



Managing and supporting change – Samantha's Story

September, 2026

Samantha, a 47-year-old from North East Cornwall, contacted the Step into Wellness team after reading a post on social media, wanting to try something new that could help her navigate challenges that were affecting her wellbeing.

Before joining the programme, Samantha described herself as **“okay”** but struggling with low mood, depression, unsettled sleep, and menopausal symptoms. She was experiencing an overactive mind, extreme tiredness, and hormonal changes, and was looking for practical ways to manage these difficulties. Following an open conversation, Samantha highlighted that she would benefit from support to develop tools for calming her mind, helping her to develop a healthier approach to rest and sleep, and strengthening her confidence in caring for herself during a period of change.

Sharing experiences

Through the Step into Wellness programme, we offered Samantha a nurturing environment to explore the best strategies for managing her anxiety and a busy mind. The sessions incorporated mindfulness, meditation, calming breathing techniques, and gratitude practices, equipping her with the tools she could apply in her daily life.

Additionally, we fostered a sense of connection and engagement within the group, providing Samantha with opportunities to meet new people, build friendships, and share her experiences with others facing similar challenges. The sessions were conducted in a warm, welcoming, and approachable manner, allowing participants to express themselves freely and engage at their own comfort level—this meant that Samantha could open up at her own pace.



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"I felt completely comfortable when I walked in for the first session. The facilitator was warm, welcoming & approachable from the outset. Their approach was pitched perfectly for my needs & that of the group. I felt able to speak freely & felt really listened to. The support they provided was excellent." **Samantha**

Connection matters

Samantha shared that she especially enjoyed connecting with new people and found the mindfulness and gratitude sessions to be beneficial – during these sessions we focused on reflecting, expressing, and amplifying appreciation for the positive aspects of life.

She mentioned feeling ***"armed with new measures to try out,"*** which included calming breathing techniques and meditation. Although she described it as ***"early days,"*** Samantha has already started to make small adjustments to her evening routine. She is now avoiding her mobile phone before bedtime and instead focuses on reflecting on something positive that occurred during the day or week, aiming to reduce stressful or negative feelings before sleep.

The impact of Step into Wellness

Step into Wellness has equipped Samantha with practical tools and steps to enhance her wellbeing during a time when anxiety, fatigue, disrupted sleep, and hormonal fluctuations were impacting her life.

Instead of feeling like she must navigate these challenges alone, she now has various methods to explore independently, including breathing exercises, meditation, and gratitude practices. Additionally, connecting with new people has brought her immense joy and increased her confidence to embrace new experiences. Samantha feels empowered and recognises that she is not alone in this journey. **These are significant steps toward feeling more connected, confident, and capable of supporting herself through changes in life.**

