

Resources for Clarity & Balance

Intro: "I have carefully chosen these tools based on over a decade of personal advocacy and professional clinical practice. My goal is to provide you with simple, high-impact resources that bring a sense of clarity and ease to your daily life."

These resources are designed to be easy to use, culturally responsive, and available in **English, Punjabi, and Hindi**. They complement our counselling sessions or can be used independently to build skills, strengthen your nervous system, and support your confidence at home, work, or school."

[**BUTTON: Book a Free 15-Min Consultation →**]

Section: The Regulation Lab

The 5-Minute Grounding Practice "A practical tool for those moments when anxiety feels high or burnout feels heavy. Designed for sensory ease and immediate relief, this quick practice helps you regulate your nervous system and regain calm in real-life situations."

[**BUTTON: Download the Practice Guide (PDF)**]

Colour selection

- **Background:** Use a very light "wash" of your **Soft Blue (#A4C3D2)** (about 10% opacity) or **Soft Ivory (#F8F9FA)**.
- **Text Style:** Use **Deep Navy (#1B263B)** for the main text.
- **The Button:** Make the "**Book a Free 15-Min Consultation**" button your **Muted Gold (#C5A059)** with Navy text. This will make it the most important thing on the page.

The Regulation Lab (The "Feature" Tile)

- **The Header:** Put "The Regulation Lab" in all caps, centered, in **Deep Navy**.
- **The Card:** Place the **5-Minute Grounding Practice** inside a clean white box (card) with a thin **Gold (#C5A059)** border.
- **The Icon:** Add a small, elegant Gold icon of a "Leaf" or "Breathing Wave" next to the title.
- **The Download:** Under the description, have a clear Navy link or Gold button that says: "**Download the PDF Guide**".