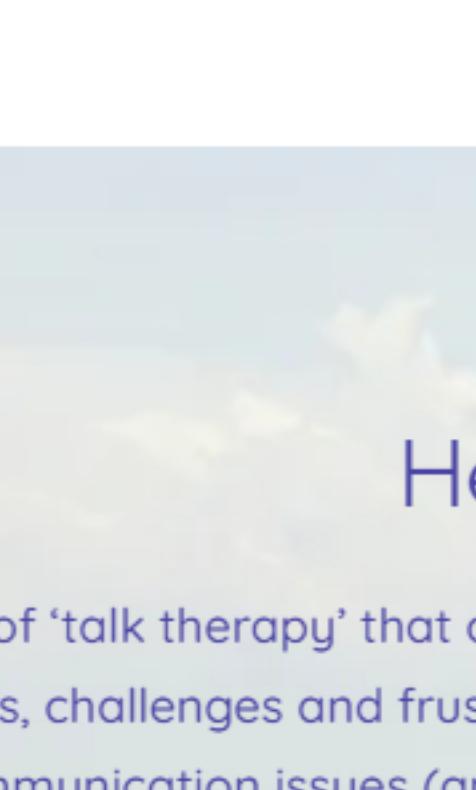




## On Balance Counselling

Your well-being matters!

[Contact Us](#)



On Balance  
COUNSELLING

### Hello! Does This Apply To You?

- Are you feeling **anxious** ?
- Are you trying to **overcome obstacles** in life?
- Are you having **depressive thoughts** that you're not able to shake off?
- Are you feeling that you're **stuck** in a relationship or situation?
- Are you feeling **overwhelmed** or **stressed**?
- Are you feeling **helpless** and don't know what to do?

### Here's How Counselling Can Help:

Counselling is a form of 'talk therapy' that can help you navigate through some of life's problems. It gives you a platform to speak openly about yourself - your feelings, challenges and frustrations. If you think you're suffering from anxiety, depression, stress due to work, family, friendships, communication issues (anything, really!), then my professional expertise can help you, I am here to help you

to make some sense of issues that arise,  
to navigate through life's challenges, and  
find some balance with the care and attention you deserve!

As a committed and certified counsellor, your well-being and mental strength is my number one priority. All sessions are **strictly confidential!** To connect, just fill in the short form below:

### You Don't Have To Struggle In Silence

#### Mindfulness

As a counsellor, I believe that mindfulness with self-awareness (at both physical and mental levels) can enable people to heal. With mindfulness, clients can learn to be fully aware of their thoughts and feelings and be engaged with the present moment; where they are and what they are doing. This can help with mental health issues such as stress, anxiety, and depression and help them deal with feelings of being overwhelmed and reactive.

#### EMPATHY

Counselling is all about empathy. As a counsellor, I try to understand the client's issues from their perspective, background, and circumstances at a given point in time. Each person has their own unique experience, and they need to share this without fear of judgment or anxiety during the therapeutic process. It is empathy and compassion that are the foundation of the therapeutic process.

#### Balance

A client comes to counselling because of some challenges that they are facing in their own life. These challenges can be anything that prevents them from finding some sort of equilibrium for an individual. Every human being wishes to be happy, and life's challenges can sometimes come to get in the way. The counselling process first recognises those challenges, acknowledges them, and then assists them in healing, moving towards the life they want to lead. This can enable clients to carry on with their lives with hope, balance, and equanimity.

### I Am Humbled To Hear...

"Got Naina's reference through a friend during the most trying times of Covid-19, when stress was possibly at its peak! Naina heard me out entirely and suggested some very simple and basic changes which helped not just manage stress but also improve my productivity and my family life. A month later am still following her recommendations and benefitting from the same. Have recommended her to most people and will continue to do so."

K.L.

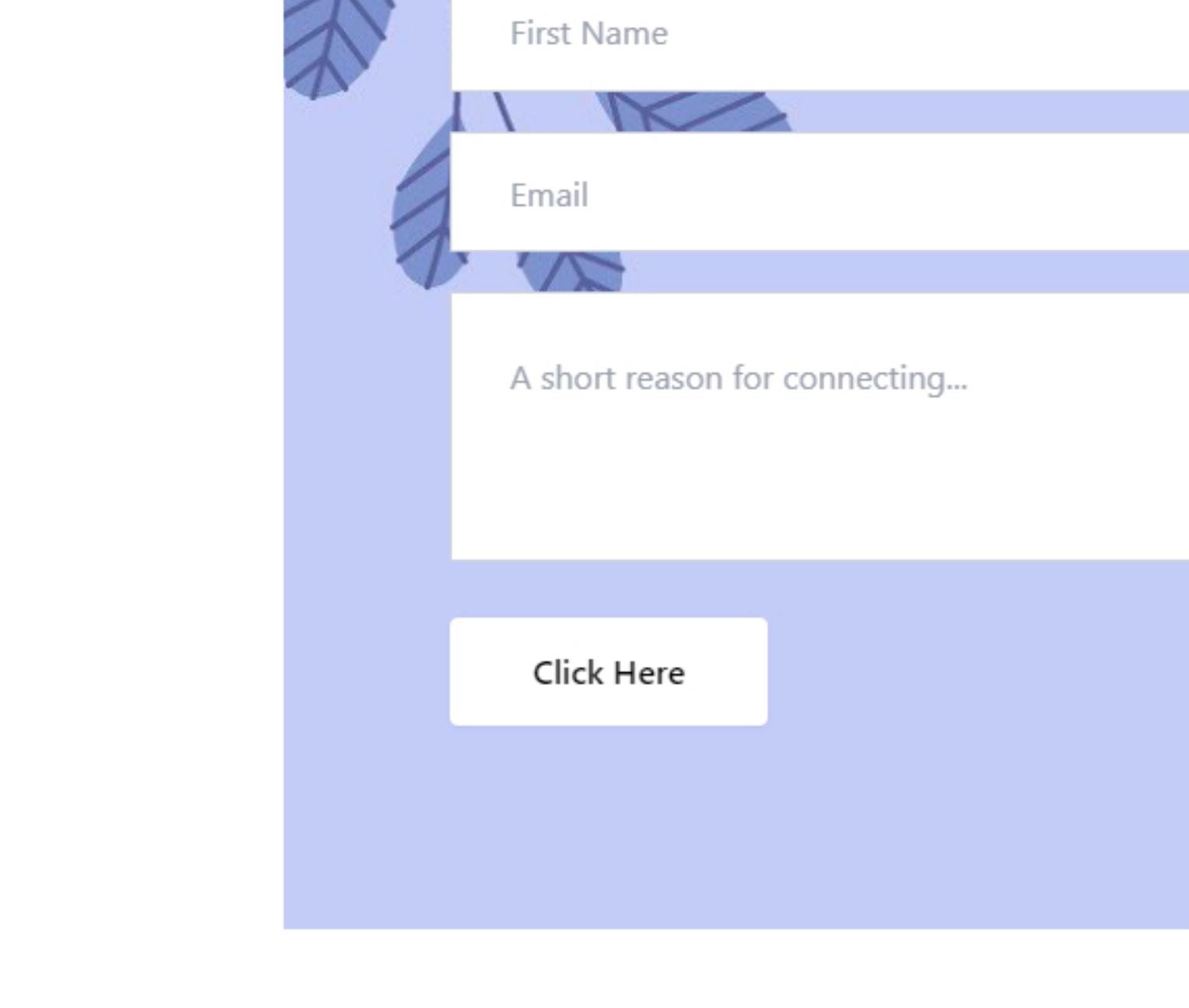
"I would really like to thank you for the counselling sessions we had. On Balance Counselling helped me address my inner concerns when I was suffering from depression back then. I would like to not only appreciate your efforts in understanding my life & situation but also to express my heartfelt gratitude to you. Your weekly sessions motivated me to recharge. This had a huge impact on me and I felt peaceful thereafter"

S.V.P.

### What You Also Need To Know.

[Terms and Conditions](#)

[Privacy Laws](#)



#### Naina Bhatia

I am an online therapist, based in Singapore.

I am a graduate from Monash University, Australia with a degree in Masters of Counselling, a Level 1 Accredited Online Therapist, and Level 1A DIY Basics for Online Therapy with the Australian Therapy Online Training (AOTT) Institute, Australia. Lastly, I am also a member of Singapore Association of Counselling (SAC).

While working with clients to treat various issues (such as anxiety, depression, stress, relationship issues, work-related situations to name a few), I like to integrate Cognitive Behavioural Therapy (CBT) within a framework of Acceptance and Commitment Therapy (ACT).

I believe that therapy should be a nurturing experience for my clients so that they are able to explore their true feelings in their own unique situation. Therefore, I like to adopt a people-centred approach, as every individual is different and the challenges they face are their very own.

I am passionate about building trust with empathy and compassion to enable clients to heal, find balance and live their lives that is closely aligned to their own values. Over the years, I have worked in many voluntary programs in several countries. This has given me insights into varied human experiences in different cultural contexts and inspired me to continue working and serving in a helping profession.

Contact Us

First Name

Last Name

Email

USA

A short reason for connecting...

Click Here

"GETTING OVER A PAINFUL EXPERIENCE IS MUCH LIKE CROSSING MONKEY BARS. YOU HAVE TO LET GO AT SOME POINT IN ORDER TO MOVE FORWARD."

C.S. LEWIS

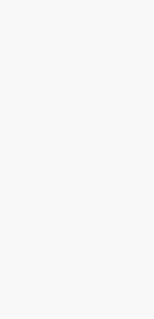
MY RELIGION IS VERY SIMPLE.

MY RELIGION IS

kindness

- DALAI LAMA

ON BALANCE COUNSELLING



When you can't control what's happening, challenge yourself to control the way you respond to what's happening.

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