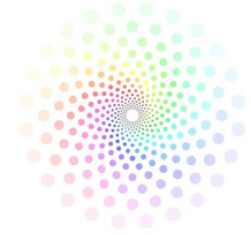
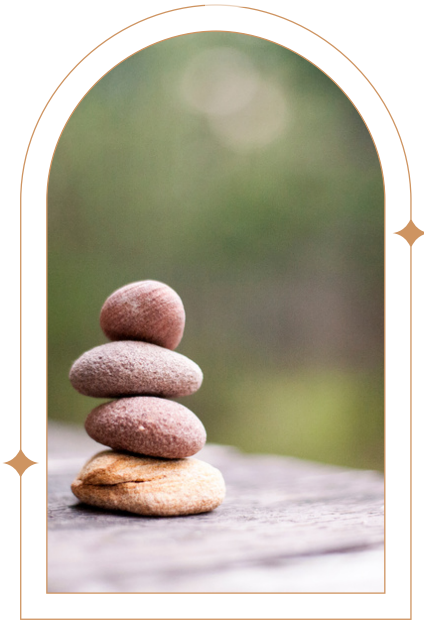


MONTHLY NEWS LETTER



SURVIVING THE NEW YEAR

Stepping to the New Year, brings a large range of emotions. Some of us embark on the tradition of New Years resolutions. The challenge we sometimes find is the list creates difficult expectations which can evoke feelings of anxiety and stress when we don't complete our goals. We can all use a little guidance as we establish healthier patterns. Here is some advice from mental health experts to consider for the upcoming year.



SET GOALS, NOT RESOLUTIONS

What's even the difference between goals and resolutions you might ask? Goals are measurable and achievable and a resolutions are firm decisions. The beauty of goals is they can be implemented and tracked over time. Take the time this year to incorporate moments for check-ins to evaluate your progress towards your goals. The art of reflection increases motivation and positive reinforcement so that we continue to remain on track with our goals.

LIMIT YOUR DISTRACTIONS

The procrastination is real. We all do it! However don't let the distractions control you; YOU control them. Take some time to think about what can be distracting for you when working on your goals. Integrate time into your schedule to give yourself opportunities for rest, and still establish time that allows you to still work on your goals in small bits and pieces. Breaking the task down overwhelms us less and we'll be more likely to reach our goals when we commit a little time each day.



EXPRESS GRATITUDE

"Living in a state of gratitude is the gateway to grace." - Arianna Huffington. According to health experts at Harvard Medical School, expressing gratitude can increase positive emotions, increase mental being, build strong relationships, and can build resiliency to manage adversity. Take time this year, to practice gratitude and relish in experiences. Practicing this can remind ourselves that we were not failures but teaches us how to be kind to ourselves. The plus side is its a practical and easy goal!



MONTHLY REMINDERS

INSURANCE REMINDERS!

If you've recently had any changes to your insurance policy. Please make sure to consult/ check your insurance benefits to confirm your co-pay for your therapy sessions. This is to avoid confusion and gives you your updated payment scale for the new year.

FOR FAMILIES/COUPLES

If you have multiple family members receiving services from our agency, when rescheduling please make sure to avoid booking dual sessions on the same day. Though our Therapist work to avoid this it is important to be mindful when rescheduling as the penalty for having a session as another member (when billing under the same insurance) can lead to lack of coverage towards your session. Make sure to email/ask your therapist if you have any questions about his.



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