



CHRIST
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COUNSELLOR'S NOTE JANUARY 2026

THE QUIET WORK OF BEGINNING AGAIN

January often arrives with noise, goals, plans, timelines, and expectations. Psychologically, beginnings can feel just as heavy as endings. There is excitement, yes, but also an unspoken pressure to move, improve, and prove that this year will be different. Many people experience anxiety in January not because something is wrong, but because change is being demanded too quickly.

From a psychological lens, true beginnings are rarely loud. They are subtle. They start with orientation — noticing where you are, how you feel, and what your nervous system needs after the intensity of the year gone by. Before momentum comes settling.

A helpful question to reflect on this month is:

What pace feels sustainable for me right now?

Growth does not require urgency. In fact, when we rush beginnings, we often recreate old patterns with new labels.

January can be a month of permission — permission to begin slowly, to choose consistency over intensity, and to

allow clarity to emerge instead of forcing it. Not every intention needs to be articulated immediately. Some take shape only when we give ourselves time.

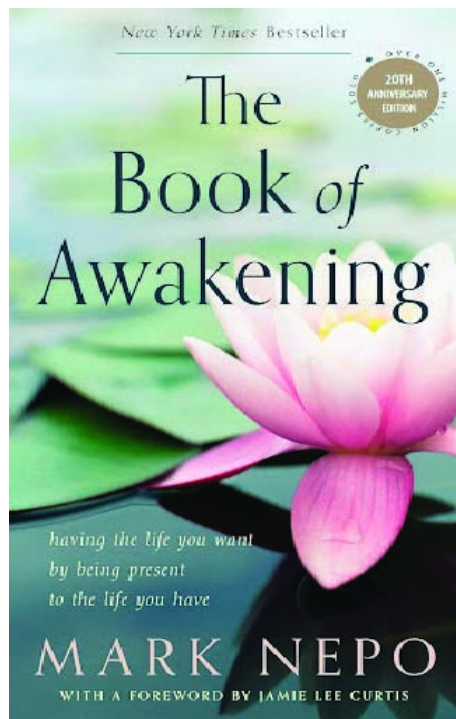
As this year unfolds, remember: beginnings are not about becoming unrecognisable versions of ourselves. They are about aligning a little more honestly with who we already are.

Wishing you a calm, intentional, and self-compassionate start to the year.

Book Recommendation

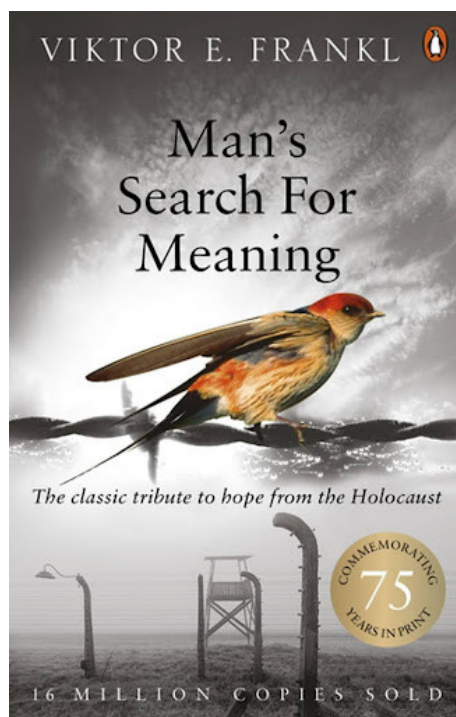


Wintering
by Katherine May



The Book of Awakening

by Mark Nepo



Man's Search For Meaning

by Viktor E Frankl

Video Suggestions

3 Ways to Start the New Year with a Healthier Mindset

[Watch Video](#)

Get in touch with your counsellor for additional resources and help

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