

# March Newsletter Tuesday Topic

Website

## The Impact of the internet on our Relationships & Life

-Katelyn Jakobsen, LCMHCA

Krippa Family Psychological & Wellness Services



## News & Updates

Our previous intern is now a clinician! We welcome Stephanie Brekstad, LCMHCA to our team. She is a licensed clinical mental health counselor associate. She is currently accepting new clients: children-adults. She specializes in trauma, but can help individuals with anxiety, depression, behavioral disorders, OCD, and ADHD. She facilitates our Teen & Tween



Social Activities Clubs, Parenting  
Teens Psychoeducational Group, and  
Healing from trauma:  
psychoeducational group for women.

Schedule a phone consultation with  
Kristin to discuss your needs and  
make an appointment with  
Stephanie!

Phone Consultation

Summer Camp sign up is still open and ongoing. There are seats available, but time is running out! Follow the link below to sign up for the camps:

College Camp: <https://tinyurl.com/FamilyPsyc...>

Tween/Teen Camp: <https://tinyurl.com/y5p3s9hz>

Child Camp: <https://tinyurl.com/y3m4zwxq>

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

## COLLEGE SURVIVAL GUIDE

"What I wish I knew before starting college!"

**JULY 27-31  
9AM-12PM**

Join small groups of 8 and learn valuable skills, build confidence, and prepare for a major milestone in a college student's life.

**Learn skills related to:**

- adjustment to college life & engagement
- planning
- goal setting
- study skills/problem-solving skills
- Creating healthy boundaries & support systems

**Discuss topics related to:**

- Personal Safety
- Alcohol & Drug Safety Education
- Develop Safety plans in the event of assault or unexpected circumstance

Price: \$495

Please visit <https://www.subscribepage.com/w0760> to sign up!  
You may also email your questions to [kristinkrippa@ncpsychologist.com](mailto:kristinkrippa@ncpsychologist.com) or call (919) 893-9444

847 Keisler Dr Suite 202  
Cary, NC

KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

## TEEN AND TWEEN COPING SKILLS CAMP

Help your teen/tween improve life skills and build self-esteem

**TOPICS DISCUSSED:**

- RESPECTING OTHERS/BEING TREATED WITH RESPECT
- BULLYING
- PEER PRESSURE
- IMPROVING SELF-ESTEEM
- COPING SKILLS
- PROMOTING POSITIVE LIFE SKILLS AND HABITS
- BUILDING FRIENDSHIPS/RELATIONSHIPS

**ALL GROUPS FROM 9AM-12PM**

Teen	Tween
July 20-24	July 13-17

Price: \$495

<https://www.subscribepage.com/w0760> copy to sign up!  
Email [kristinkrippa@ncpsychologist.com](mailto:kristinkrippa@ncpsychologist.com) or call (919) 893-9444 for any questions

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Be part of our Study Skills Camp this Summer!  
(For ages 8-10)  
July 6-10  
All groups 9am-12pm



**Our Camp Offers:**

- Coping skills
- Emotional Regulation
- Making Friends
- Social Skills
- Using Techniques such as:
- Art therapy
- Mindfulness

In a fun & safe environment

Sign up: <https://www.subscribepage.com/w0760>  
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## Tuesday Topic

### Is the internet (phone, social media, & video games) impacting your ability to connect with your friends and family?

The over usage of the internet can have significant impacts on the quality of our relationships; romantic, familial, and friendships. It can affect the quality of our personal life, our ability to study and absorb educational materials effectively. The over usage of the internet can drastically and negatively impact our self-image, and lead to feelings of isolation despite always being "connected".

**The following are some questions developed by Dr. Kimberly Young to assess internet over usage (Mahat, S., & Vidyapeeth, B., 2014).**

How often do you:

- o Stay online longer than you intended?
- o Neglect household chores to spend time online?
- o Block out disturbing thoughts of your life with soothing thoughts of the internet?
- o Snap, yell, or act annoyed if someone bothers you while you are online
  - hear other people in your life complain about how much time you spend online?
  - say or think, "Just a few more minutes" when online?

- try and fail to cut down on how much time you spend online?
- hide how long you've been online?

If you answered yes to any of these questions,

What you can do:

1. set aside daily “phone free time” and connect as a family\*
2. encourage 24 and 48 phone free occasions in which you disconnect from your devices and work on connecting with each other
3. Spend time being present in nature
4. Monitor weekly usage using tools such as “screen time” on your phone.
5. Set, implement, and model reasonable screen time allowances
6. Identify addictive apps on your device, and identify the pros and cons of keeping the app on your phone
7. Delete potentially addictive apps from your device

\*ideally a consistent time such as dinner, or during a fun planned activity

## Thanks for Reading! See you next Tuesday!

### **Krippa Family Psychological & Wellness Services**

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