Stefan Chmelik October 2026

The Comfort Zone is where dreams go to die…

Read time: more than 60 seconds…

Are you sitting comfortably?
If reading about the very idea of embracing uncertainty makes you feel a bit wobbly then this probably isn't for you right now and you are very welcome to come back later. But if you feel you will be OK, read on…



The Invitation – increase your comfort zone
We humans don't like complexity, nuance or having our views challenged.
A November '25 New Scientist article co-authored by Florence Gaub and Liya Yu highlights the relevance of our ancient neurobiology to instabilities in the modern world. The authors note that people have tended to prefer and follow authoritarian dictatorship ideologies that offer certainty over choice. People who favour certainty and avoid open-ended questions have a larger amygdala, the brain area that registers threat:

"Where you fall on the tolerance-to-uncertainty spectrum depends on a number of things – such as culture, age and gender – but it is also to do with how your brain is wired".

And… we know that this wiring is not fixed. Due to something called neuroplasticity our brains and nervous systems are malleable, so anyone who is ready can increase their comfort zone around uncertainty.

What I offer:
I work with deep neuroscience psychology, herbs, food, meditation, active imagination, dreams, ancestors and nature. And it works.

This is an invitation to support your journey to greater fulfilment using a neuroscience, Jungian and creative imagination informed approach, backed by four decades of clinical experience. You can stop optimising. You've tried sleep tracking, cleaned up your diet, wrote your journal, tried the app, been on that weekend of self-care. Been there, done that. Now try this.

If you are ready, I am here.

Client work – in-person or online
Adult retreats - Nature Awaken

Why do people choose to see me?
Each of us have our own very personal reasons, but we all want the same thing – to feel happier, more content and more in control of our lives.

You may know me as the founder of the UK's most preeminent integrated healthcare team at New Medicine Group in Harley Street; or for the Nature Connection work I do with teens and adults; as inventor of stress reduction system Sensate; or perhaps from my writing. [links]

I have specialised in working with stress (including sleep issues), the nervous system and trauma for decades, informed by 40 years of clinical practice, as a certified Neuroscience Coach, Jungian Therapy and Certified Art practitioner.

My sessions have been online for years, and I have been awed at how well this works. A session is just you and me, clearly present and focussed on what will create change.

Some comments from real people:
"I don't know how you connect from far away, how you always know exactly what to say"

"Stefan has the ability to create a unique understanding and insight into exactly what I need at that time"

"Stefan proved to be my saviour and I see him at least once a week"
Björk, international musician

Blessings to you and those you love…

Stefan Chmelik
Integrated Healthcare Physician, Nature Facilitator, Neuroscience Coach, Jungian Therapy, Art practitioner

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