



SCAN TO BOOK A SESSION

www.rachmanas.com



Helping you navigate daily pressures and access your best self

Life Stress Counseling

Designed for high-functioning individuals navigating sustained pressure, silent overload, and the need for clarity.

Certified Experts

Ethical Practice

Fully Confidential

Evidence-Based

Starts@49*

When responsibilities keep increasing, and the mind feels like a crowded warehouse, it could lead to...

Mental Overload



- ✓ Recognize the patterns behind constant mental overload and silent pressure
- ✓ Create practical ways to clear mental clutter and restore steady thinking

It's time to get your mental clarity back!

When you find yourself making decisions all day, and start feeling overwhelmed, it could mean...

D

ecision Fatigue



- ✓ Understand how constant decision-making quietly drains mental energy
- ✓ Develop structured thinking patterns that reduce pressure and restore clarity

Clear decisions become easier when the mind is not constantly under pressure.

When your mind constantly switches between tasks and rarely finds time to reset, it points to...

M

ental Fog



- ✓ Identify the patterns of cognitive overload that quietly cloud focus and clear thinking
- ✓ Restore mental clarity through practical strategies that help the mind reset and refocus

Time to clear the fog for clearer, more effective functioning.

When the world outside keeps moving, but deep inside you feel detached, it may be a sign of...

E

motional Burnout



- ✓ Recognize the early signs of emotional exhaustion
- ✓ Restore emotional balance through practical strategies that rebuild resilience and energy

You deserve to feel steady, not constantly drained.

