

And Relax... magazine

Description

And Relax ... our monthly members' magazine



And Relax... is our exclusive monthly, digital membership magazine which lands in members' inboxes at the beginning of every month, bringing expert-led content tailored for those seeking support and understanding around anxiety.

Each issue delivers practical advice, personal stories, and the latest research, helping you navigate anxiety with confidence and community. See below for highlights of just some of the topics covered in previous editions of *And Relax..*

Expert article

Making sense of misophonia – *selective sound sensitivity syndrome*

Misophonia is an extreme emotional reaction to certain everyday sounds that most would find relatively easy to ignore.

We spoke to Counselling Psychologist Dr Tom Graham to understand more about this little-known

condition, and why you shouldn't feel alone if it's something you struggle with.

[Read the full article from **And Relax** here](#)

Living with anxiety Overcoming agoraphobia – *how I learnt to breathe through the fear*

As a teenager confined to her house through anxiety, Katy couldn't imagine she would be where she is now – a Ms. Great Britain Surrey finalist flying between the Netherlands and England. She tells us about the twists and turns of her journey, and why she's determined to bring agoraphobia out of the shadows.

[Read the full article from **And Relax** here](#)

Expert article

Is this the future for diagnosing social anxiety?

Researchers from the University of Nottingham are using virtual reality (VR) technology to create realistic scenarios, where young people can experience social situations that commonly trigger anxiety. By monitoring physical changes like heart rate and skin response in these environments, they aim to gain deeper insights into emotional reactions – enhancing the accuracy and effectiveness of assessments.

[Read the full article from **And Relax** here](#)