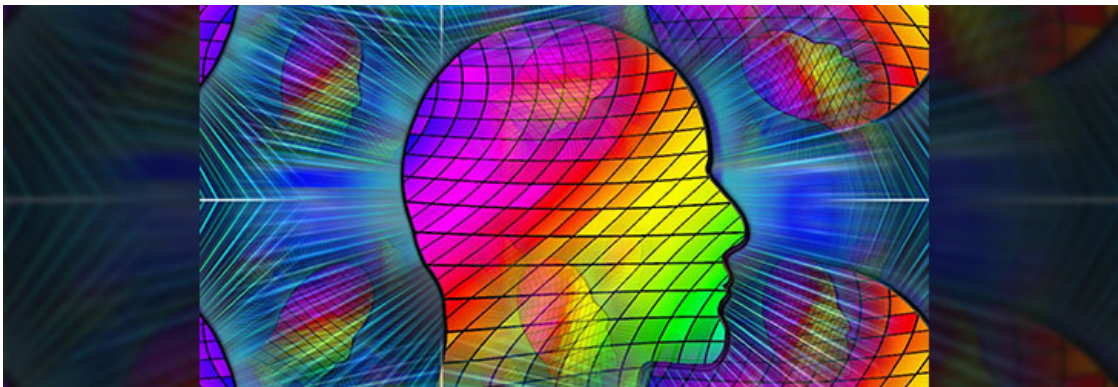




WEEKLY NEWSLETTER



CHANGING OUR MINDSET

by: Alexis Blunt

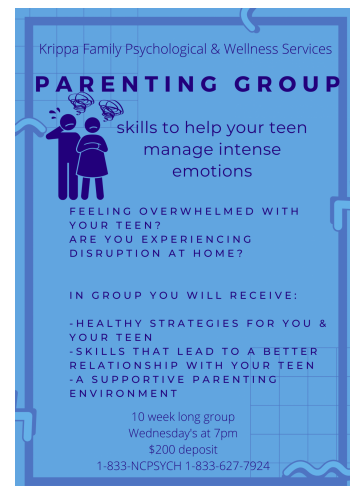
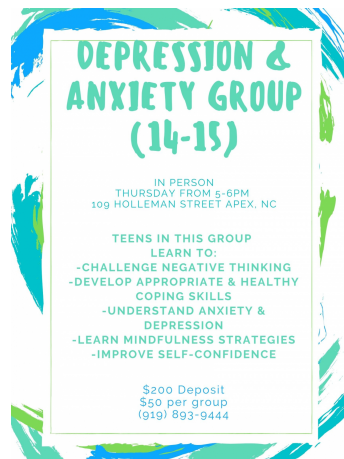
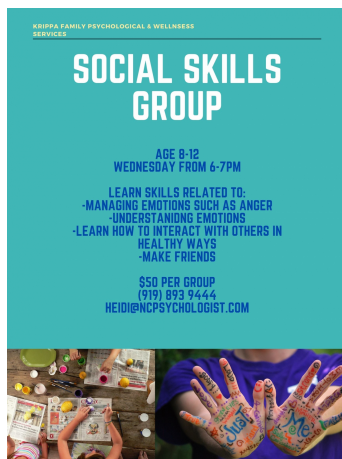
How are you managing self care? Are you making time to sit and watch T.V., to read a book, to go for a walk, to go play on the floor with your kids or with your animals? If you are like me, you are probably squeezing those moments in only after you have worked a full day, taken care of household chores and are on the brink of falling asleep. For most of us, our engagement in these activities are based on IF we have accomplished our work/chores versus it being AS important as our work and chores.

Not to beat a dead horse, but coming into our third year of a pandemic and coming into a new year altogether, I have realized this way of functioning is not working for most of us. In reframing my mindset of self care, I challenge you to do the same. Adam Decker, Psychologist and author of "Think Again" states that relaxing is a way of investing in your well being. Rather than giving ourselves a moment of down time or rewarding ourselves only after our countless tasks are completed, it might be beneficial to start scheduling in our reward time/relax time as a PART of our routine or schedule.

When looking at down time, we have noted it is essential in our ability to function, so why are we only engaging in these activities on a contingent basis? If these activities are essential to our functioning, it might be time to prioritize them as much as we prioritize our daily grind. In changing our approach to relaxing, we may have more opportunity to recharge beyond baseline and avoid burnout. So in challenging myself to change my mindset on relaxing, I offer you the same challenge and hopefully we can approach this year with a little more fuel in our tanks!

GROUP THERAPY:

- We are currently offering numerous Groups for children, teens, and adults, including:
- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-17)
- Intensive Outpatient Program
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group



To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

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