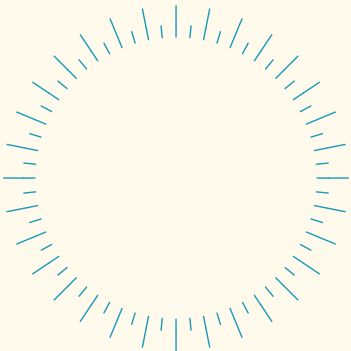
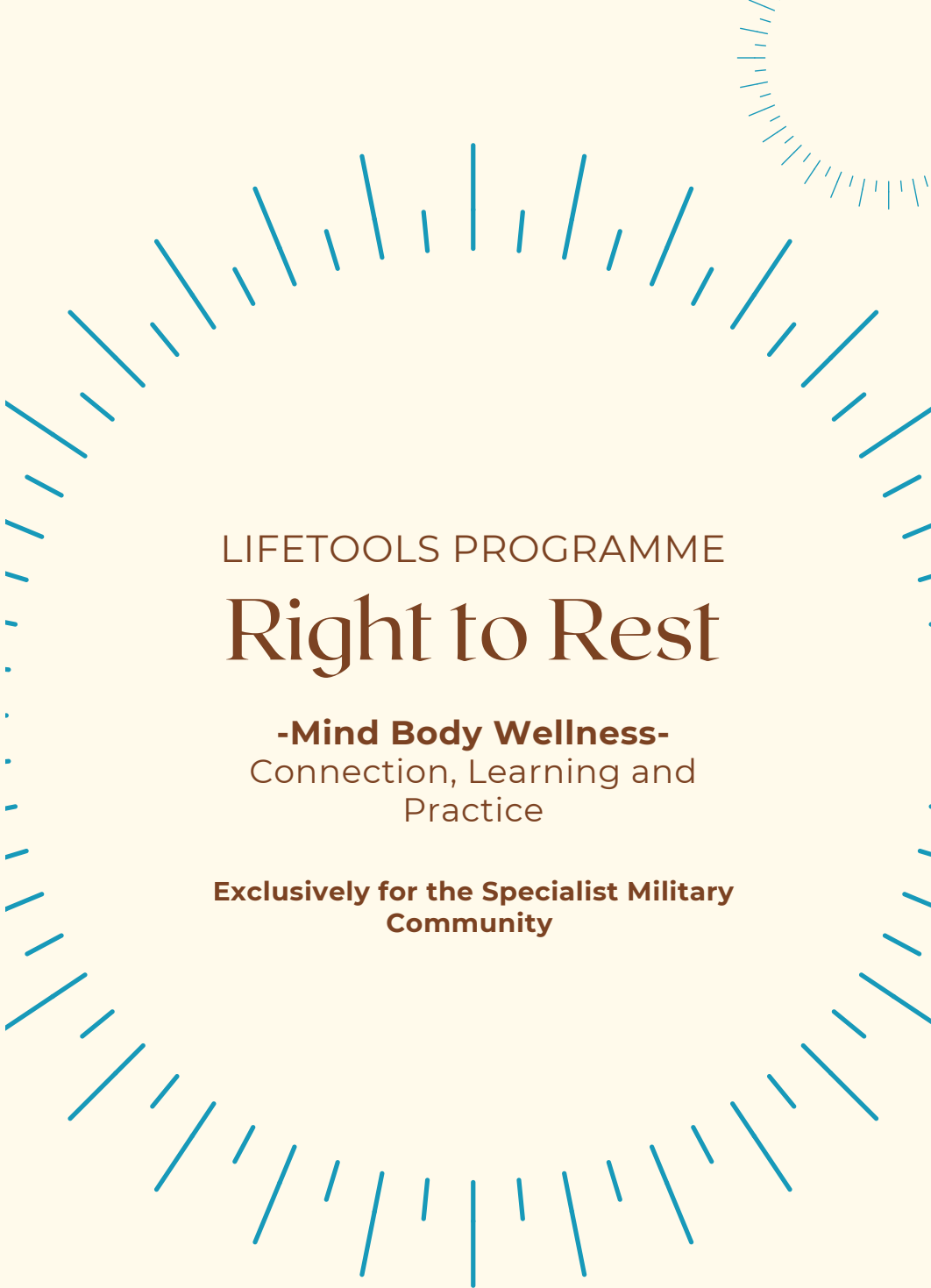




LIFETOOLS PROGRAMME

Right to Rest

-Mind Body Wellness-
Connection, Learning and
Practice

**Exclusively for the Specialist Military
Community**

Contact

Programme Facilitator:

Lauren.osullivan@breatheandrecover.com

Welcome

Welcome to the Right to Rest Wellness Programme—a **specialist Mind-Body Wellness initiative** designed exclusively for members of UK specialist military community.

This pioneering programme recognises the unique demands placed on those within the specialist military community and seeks to support the whole person—**mind, body, and nervous system**.

The Programme

At the heart of the programme is the understanding that **rest is not a weakness**, but a vital component of resilience and **long-term wellness** as well as performance.

Right to Rest offers a structured, evidence-based approach to recovery and regulation, combining modern psychological insights with ancient practices to foster deep wellbeing.

Whether you're transitioning from deployment, navigating the complexities of daily life, or seeking tools to support your partner, the Right to Rest programme offers a safe, grounded space to reconnect, restore, and reset.

This is your time to rest—and your right to reclaim balance.



THE NERVOUS SYSTEM & REGULATION

Understand how high-stress environments impact your autonomic responses, and how to shift from survival states into calm and balance.

THE MIND-BODY CONNECTION

Learn how your mental and emotional state is intimately tied to physical health—and how to use this relationship to promote healing and strength.

COMPASSION- BASED PRACTICES

Cultivate a kinder inner dialogue, Self-compassion is the inner skill of meeting difficulty with strength, self-awareness, and perspective—especially during moments of stress, perceived failure, or emotional pain.

TRAUMA INFORMED BREATH AND BODYWORK

Guided by an experienced Breath and Yoga facilitator, you'll learn practical techniques to regulate stress, release tension, and restore inner equilibrium.

Wellness Days & Retreats

A Multi-Layered Approach to Mind-Body Wellness.

The Right to Rest Wellness Programme is intentionally designed to meet the diverse and changing needs of specialist military personnel and their partners.

With a blend of in-person experiences, immersive retreats, and flexible online resources, the structure allows participants to engage in a way that fits with the pace and pressures of military life, fostering lasting personal and relational wellbeing.

Residential Retreats

Our multi-day retreats provide deeper immersion into the Right to Rest approach. Set in calming, private environments, these retreats are designed to allow true disengagement from operational stress and daily demands.

Participants explore themes such as change, communication, relational repair, and rest, while experiencing guided body-based practices, compassionate group work, and nourishing routines.



Wellness Days

Held at key locations across the UK, these one-day experiences offer a powerful introduction or reconnection to core principles of mind-body wellness.

Each day combines psychoeducation, practical tools, and restorative practices—including breathwork, and nervous system regulation techniques—guided by our experienced bodywork facilitator and psychologist.



TESTIMONIALS

"Such a beneficial day with loads of helpful advice to take away and utilise. Understanding how your internal systems work helps make sense of how to react to situations. It puts everything into perspective."

"It was great to have this space and time to myself, and to stop and think about what I need."



Online Programme & Resources

The Right to Rest Wellness Programme offers a range of free resources to support your wellbeing, including **Life Tools—a self-paced, two-module online course.**

Life Tools explores what affects your mental and physical health, using compassionate mind theory, breathwork, and nervous system regulation. With a mix of learning and practical exercises, it's designed to help you reconnect, restore, and reset—anytime, at your own pace.

What will I learn in Life Tools?

- How our minds are shaped by experiences and life events
- What influences our mood, thoughts, physiology, and behaviour
- How to identify what's helpful and what's harmful
- How to recognise your personal stress signature
- Breath practices to help regulate the nervous system
- Practical strategies to support health and wellbeing

PRACTICE AND RESOURCES

The Right to Rest Wellness Programme also provides **ongoing resources and practices** specifically designed to support the wellbeing of the specialist military community.

These tailored materials offer practical tools, reflective exercises, and body-based approaches to help manage stress, build resilience, and promote long-term mental and physical wellness.



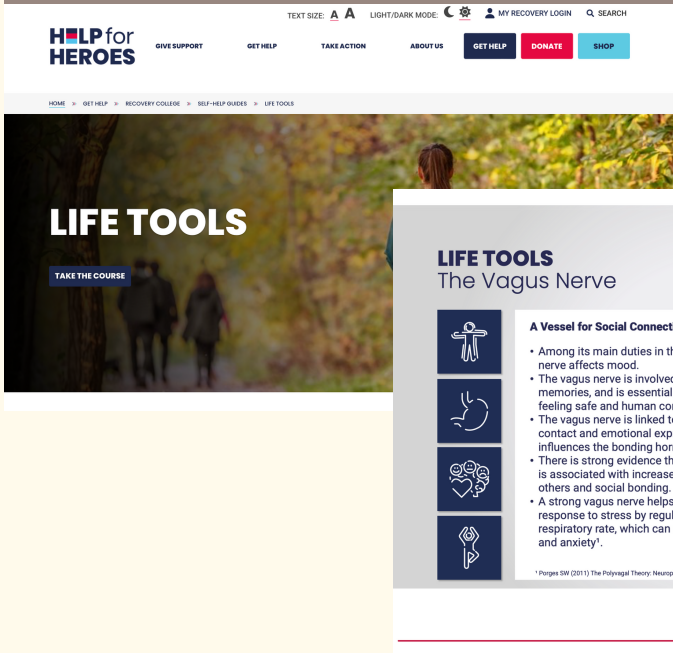
Access the
Lifetools Digital Course



TESTIMONIALS

"I really enjoyed the friendliness, calm approach and reading materials"

"I liked taking time out to relax, talk, bounce ideas around the room, think deeper, breathe better, be more self aware and set intentions"



Theresa Mitchell

BACP Senior Accredited Counsellor | Trauma Therapist | Clinical Supervisor | Trainer & Coach

Theresa is a BACP Senior Accredited Counsellor, trauma therapist, and clinical supervisor with over a decade of experience in the mental health field. Her career spans work within the NHS, MIND, private practice, and over eleven years as Head of the Hidden Wounds Service at Help for Heroes, where she supported veterans and their families through complex trauma and emotional distress.

Theresa's therapeutic approach is grounded in compassion-focused therapy, enriched by the latest research in neuroscience and mind-body integration. She has a particular interest in the role of breathwork as a tool for emotional regulation and healing. Her work is shaped by the belief that **“compassion is not about avoiding emotional suffering, but about helping people move through it with courage.”**

Known for her warm and attuned presence, Theresa helps clients transform their relationships with themselves and others—reducing shame, building emotional resilience, and improving mental wellbeing. Her integrative practice supports both individuals and professionals, empowering them to reconnect with themselves through mindful awareness, curiosity, and self-compassion.

DEEPEN UNDERSTANDING & PRACTICE

In addition to her clinical work, Theresa is a qualified trainer, coach, and experienced group facilitator, working with therapists, teams, and organisations who seek to deepen their understanding and strengthen their practice.



TRAINING & QUALIFICATIONS

- BACP – British Association for Counselling and Psychotherapy (Senior Accredited)
- BABCP – British Association for Behavioural and Cognitive Psychotherapies
- BPS – British Psychological Society
- ILM Level 3 Coaching & Leadership

Theresa brings not only clinical expertise but also a profound respect for the human capacity to heal and grow—supporting others in finding calm, clarity, and connection.

Meet your Facilitators

Lauren O'Sullivan

Trauma informed Health and Wellness Coach | Yoga and Pranayama Practitioner | Programme Manager

Lauren O'Sullivan is a dedicated Wellness and Health Coach with over 13 years of experience in breathwork, yoga, and trauma-informed practices. With a personal yoga practice spanning more than 20 years.

Lauren brings a wealth of knowledge and lived experience to her work, specialising in trauma recovery, wellness, and performance enhancement.

Trained in Polyvagal Theory and rooted in compassionate, holistic methodologies, Lauren focuses on the powerful connection between the mind, body, and breath. Her trauma-informed approach ensures a **safe, supportive, and adaptable environment** for clients to explore healing and personal growth at their own pace.

Lauren has spent the past 11 years as a student at the Yoga Sanctuary in Southampton, UK, continuously deepening her understanding of yogic principles.

For the last seven years, she has worked extensively with military personnel, veterans, and their families—using adaptive yoga, breathwork, compassion-based techniques, and meditation to support recovery from both physical and psychological trauma.

EMBODIMENT

“Lauren's passion is to help people find their practice.

Our Life experiences can hold so much potential to help us evolve, but much of the wisdom is often still held in the body as tension, bracing or pain.

Through practice we can learn to embody what is present, integrate it and increase our capacity for growth“.



In recent years, her work has expanded to include individuals living with long-term health conditions, including respiratory illnesses, multiple sclerosis (MS), and chronic pain. Her inclusive and accessible teaching style empowers clients to build resilience, manage stress, and reconnect with a sense of inner peace. wellbeing.

TRAINING & QUALIFICATIONS

IYN- Independent Yoga Network- Foundation & Advanced Teacher Training
Compassionate Resilience - Dr Deborah Lee
Yoga based exercise prescription for rehabilitation
Coaching for Health- OSCA / ILM Level 2 Coaching
NCFE Level 2 Counselling Skills
Introduction to Trauma- OCTC
Trauma Sensitive Yoga – The Yoga Clinic
Polyvagal Theory Training – Polyvagal Institute

2025 - 2026 Partner's Programme Calendar

The Right to Rest programme runs during term time.

If you're a partner and interested in attending any of the dates listed below, please get in touch to be added to our expressions of interest list. (Additional dates may be added due to demand).

While you're welcome to join us more than once throughout the year, please note that spaces can be limited. Priority may be given to first-time attendees where appropriate.

Partner's Programme Dates-

AUTUMN TERM (2025)

Fri 17th - Sun 19th October 2025- Partners Retreat- **Hereford**
Wed 19th November 2025 - Wellness Day - **Poole**
Wed 26th November 2025- Wellness Day- **Hereford**

WINTER TERM (2026)

Fri 27th Feb- Sun 1st March 2026- Partners Retreat- **Poole**
Thur 12th Feb 2026- Wellness Day- **Hereford**
Wed 25th March 2026- Wellness Day- **Poole**

SPRING TERM (2026)

Thur 14th May 2026- Wellness Day- **Hereford**
Wed 20th May 2026- Wellness Day- **Poole**

SUMMER TERM (2026)

Tues 30th June 2026- Wellness Day- **Hereford**
Thur 9th July 2026- Wellness Day- **Poole**

AUTUMN TERM (2026)

Thur 3rd Sept 2026- Wellness Day- **Hereford**
Thur 17th Sept 2026- Wellness Day- **Poole**

**For further community session enquiries
& to join the Mailing List**

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