



I'm not a robot

































Dr Alastair Dobbin and Deborah demonstrate a simple breathing In this video, a doctor explains a self-help Dr Alastair Dobbin demonstrates a What if you could transform your Do you want to learn How to Process Emotions and improve your Mental Health? Sign up for a Therapy in a Nutshell Membership,Â ... In stressful times you can use the power of your breath to help calm feelings of This short film has been produced by Coventry and Warwickshire Partnership