

AO PSYCHOLOGY NEWSLETTER



Issue #11 | March 2026

In our March edition, we explore how **uncertainty** and **anxiety** can quietly shape our inner world. Through our C.A.L.M. framework, we share bite-size psychological insights on sudden anxiety, simple somatic practices to help regulate the nervous system, and reflections on psychotherapy as a space for understanding and growth — alongside learning opportunities designed to help you reconnect with clarity and calm.



COURSES

An Inner Compass Workshop

Sat, 7 Mar

11:30AM - 12:30PM

Conducted by
Nicole Lim
Counsellor



Feeling stuck doesn't mean you are failing. Often, it reflects long periods of coping. Pause and explore what lies beneath. Reconnect with values guiding meaningful next steps. Discover clarity and compassion within yourself. ♥

ARTICLES (BLOG)



Managing Sudden Anxiety in Times of Global Conflict

Global conflicts like the US-Iran situation can trigger deeply personal anxiety. When someone you love is suddenly in danger. Even thousands of kilometres away, fear feels immediate. Why does this happen — and how cope?

Read Dr. Kimberly's insights on sudden anxiety.

Click [here](#) for more of Dr. Kimberly Inner Sanctum" blog posts.



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[Read] "Does going for psychotherapy mean something is wrong with me?"



Absolutely not. Psychotherapy is not about being "crazy," but about understanding yourself better. It helps explore thoughts, emotions, and life experiences shaping your wellbeing.

Many people seek therapy for stress, anxiety, relationships, or personal growth.

Click here to learn how **psychotherapy** can support **healing and clarity**.

MINDFULNESS TIPS



A 3-Step Somatic Reset for When Anxiety Rises

(1) **Slow the Breath:** Gently inhale through your nose for 4 seconds, then exhale slowly for 6–8 seconds. A longer exhale signals safety to your nervous system.

(2) **Anchor Your Body:** Notice where your body touches the chair, floor, or ground. Press your feet lightly down and let your body feel supported in this moment.

(3) **Name the Feeling:** Quietly acknowledge what you are experiencing — "I'm feeling anxious right now." Naming the emotion helps the brain shift from alarm to awareness.

Sometimes calming anxiety begins not by controlling the mind, but by helping the body feel safe again. ♥

C O N T A C T U S



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