



# The Calm Berlin Mind Guide

A practical free guide for stressed, overwhelmed, and high-functioning people in Berlin.



# What this guide will help you notice

Berlin can feel exciting, creative, and full of possibility - but it can also keep many people mentally switched on all the time. This guide is here to help you spot the inner patterns that often sit underneath that pressure.

## Inside this guide

- 5 common hidden stress patterns
- why these patterns repeat
- how the subconscious keeps them active
- one simple breathing tool to use immediately
- guidance on when 1:1 hypnosis may help

# Five common patterns that keep people feeling stuck

**1** Always on

Even when nothing is urgent, your mind stays busy and scanning.

**2** Overthinking simple decisions

Small choices start to feel heavier than they need to be.

**3** High-functioning, low-space

You keep going, but there is very little room to land and reset.

**4** Carrying too much

You feel responsible for everyone, everything, and every outcome.

**5** Struggling to switch off

Rest is available, but your body and mind do not fully believe it yet.

# Why these patterns often repeat

Most patterns stay in place not because you are failing, but because the mind learns what feels familiar and keeps returning there.

## Familiar feels automatic

Repeated thoughts and reactions slowly become your default setting.

## Busy environments reinforce busy minds

Fast routines, noise, and constant input can make staying “on” feel normal.

## The subconscious prefers efficiency

If a response has been used often enough, the mind will choose it quickly.

## Awareness creates choice

Once a pattern is noticed, it becomes easier to interrupt and respond differently.

# Alternate nostril breathing (Nadi Shodhana)

Use this when your mind feels scattered, your body feels tense, or you want a calmer reset before a conversation, commute, or evening wind-down.

- 1** Sit comfortably and let your shoulders soften. Ensure your belly can expand freely.
- 2** Close your right nostril. Breathe in gently through the left for about 6-10 seconds.
- 3** Close the left nostril. Breathe out through the right for about 6-10 seconds.
- 4** Breathe in through the right. Then close it.
- 5** Breathe out through the left. That is one round.
- 6** Continue for 1 to 3 minutes at a slow, easy pace. After the last round, hold your breath for as long as you comfortably can. During this time, focus on relaxing your body. Finally, return to the normal breath and natural rhythm.

Keep the breath smooth. No forcing.

# Why this method can feel regulating

It slows the pace

A slower breath can help shift you out of mental rushing and into a steadier rhythm.

It gives the mind one job

Following a clear left-right pattern can reduce mental scattering and busy looping.

It lengthens your exhale

A gentler, fuller exhale often helps the body soften and let go of some holding.

It creates a pause

That pause can make it easier to notice what you are feeling before reacting automatically.

# When 1:1 hypnosis may help

You may want more personal support if the same pattern keeps returning, even when you already understand it on a logical level.

- You keep repeating the same inner story.
- You know what to do, but cannot seem to hold the change.
- Overthinking keeps pulling you away from the present.
- You want a calmer, more personal way to work with the root pattern.

**Monika offers in-person sessions in Berlin and online sessions worldwide.**

**Book a free consultation at [monikahypnotherapy.com](https://monikahypnotherapy.com)**