



I'm not a robot

































Start your day in a calm state. Take a break from a difficult situation. Or take time for yourself to settle from your day before you go to bed. Experience tranquility with "10 minute Try just 10 minutes of your day in Let me show you a super fast anti- Try my app Pocket Breath Coach (link on channel page). Customize the breathing pattern, listen while using other apps, set sleep timer to my channel for regular videos on everything Trauma, Psychology and Mental Health related! Spiraling, overthinking, worrying – it happens. Just 2 weeks of Headspace