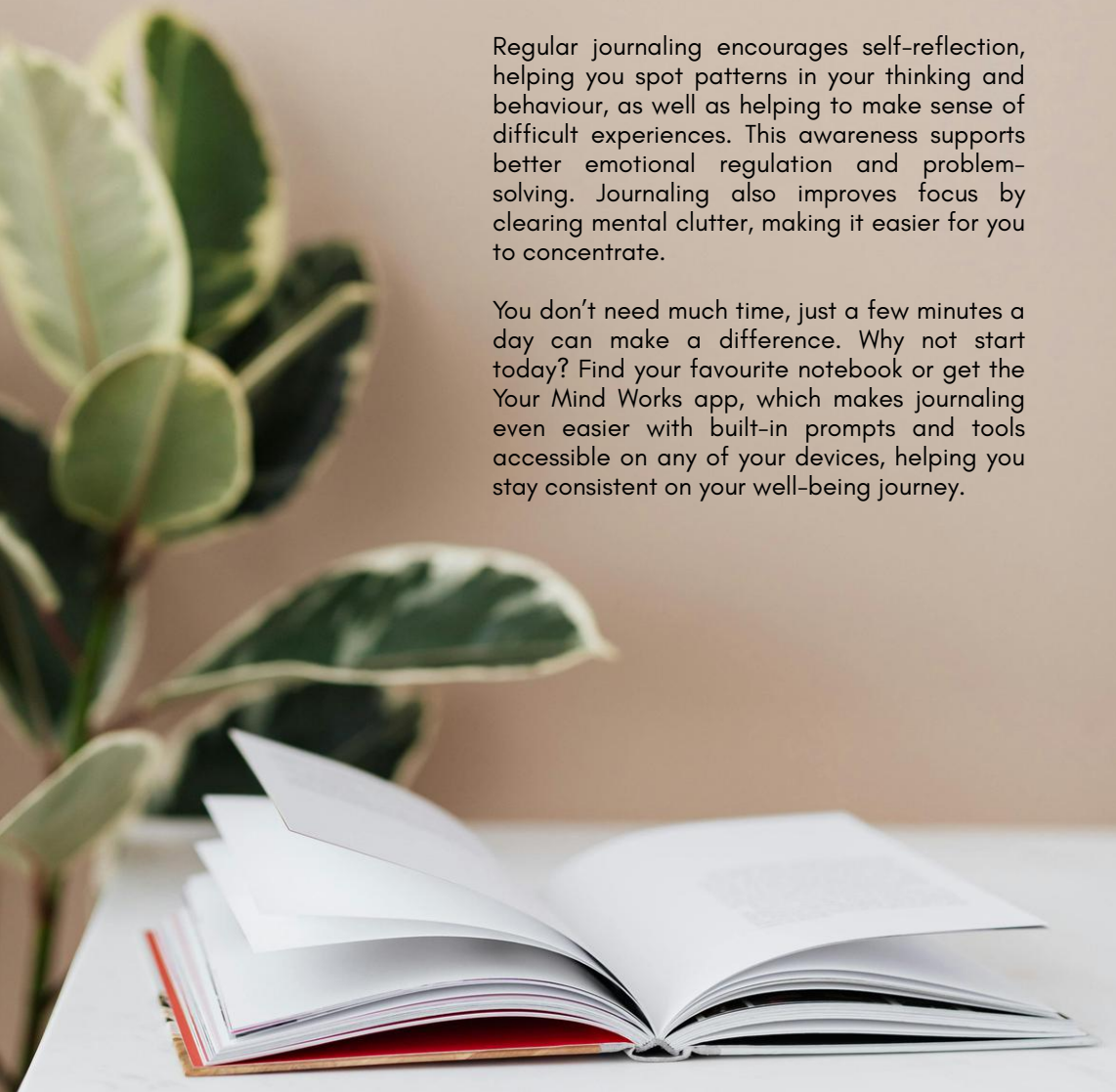
Your Mind Works app supports you every step of the way. With your free 7-day trial, you get access to my Introduction to Mindfulness mini-course and library of practices, a wonderful way to get started or further develop your practice. Or why not join me for our next transformative 8-week Mindfulness Now course, which includes our wonderful retreat day. Visit yourmind.works for more details.

THE POWER OF *Journaling*

Journaling is a simple yet powerful tool that can boost your mental wellbeing. Writing down your thoughts and feelings helps you process emotions, reduce stress, and gain clarity. Research shows expressive writing lowers anxiety, improves mood, and even supports immune health.

Regular journaling encourages self-reflection, helping you spot patterns in your thinking and behaviour, as well as helping to make sense of difficult experiences. This awareness supports better emotional regulation and problem-solving. Journaling also improves focus by clearing mental clutter, making it easier for you to concentrate.

You don't need much time, just a few minutes a day can make a difference. Why not start today? Find your favourite notebook or get the Your Mind Works app, which makes journaling even easier with built-in prompts and tools accessible on any of your devices, helping you stay consistent on your well-being journey.



Discover your *best* night's sleep

Overcoming sleep difficulties and insomnia without the struggle.



Sleep problems are common and can take many forms, but insomnia is a specific condition where you have trouble falling asleep, staying asleep, or waking up too early, even when you have the chance to sleep. While everyone experiences poor sleep sometimes, chronic insomnia affects about 10-25% of people, which can seriously impact both physical and mental health (Rusch et al., 2019).

Stress plays a big role in sleep difficulties. When you feel stressed or worried, your nervous system switches on your body's "alert mode," known as the fight-or-flight response. This response releases stress hormones like adrenaline and cortisol, which make your heart beat faster and your muscles tense, great if you need to escape danger, but not so helpful when you're trying to relax and fall asleep. At the same time, your body's "rest and restore" system, which helps you relax and sleep, gets pushed aside. This imbalance can keep you awake, even when you're tired. There are two key natural processes involved in sleep: sleep pressure and circadian rhythm. Throughout the day, a chemical called adenosine builds up in our brain, creating sleep pressure, so, the longer we're awake, the sleepier we become. This pressure then dissipates during sleep. When you don't sleep well, you might try to "catch up" by

sleeping in late, taking long daytime naps, going to bed extra early or spending more time in bed hoping for more sleep. Insomnia also makes us less likely to do the things that build sleep drive, like exercise and activities. However, these well-intentioned actions actually reduce your sleep pressure, making it harder to sleep and creating a vicious cycle. It's like trying to get really hungry for dinner by snacking all afternoon!

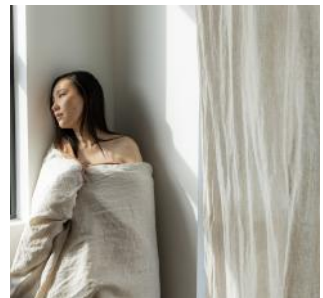
While your circadian rhythm is an internal body clock, telling your body when it's time to be awake or to be asleep, based on cues like light and darkness. Understanding these helps you create habits to support better sleep.

If you struggle with sleep, you will have likely tried traditional sleep hygiene advice: avoiding caffeine, regular bedtimes, or only using the bed for sleep and sex. While these tips can be helpful, they often come with strict rules that can feel overwhelming or impossible to follow perfectly. For some people, this creates extra stress and anxiety around sleep, actually making it even harder to fall asleep. When we struggle with sleep, our natural response is to try harder, to focus more on getting to sleep, to worry more about the consequences of not sleeping, and we become increasingly preoccupied with sleep. It's like quicksand; the more you struggle, the deeper you sink. 'Trying too hard' to control sleep is a common trap that keeps people stuck in a cycle of frustration and poor rest.

Acceptance and Commitment Therapy (ACT) offers a fresh approach, instead of trying to force sleep, which often makes things worse, ACT teaches you how to let go of the sleep struggle. Breaking the cycle of frustration that keeps you awake, reducing mental chatter, taking actions to support sleep and encouraging you to focus on what really matters, even if sleep is difficult. Here are some practical tips to get started towards a good night's sleep:

- Maintain a consistent wake-up time, even after a poor night's sleep, to support your circadian rhythm.
- Stay active during the day to build up your sleep pressure.
- Create a relaxing bedtime routine to help your nervous system switch from alert to calm.
- Use your bed for rest and sleep. If you can't sleep, try quiet, restful activities instead of struggling to force sleep.
- Practice mindfulness & acceptance to ease your mind and body into rest.

For more information on sleep, you can download our free *Guide to a Good Night's Sleep* from yourmind.works full of practical advice and easy-to-follow strategies. Our YMW app also has helpful relaxing bedtime mindfulness practices, calming guided meditations and more. However, if sleep has become a problem, getting 1:1 support can quickly help you get back to restful nights and waking up feeling refreshed.





LIVING YOUR LIFE BEYOND PAIN

We explore why pain persists and how you can
change your brain to regain your life.

LIVING YOUR LIFE BEYOND PAIN

Living with chronic pain can feel isolating and overwhelming. You might find yourself avoiding activities you once loved, struggling with thoughts and emotions, or feeling the strain with your family or relationships, all because the pain just won't go away. You're not alone. 20% of adults worldwide experience persistent pain, that is, 1 in 5 people experience pain lasting longer than three months, yet many don't talk about it. Unlike some conditions, chronic pain is often invisible, making it harder to understand and discuss.

If you're experiencing pain, chances are you want to get rid of it. There's no doubt, pain is unpleasant; it makes you feel and act differently, disrupts your day, your plans, your sleep, and undoubtedly, has a huge impact on your quality of life. But pain is also helpful and essential. It acts as an alarm system, protecting you from harm. People born without a functioning pain system often face serious injuries and have shorter lifespans because they don't get the vital warnings that pain provides.

Pain's job is to tell you when something's wrong, motivating you to seek help or telling you when you need to stop and rest. But pain isn't always that straightforward. Think about a footballer who keeps playing despite a nasty injury, pushing through to win the game. Or a tiny paper cut that somehow feels like the worst thing in the world. Sometimes, we don't feel any pain at all until we actually see that we have an injury. On the other hand, amputees can experience pain in a limb that's no longer there. Pain isn't just about the size of the injury; it's about how your brain interprets those signals. This shows just how complex pain truly is.

Let's unravel pain and understand why pain persists so we can take steps to live life beyond pain.

Chronic pain happens because the nervous system, which normally helps protect us, becomes overactive and starts to send pain signals even when there's no real danger. Imagine your nervous system like a car alarm that's become overly sensitive. Instead of only going off when there's a real threat, it blares loudly at the slightest touch or even a passing shadow. That's what happens in chronic pain: your spinal cord and brain become overly sensitive, amplifying pain signals, which can make pain feel unpredictable or overwhelming. There are many myths and fears surrounding chronic pain, which can make it feel more threatening, and actually make your pain feel worst. However, once you understand and change the way you think about pain, this knowledge alone reduces threat levels in our system, helping you take the first step toward managing your pain and taking back control of your life.

Pain is not just a straightforward signal from injury site to brain as it was once thought, and one of the key ideas that helps us explain what is happening is the Gate Control Theory, developed by Ronald Melzack and Patrick Wall.



Imagine your spinal cord as a gatekeeper that controls which pain signals get through to your brain. When you get injured, nerves send pain messages, but this gate can open wide or close partially depending on many other factors. This is why pain is not just about the injury itself but also about how we interpret and react to it. Some conditions, such as fibromyalgia, show us how pain can exist without obvious injury or tissue damage. In these cases, the nervous system is especially sensitive, and pain arises from changes in how the brain and spinal cord process signals rather than from a clear physical cause.

Pain doesn't come from just one spot in the brain, it's created by a network of brain areas working together, which Melzack calls the neuromatrix. This network integrates all of your sensory information; emotions, memories, and even your environment, to produce the experience of pain. Remember our footballer, determined to win the game? He doesn't experience the intense pain he *should* be feeling, despite his significant injury, until the game is over, when he will focus on seeking help and recovering. Equally, your paper cut will feel catastrophic if you're sitting bored at your desk at work, but if you were crossing the road and about to get hit by a truck, you wouldn't feel that pain at all. Our attention is directed to something more important. If your brain thinks experiencing pain isn't helpful for our survival, it will switch it off. So we know, thoughts, beliefs, emotions, and context play an important role in whether these gates open or close and whether we actually experience pain. This means we are able to influence our pain experience, and the good news is that our brains are incredibly adaptable, and through a process called neuroplasticity we can "retrain" our brains to change how they process pain.

While feeling anxious, stressed, or fearful can "open the gates" wider, making pain feel worse. On the other hand, learning about pain, changing unhelpful thoughts, and gradually exposing ourselves to movement and activities, we can reshape our pain experience and reduce suffering. Understanding how our perception and focus of attention can influence pain also means techniques such as Cognitive Behavioural Hypnotherapy are incredibly effective. Also, when we managing stress and calm our nervous system, all of these factors can help your mind and body feel safe and help "close the gates," to reduce or in some cases, get rid of pain completely. I really want to acknowledge that your pain is real and can be debilitating, but it does not have to take over your life. By understanding that pain is a protective function of the brain, sometimes overprotective, you can make positive changes to regain your life.

Our **RESTORE** (Relief, Education, Skills, Thoughts, Optimisation, Resilience and Empowerment) framework helps you do just that. With a holistic evidence-based approach to managing chronic pain, combining pain education, practical self-management tools, Cognitive Behavioural Hypnotherapy (CBH), Acceptance and Commitment Therapy (ACT) and mindfulness-based techniques you can to recognise and change your relationship with unhelpful thoughts and beliefs, calm your nervous system and reconnect with the things you love, so you can live a meaningful life *beyond pain*.

If you are struggling with pain and would like to book a free 30 minute consultation scan the QR code or go to **yourmind.works** where you can schedule a time on the calendar.





YOUR MINDWORKS

Your Mind Works+ is a dedicated space for your well-being and personal development journey. Feel calmer, think more clearly, and do what matters, one practice at a time.

What you'll find inside:

- **Practice Library:** Over 150 evidence-based practices, including guided audio meditations, breathing exercises and relaxation techniques.
- **Guided journeys and courses:** Follow guided journeys to support your practices or learn the foundations of better mental health and well-being with easy-to-follow lessons.
- **Journal and habit tracking:** Journal your thoughts with inspiring prompts, and set reminders to build healthy habits that fit your lifestyle.
- **Monthly Group Coaching:** Join me live for group workshops and coaching, and connect with like-minded people on a shared journey toward wellbeing.
- **Discounted therapy & coaching sessions and specialist programmes** to overcome challenges and reach your goals faster.

Get started with your
FREE 7-day trial
today for just
£12.99/month or
£99/year.



FREE 7-DAY TRIAL



5 powerful ways to ease anxiety

When anxiety knocks, most of us try to slam the door shut. What if that's exactly what keeps it coming back?

Your phone buzzes with a meeting alert, before you've even opened the agenda, your shoulders have crept up to your ears and thoughts have leapt ahead to what might go wrong. On your journey home, the train doors close, the carriage jolts abruptly, the same story starts over, your mind and body say "what if...?", your heartbeat quickens, shallow breaths, that familiar fizz of anxiety.

This is your body's alarm doing its best (sometimes a little too enthusiastically) to keep you safe. Your body reacts and your thoughts rush to worst-case scenarios. When there is real danger, that response is brilliant. But not so helpful at 3 a.m. or five minutes before a meeting, when most of what sets off our alarm system isn't actually dangerous - it just feels that way. Our emotions aren't the enemy, in fact, they provide useful information: they help us learn from experiences, stay close to what matters to us, and help us choose

what to do next. The aim isn't to get rid of feelings, but to better understand them, make room for them and use what they tell us to act effectively. The way we think, feel and behave are closely linked. You worry, you feel anxious, you cancel plans; cancelling brings short-term relief, which teaches your brain that avoidance has 'worked', and so the anxiety grows. This vicious cycle, is why people slowly stop doing things they enjoy and care about.

To overcome anxiety, even though it may feel uncomfortable, we must be willing to face it and stay with it, using skills and strategies to reassure our system 'it's safe', and these feelings are harmless. Emotions are much like waves that rise and peak and fall, by taking a few straightforward steps, we can ride the waves and allow anxiety to ease, so you can get on with doing what really matters to you in your life. Here are five, practical steps you can take to ease anxiety today.

1. Drop anchor when the wave hits.

ACE anxiety with these three simple steps: **A**cknowledge, **C**onnect & **E**ngage.

Firstly and importantly, **Acknowledge** the thoughts and feelings present, especially if they are difficult or uncomfortable. Next, **Connect** with your body, press your feet into the floor, straighten your back, move gently, maybe a stretch or shrug of your shoulders, soften your jaw and breathe slowly, so the out-breath is a little longer than the in-breath. Be aware of your thoughts and feelings, and *also* aware of your body while actively moving it. Then, **Engage** with the world around you, look and notice 3 or 4 things you can see and hear. This anchor holds you steady so you can give your full attention to the task or activity ahead. You may want to repeat the ACE cycle slowly 3/4 times. We recommend practising first, so you can use this tool when needed.

2. Thoughts are not facts.

We often think of thoughts as facts. But believe it or not, thoughts are *just thoughts*. Anxious thoughts, included, are an entirely normal part of being human. When a scary thought shows up, create a little distance by adding "I'm having the thought that..." (e.g. "I'm having the thought that I'll mess this up."). You're not trying to get rid of your thoughts. You're just loosening their hold, unhooking from their story, so you can choose your next step toward what matters. This is called *defusion*. Also, if you'd like a guided practice, try the audio Leaves on a Stream in the YMW app.

3. Breathe to steady, then act.

Breathing exercises help activate the parasympathetic nervous system, your body's natural relaxation response. Box breathing, extended exhale, physiological sigh and many more you can choose from are on the YMW app, including visualisers and audios to coach you as you practice.



4. Thank you mind!

Noticing and naming our thoughts and feelings is an important skill to practice. Your mind can be like an overly helpful friend, and your brain is looking out for you, so when difficult thoughts pop up, acknowledge by saying to yourself, "Thanks mind, I know you are trying to help. I've got this, it's okay. I'm dealing with it."

5. Actions first, confidence follows.

Be willing to leave your comfort zone and make room for anxiety, fear & self-doubt. Confidence comes from taking action. Feelings of confidence will come later. Ask yourself: What is the smallest, simplest step I could take toward what matters to me?

If you are experiencing anxiety. You don't have to struggle alone. Getting professional guidance using evidence-based therapies, such as Acceptance & Commitment Therapy, and Cognitive Behavioural Hypnotherapy can make a real difference for general, social and health anxieties, panic and phobias.

If you're ready to feel steadier and get back to doing what matters, please book a free 30-minute consultation to explore how we can work together.

FROM OVERWHELMED TO EMPOWERED

understanding how you cope with stress

Stress is a natural and unavoidable part of life. It is our natural reaction to perceived threats or challenges, triggering a cascade of physical and emotional responses designed to help us survive and adapt. For our early ancestors, this fight-or-flight response was vital. It prepared the cavemen (and women) to be on the lookout for danger, ready to either confront the sabre-toothed tiger or escape quickly. However, in modern life, where threats are often psychological or ongoing, this response can be less helpful. We react to the email from our boss, or the bill landing on the doormat, in exactly the same way as if it were a tiger about to attack.

While stress can be helpful in short bursts, it becomes problematic when it's activated too often or for prolonged periods. The opposite of fight-or-flight is the rest-and-restore state, where our nervous system calms down, repairs and recovers. Balancing these responses is key to managing stress effectively.

According to psychologist Richard Lazarus' well-established model of stress, stress arises when we *perceive* that the demands placed on us exceed our ability to cope. It's not just the event itself, but how we interpret and respond to it that shapes our experience. Everyone experiences stress differently, and importantly, we all have unique ways of coping. Understanding your personal coping style and the strategies you

naturally use to manage stress can help you recognise what works for you and how you can develop more effective ways to handle life's pressures.

Coping styles generally fall into a few categories:

- *Problem-focused coping*: This means tackling the problem head-on, finding practical solutions, and taking action to change the situation.
- *Emotion-focused coping*: Here, the focus is on managing your emotional response, finding ways to soothe yourself, reframe the situation, or seek support.
- *Avoidant coping*: Sometimes, people try to avoid the stressor altogether, whether by distraction, denial, or withdrawing.
- *Proactive coping*: This involves anticipating potential stressors and preparing for them in advance, building resilience before challenges arise.

Most of us tend to rely on one or two of these styles more than others, often without realising it. For example, you might be someone who immediately jumps into problem-solving mode, which works well for practical challenges but might leave emotional needs unaddressed. Or maybe you tend to avoid difficult situations, which can provide short-term relief but may increase stress over time.

Research shows that flexibility in coping - being able to adapt your coping style to the situation - is linked to better mental health and well-being. When you understand your go-to style, you can start to expand your toolkit, choosing the most helpful approach for each challenge. Recognising your coping style also helps you spot unhelpful patterns. For example, if you often use avoidance, you may miss opportunities to resolve problems or connect with others. Whereas, focusing solely on problem-solving, you might neglect your emotional needs.

That's why I created the **What's Your Coping Style?** quiz, to help you identify your unique patterns and discover new practical strategies. Taking the quiz is the first step toward greater self-awareness and empowerment. By understanding your coping style, you will gain:

- **Insight:** See how your responses shape your stress experience.
- **Choice:** Learn to choose coping strategies that serve you best.
- **Balance:** Develop a flexible approach that supports both action and emotional well-being.
- **Resilience:** Build skills to move forward more effectively from setbacks.

Stress doesn't have to be overwhelming. In fact, some stress is actually helpful. It can motivate you, sharpen your focus and energise you to meet challenges. This kind of stress, often called 'eustress,' can boost performance, enhance problem-solving, and help you grow stronger through overcoming obstacles. The key is learning to manage stress so it supports you rather than overwhelms you. With the right awareness and tools, you can transform stress into a source of strength and growth.

If you're ready to explore your coping style, take the quiz at yourmind.works/coping or scan the QR code now. It's quick, insightful, and the first step toward a calmer, more balanced life. If you need any support in coping with stress, please reach out.



FAQs

A B O U T T H E R A P Y

What issues can therapy help with?

Therapy helps with stress, anxiety, worry, fears and phobias, low mood, sleep difficulties, chronic pain, relationship challenges, unwanted habits, life transitions, and so much more. Ultimately, therapy can help with anything that's keeping you stuck or pulling you away from what matters to you most. The beauty of an integrative approach is its adaptability to your unique situation.

Is therapy only for when I'm struggling?

Not at all. While therapy is invaluable during difficult times, it's just as powerful a tool for personal development, self-discovery, and reaching life and career goals. We can work on enhancing your mindset, building confidence and assertiveness, addressing procrastination and perfectionism, or managing public speaking nerves. Therapy is an investment in thriving, not just surviving.

What actually happens in a session?

My approach is always collaborative, evidence-based, and tailored specifically to you. We begin with an in-depth assessment, agree on your goals and treatment plan, and provide a safe, confidential space to support you. All clients receive access to a private space on my YMW app where you can access personalised tools, resources, audio recordings, track progress, and message me between sessions. We can meet in person locally or online, whichever works best for you.

Your most frequently asked questions about therapy & coaching.

What's the difference between therapy and coaching?

Therapy is typically specific and time-limited, meaning we agree on a number of sessions (usually around 6 weekly sessions, depending on your situation) to address your presenting issue. Coaching is more future-focused, supporting your goals, mindset, well-being, personal development, and professional growth over a longer timeframe. With coaching, our relationship evolves as we work together, helping you navigate challenges as they arise and building sustained progress toward your goals.

Is hypnotherapy like stage hypnotism?

No, Cognitive Behavioural Hypnotherapy (CBH) is an evidence-based therapy, which enhances your results. There's nothing magical, you don't "go into a trance" or lose control like you see on stage. Instead, it involves coached, focused attention, helping you learn to be intentional with your thoughts and focus. Rather than accidentally practising anxiety or self-doubt, you rehearse calm, confidence, and helpful actions. Like an athlete might visualise winning a race, this structured mental practice strengthens the same brain pathways as real practice, transforming insight into lasting change.



with

LUCY MUNDY

MSc, BSc (Hons) Psychology,
HDipCBH, GMBPsS, MNCIP (reg)

Qualified Integrative Psychotherapist, Coach and Accredited Mindfulness Teacher specialising in stress, anxiety, sleep and chronic pain. With 25+ years of experience helping people achieve success and well-being. Supporting clients through evidence-based approaches and my unique Your Mind Works app. Appointments online or in-person across North Warwickshire, Leicestershire and South Staffordshire.

Does online therapy work? Yes, it has been proven to be as effective as in-person for a wide range of issues, with the added benefits of convenience, comfort and no travel time. Clients generally feel more at ease from the familiar environment of their home. It also enables me to work with clients from all over the world.

How do I know if I'm ready for therapy?

You're ready when you're curious about change. Perhaps you've noticed patterns that aren't serving you well, or you're facing a challenge that feels overwhelming. Maybe you're simply interested in understanding yourself better. There's no "right" time, but the best time is when you feel motivated to explore new possibilities. Remember, seeking support is a sign of strength, not weakness.

What if I'm worried about sharing personal information?

Your privacy is my priority. Everything we discuss remains confidential, with exceptions only in cases of imminent harm. You control what you share and when. Most clients find that expressing difficult thoughts in a judgment-free space quickly outweighs any initial discomfort.

What kind of results can I expect, and how long will it take?

Many clients report feeling better just by having a safe space to explore their concerns. You can also expect to gain practical tools, fresh perspectives, and deeper self-understanding. Most people notice meaningful shifts within a few weeks. I believe in measurable progress; together, we'll track improvements using evidence-based tools as well as your own experience of change.

How much does therapy or coaching cost, and is it worth the investment?

Current pricing is available on my website. I offer package options that provide better value while encouraging commitment to the process, which research shows leads to better outcomes. Therapy is an investment in yourself that pays dividends across all areas of life. Consider not just the cost of sessions, but also the ongoing price of your challenges, whether that's reduced productivity, strained relationships, or limited well-being.

Ready to find out more?

Book a free 30 minute consultation with me to explore further, get advice, and decide what support will best suit you, schedule now at yourmind.works

“When your
mind works
with you,
instead of
against you,
everything
changes.”



WWW.YOURMIND.WORKS

READ MORE ONLINE