



## **RACHEL MICHAELSON**

Are anxiety and mental health challenges stopping you from living the life you want to live? What if you could talk this over with someone who's been through the same type of challenges and managed to overcome them?

Some of the most creative, sensitive and driven people in the world have mental health issues such as anxiety. While this is so common it's almost seen as "normal" for creatives and ambitious people to struggle mentally, these issues can be improved and even eliminated. However, it can be difficult to know where to start.

In a world where anxiety and mental health issues can all too often take the shine off life, mindfulness and mental health coach Rachel Michaelson is a ray of sunlight. Combining her creative nature with down-to-earth tactics for raising esteem, strengthening confidence and getting in the flow, Rachel has a unique gift for turning a frown upside-down, while ensuring that clients are empowered and ready to take on whatever life throws at them.

As a scriptwriter, disabled actor and mother of a child with complex needs as well as a full time coach, Rachel manages to combine a demanding schedule with a mindful and empathic outlook on life, work and creativity. Are you ready to learn how to manage your mind?



# INTERVIEW

Rachel is happy to be interviewed on a variety of topics, including:

- *How can I help my child who is being bullied?*
- *Why self-esteem is important to children*
- *Why self-esteem is important for everybody*
- *Techniques to raise your self-esteem*
- *Coping strategies for high-stress environments*
- *How to stay on top of your mental health*
- *Entrepreneurs and mental health*

Rachel is also happy discuss being a disabled actor, script and book writing, being an SFX makeup artist, and life with a child with complex needs.



## QUOTES

**"Give yourself permission to switch off from people that are dragging you down. You can switch that negativity off like a light if you choose - but we hold on to those feelings out of fear. Try it & see how good it feels!"**

**"I live my life the way I want and need to - join the journey or catch another train. This means I'm happy to wave at everyone from the window or chat at the station, but I only want people close to me if they're going in the same direction,"**

# FEEL FREE TO DOWNLOAD ANY OF THE IMAGES BELOW FOR PROMOTION





## **PREVIOUS MEDIA**

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[ELEPHANTJOURNAL - Acting with disabilities](#)

[THRIVE GLOBAL - Acting started out as my escape from the real world...](#)

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