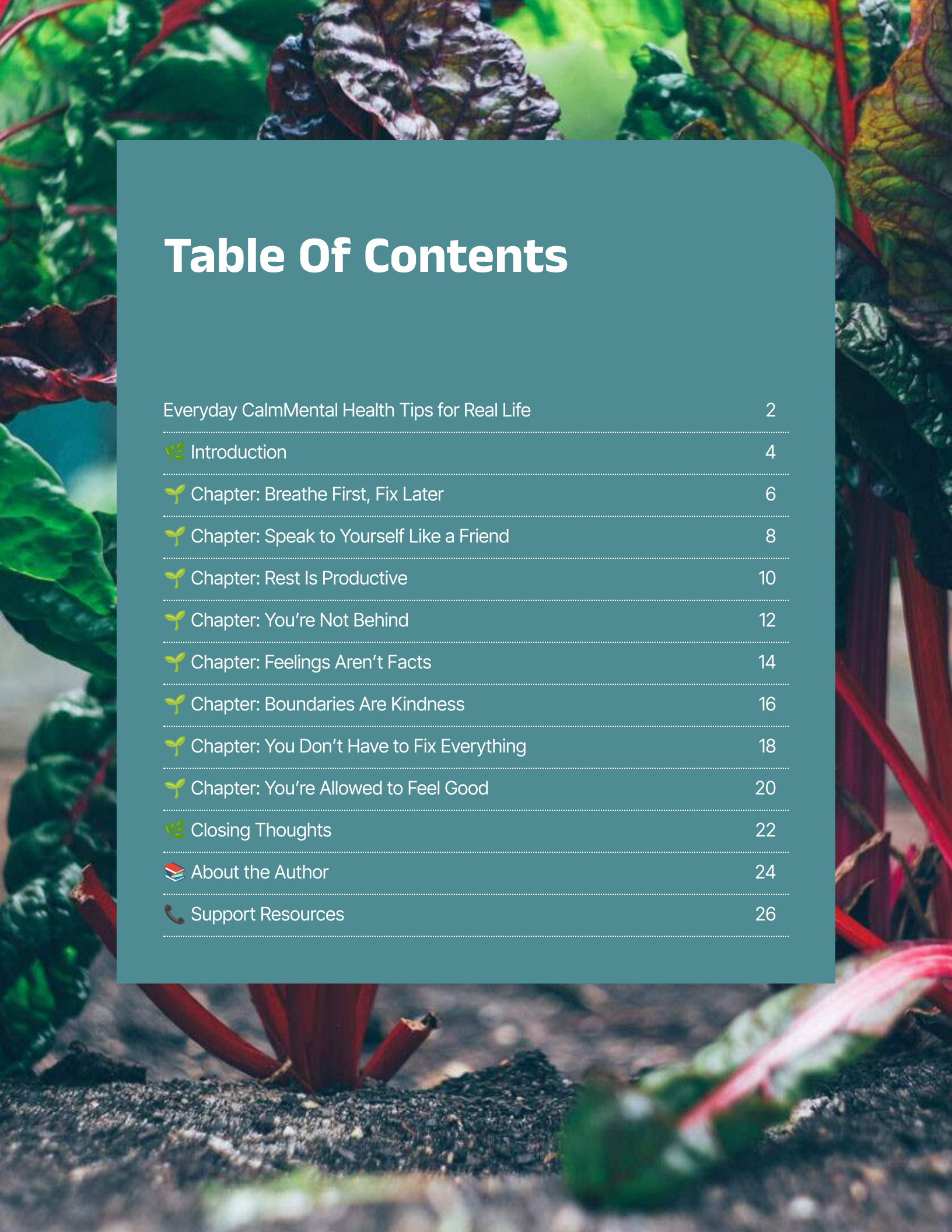
Everyday Calm

Nicola Di Lenardo

This book reveals simple yet effective strategies for maintaining mental wellness amid everyday stressors.



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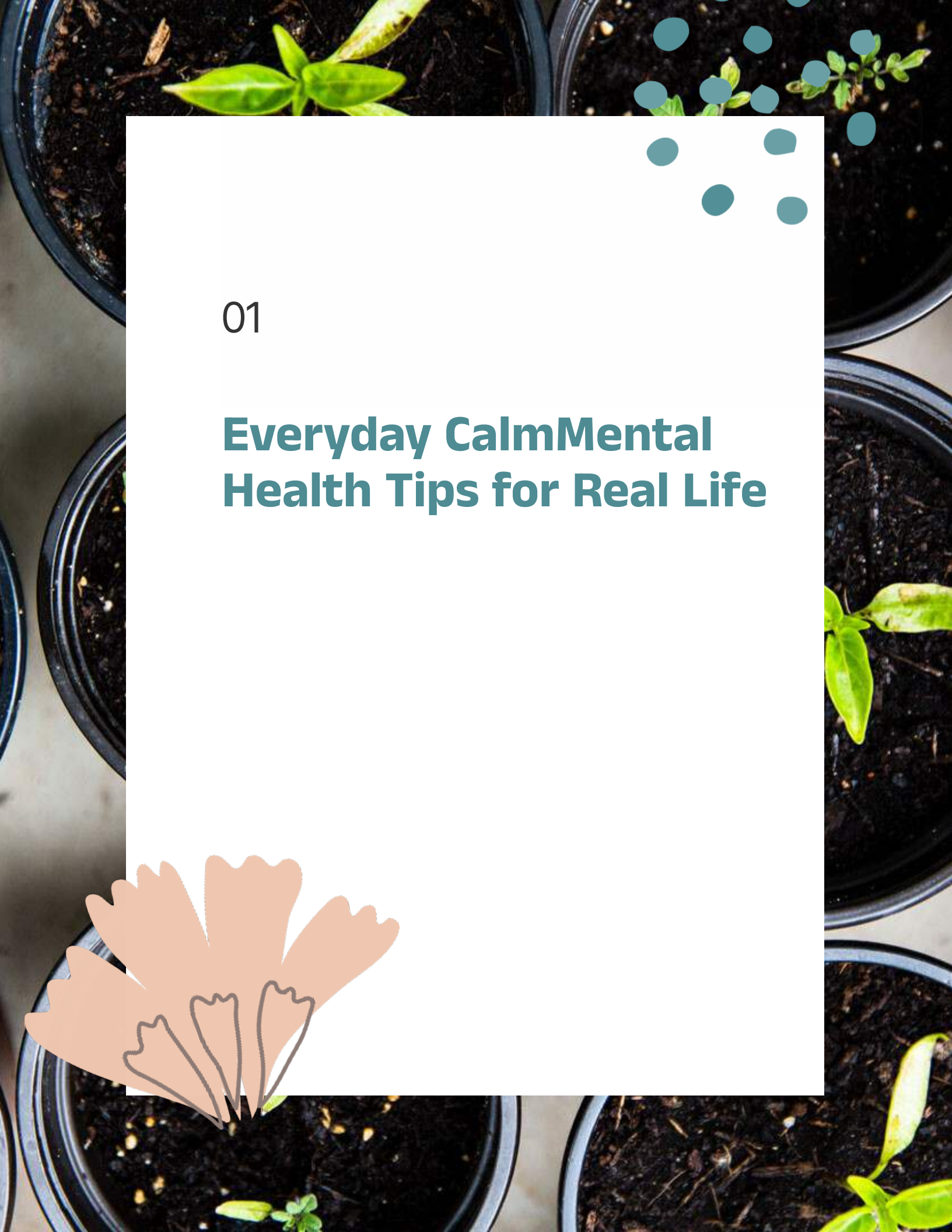


01

Everyday CalmMental Health Tips for Real Life





By Nicola Dilenardo

Therapist & Clinical Supervisor



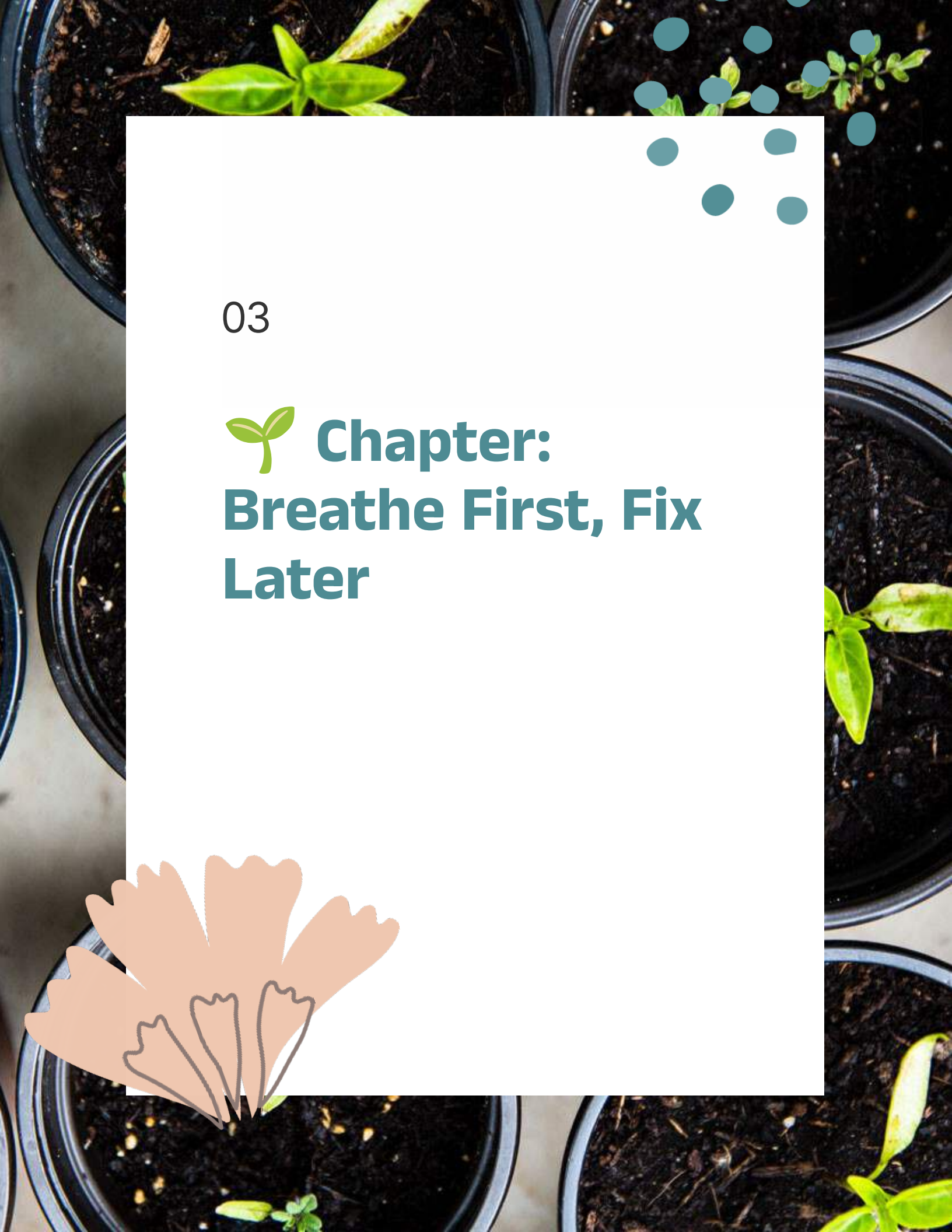
02

Introduction

This little book is here to remind you: you're not alone, and you don’t need to be perfect to find peace.
Each page offers a gentle mental health tip you can use in everyday life —no pressure, no jargon. Just small, kind ways to support your mind and body.

Whether you're navigating stress, anxiety, low mood, or just life being a lot... I hope something here helps you breathe a little easier.

You deserve to feel supported, even on the tough days.



03

🌱 Chapter: Breathe First, Fix Later

When anxiety strikes, pause. Slow, steady breaths help ground your body and mind.

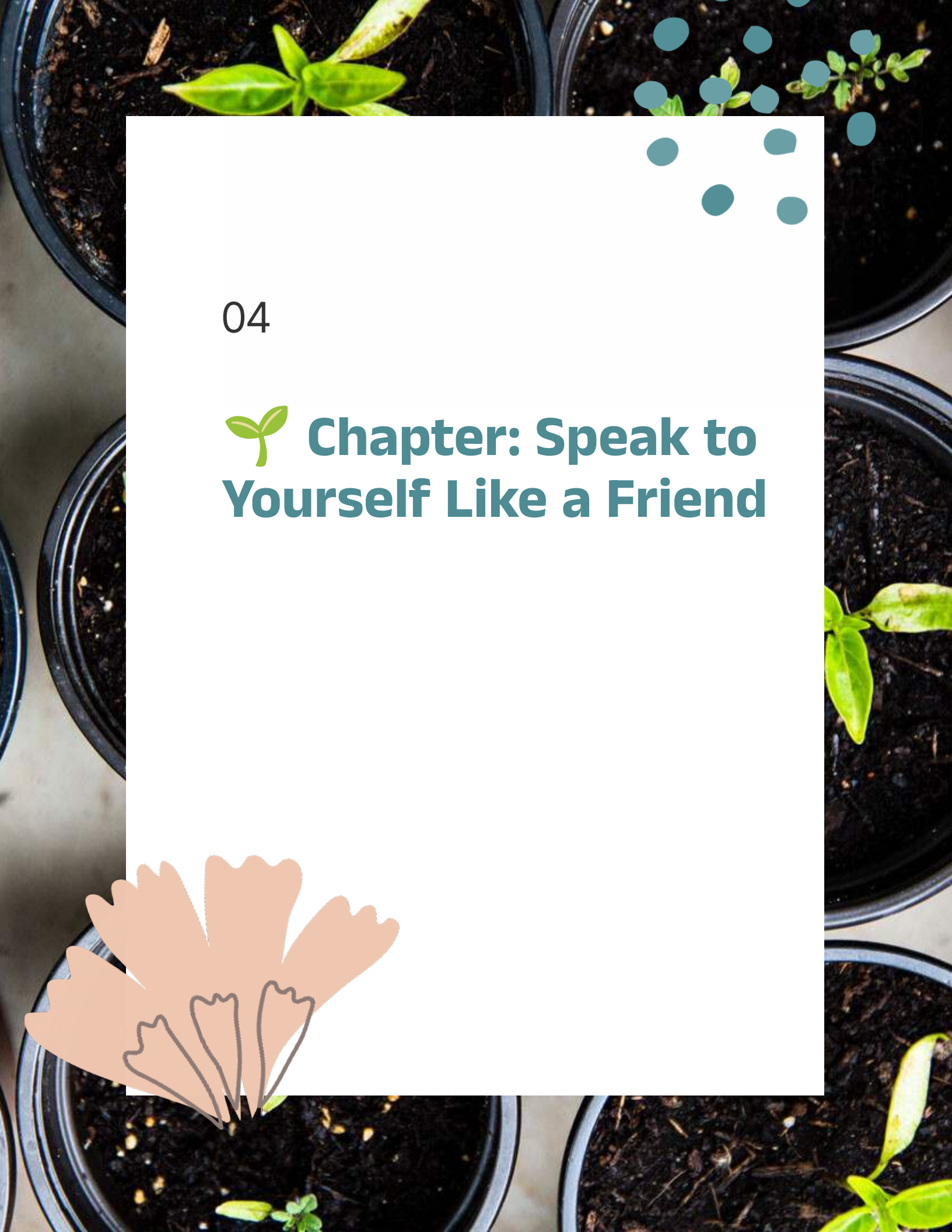
How to Use It:

- Inhale for 4 seconds, hold for 4, exhale for 6.
- Try it when you're overwhelmed, anxious, or rushing.
- It won't fix everything—but it helps you start from calm.

Why It Works:
Deep breathing activates your body's calming system and tells your brain, “I’m safe.” When you feel safer, your thoughts untangle.

“I don’t have to rush. I can start with one breath.”





04

🌱 Chapter: Speak to Yourself Like a Friend

Notice your inner voice. Would you speak to a friend the way you speak to yourself?

How to Use It:

- When you catch a harsh thought, pause.
- Replace it with something kind and true. Example: "I'm not failing—I'm learning."
- Practice writing kind messages to yourself.

Why It Works:
Self-kindness builds resilience and reduces shame. You don't need to be hard on yourself to grow—you need support.

"I deserve the same kindness I give others."





05

🌱 Chapter: Rest Is Productive



Rest isn't laziness—it's essential. Your brain and body need downtime to function well.

How to Use It:

- Schedule breaks, naps, slow mornings without guilt.
- Honour tiredness like you would hunger or thirst.
- You don't need to earn rest. You already deserve it.

Why It Works:
Rest restores energy, focus, and mood. Overwork leads to burnout; gentle rest leads to balance.

"I am allowed to rest."



06

🌱 Chapter: You’re Not Behind

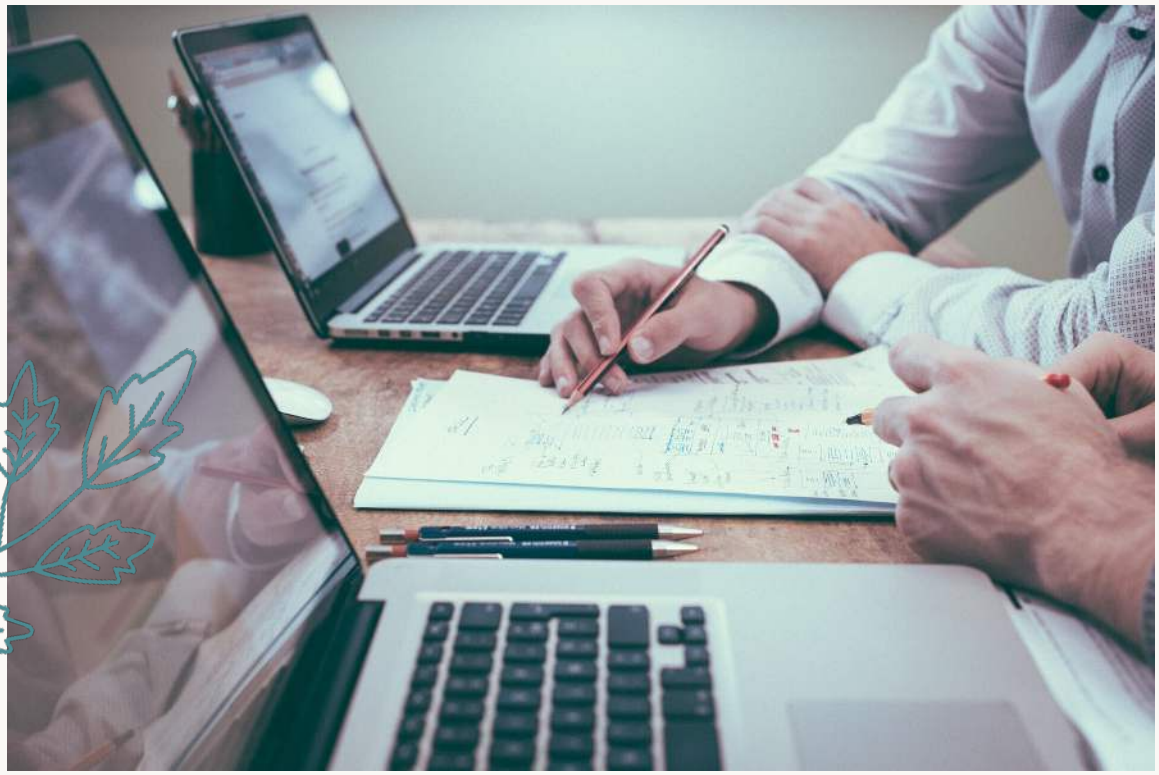
You're not late or lacking. You're living. Life is not a race—and your path is your own.

How to Use It:

- Avoid comparing your progress to others.
- Reflect on how far you've come instead of where you "should" be.
- Remind yourself: growth isn't always visible.

Why It Works:
Comparison fuels anxiety. Self-acceptance creates peace.

"I am exactly where I need to be."





07

🌱 Chapter: Feelings Aren’t Facts

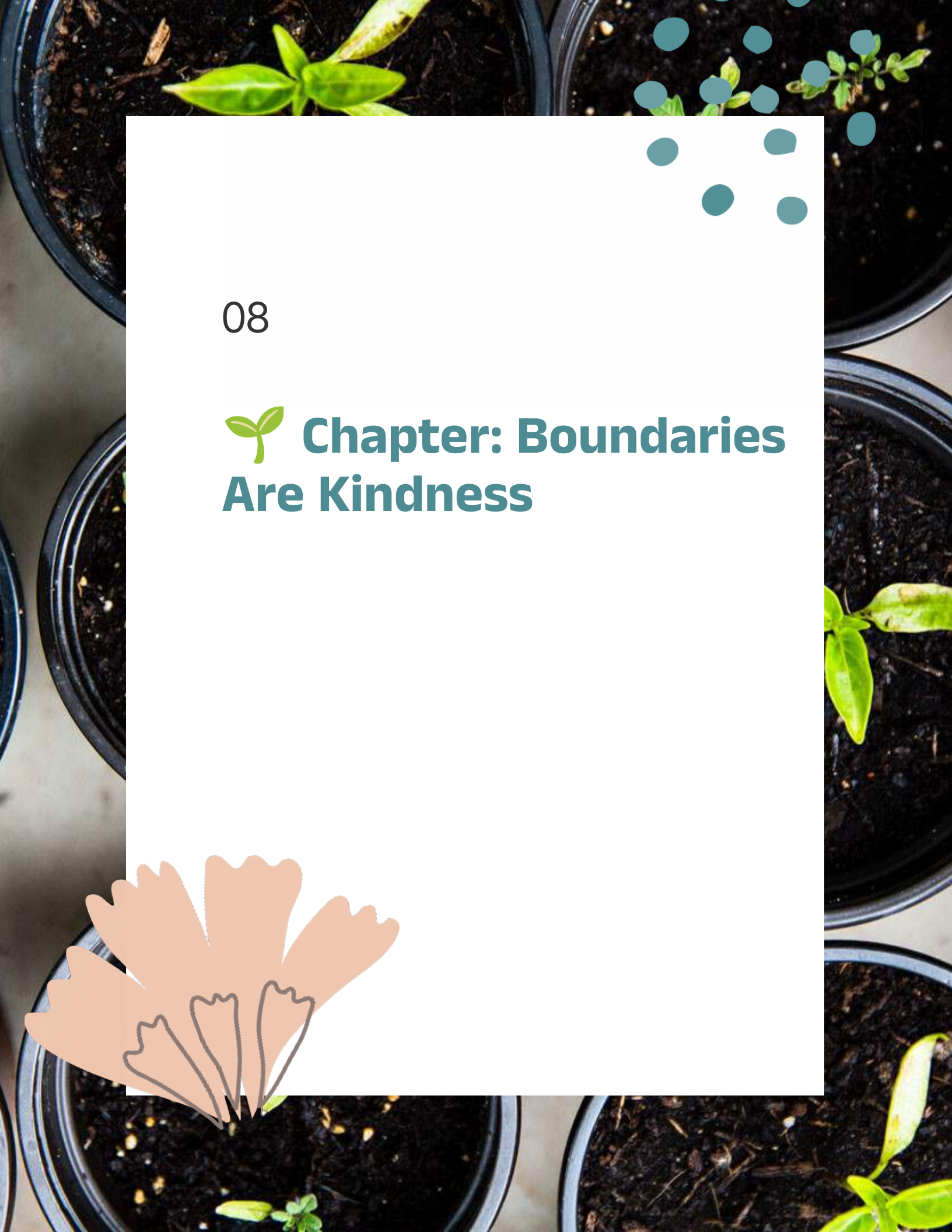
Just because you feel something doesn't make it true. Emotions are real—but not always accurate.

How to Use It:

- Pause and name what you're feeling.
- Ask: "What else might be true right now?"
- Use journaling to untangle thought from truth.

Why It Works:
Thoughts influenced by fear or stress can distort reality. Stepping back helps create clarity.

"My feelings are valid, but they don't define me."



08

🌱 Chapter: Boundaries Are Kindness

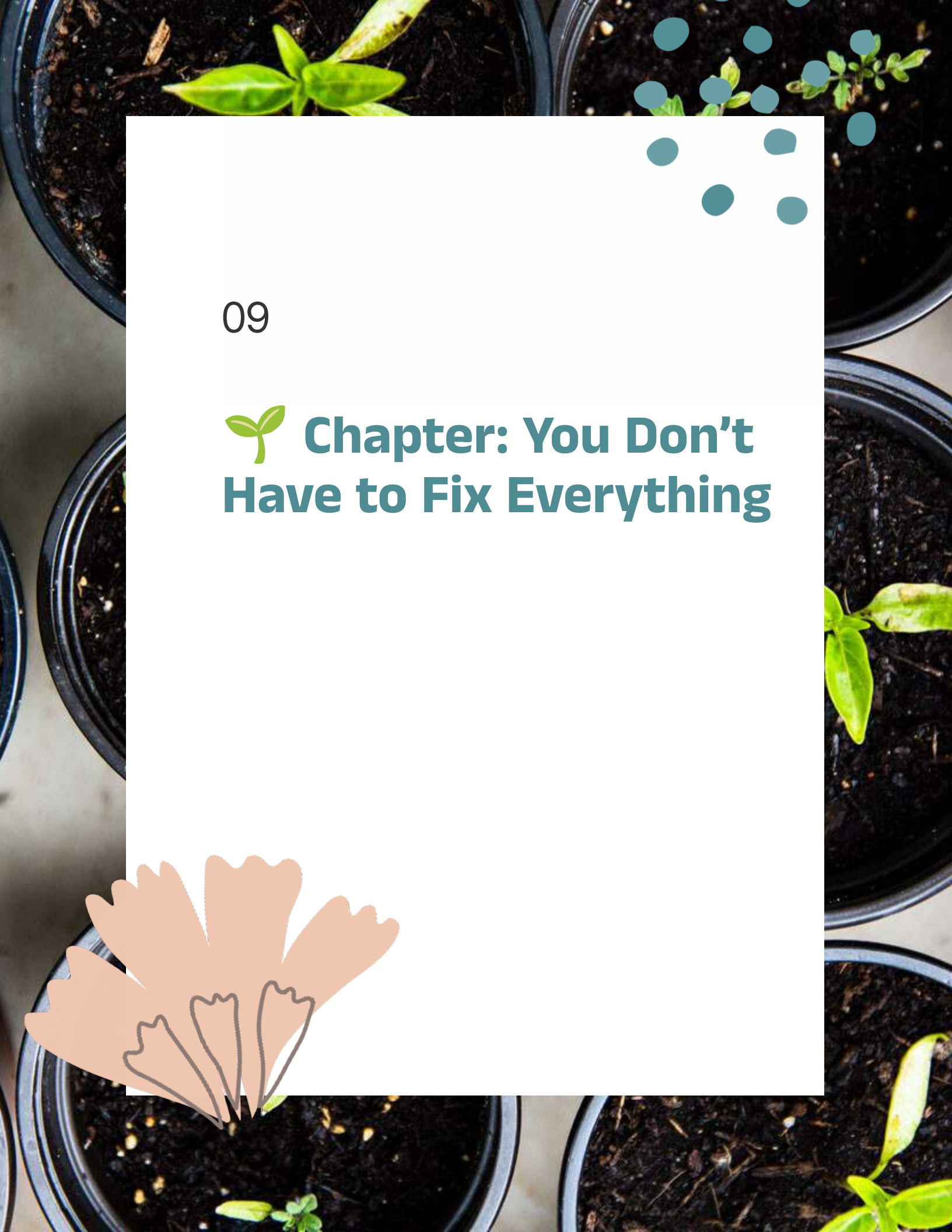
Setting limits protects your energy, not your ego. It's not rejection—it's self-respect.

How to Use It:

- Practice saying no with kindness.
- Limit time with people who drain you.
- Protect your rest, space, and peace.

Why It Works:
Healthy boundaries reduce stress, prevent burnout, and build mutual respect.

"Saying no to others is sometimes saying yes to myself."



09

🌱 Chapter: You Don’t Have to Fix Everything

You're allowed to simply witness someone's pain. Not every wound needs your solution —just your presence.

How to Use It:

- Hold space without advice.
- Ask: "Do you want support or suggestions?"
- Let silence be part of the support.

Why It Works:
Support doesn't always mean solving—it means being with, not doing for.

"Being present is powerful."



10

🌱 Chapter: You’re Allowed to Feel Good

Joy doesn't mean you're ignoring the world's pain. You can hold light and dark at the same time.

How to Use It:

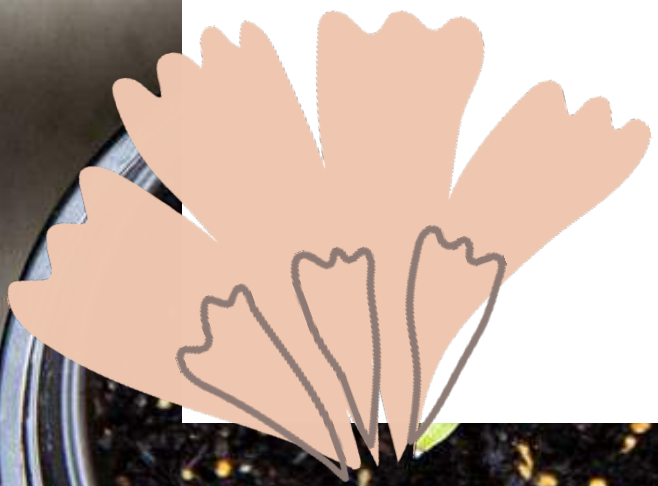
- Let yourself laugh, dance, enjoy small moments.
- Guilt-free joy is healing.
- You're not selfish for choosing joy.

Why It Works:
Pleasure and play restore nervous system balance and support emotional resilience.

"Joy is not indulgent—it's medicine."

11

🌿 Closing Thoughts



Thank you for taking the time to be kind to yourself today.
Small moments of care—like reading this book—can have a big impact over time.

You are doing the best you can with what you have. You don't have to be perfect. You just have to keep showing up with care.

Take what you need. Leave the rest. Come back any time.



📚 About the Author

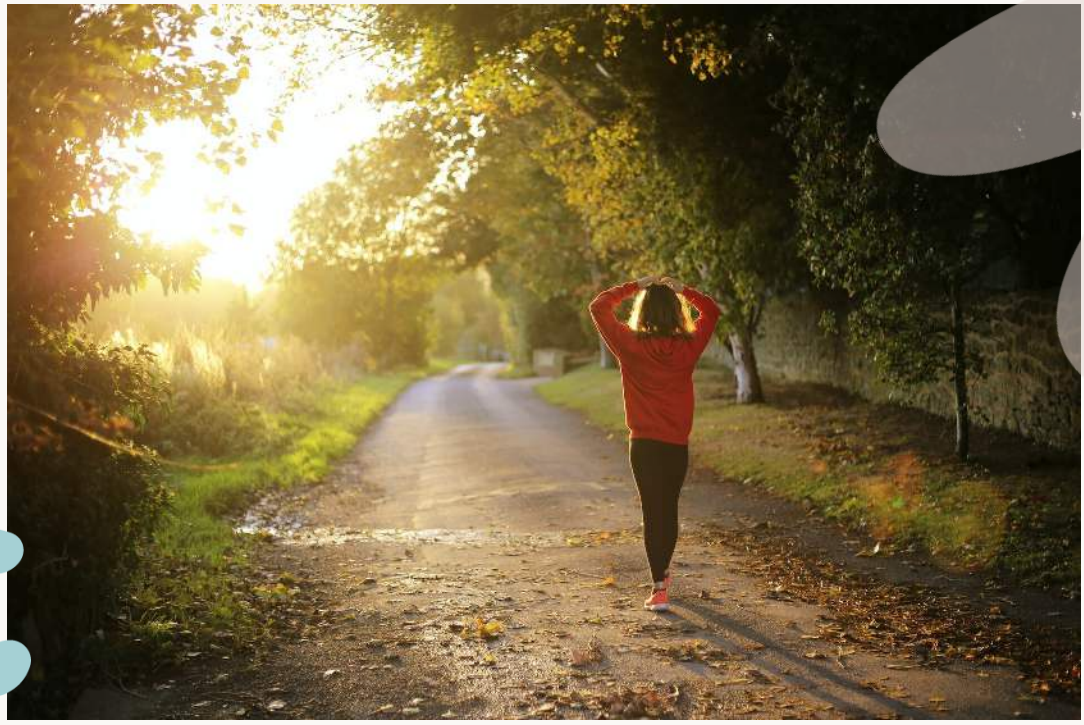
Nicola Dilenardo is an experienced therapist and clinical supervisor based in the UK. She leads counselling services in a busy GP practice, runs a community mental health hub, and actively supports men's mental health through grassroots football.

Nicola works integratively, drawing from trauma-informed, relational, and person-centred approaches. She believes in the power of small steps, warm spaces, and meeting people where they are.

🌐 www.nicoladilenardotherapy.co.uk



📞 Support Resources



If you're struggling, please don't do it alone.
Here are some UK-based support services:

- Samaritans – 116 123 (24/7)
- Mind – 0300 123 3393
- SHOUT – Text ‘SHOUT’ to 85258
- NHS 111 – For urgent mental health support

Everyday Calm

Everyday Calm offers gentle, practical mental health tips to help you navigate the complexities of daily life without the pressure of perfection. With eight insightful chapters, Nicola Di Lenardo encourages readers to embrace self-kindness, establish boundaries, and find peace in moments of chaos. Discover how small, mindful actions can lead to greater emotional resilience and a more balanced life.