



Weekly Newsletter

How to practice more self-kindness

– Alexis Gunipero Bunt, LCSW



With so much on our plates currently and the ever changing expectations for school, work and home life it can be overwhelming navigating it all. As I continue working with clients throughout this ever changing pandemic, a consistent theme is clients feeling like they are not doing enough or not doing it all well enough. As a human, I feel that but as a therapist I understand that what we are currently experiencing is so foreign and there is no guide in how we deal with it. Part of this journey both personally and with clients is to remind myself and others that we are doing our best and to be kind to ourselves. Keeping perspective that we are all navigating this foreign territory together and we all deserve kindness and patience.

Tips for practicing more self-kindness

Treat Yourself as You'd Treat a Friend

-Let yourself make mistakes. Rather than interpreting our thoughts, feelings, and behaviors as who we are, we can let ourselves off the hook when we might do the same for others.

-Care for yourself as you'd treat others. Closely related to the previous tip, this is about being understanding and empathetic towards yourself.

Become more self aware

-Try not to judge yourself too quickly. Don't assume in a given situation that you will behave a certain way, it eliminates the possibility that you could act differently.

Shift your perspective

-Lots of our negative thinking come from how others perceive us. Choosing not to tie our happiness to outside influences can thus be an act of self-kindness

-Reach out to others. When we talk with others, we realize that we're not alone in feeling pain at different times. It's an important part of reaffirming our sense of connectedness, reframing our perceived problems within the 'bigger picture', and building social support networks that are invaluable to well-being.

New Groups!! Now Enrolling!



DEPRESSION & ANXIETY GROUP (9-11)

VIRTUALLY TUESDAY 5-6PM

FOR THOSE EXPERIENCING:

SADNESS, OR A LOW MOOD THAT DOES NOT GO AWAY
NOT BEING INTERESTED IN THINGS THEY USED TO ENJOY
FEEL EMPTY OR UNABLE TO FEEL EMOTIONS (NUMB)
PHYSICAL SYMPTOMS, SUCH AS HEADACHES AND STOMACH
ACHES.

BEING VERY AFRAID OF SCHOOL AND OTHER PLACES
WHERE THERE ARE PEOPLE
BEING VERY WORRIED ABOUT THE FUTURE AND ABOUT BAD
THINGS HAPPENING

THIS GROUP CAN HELP BY:

OFFERING SUPPORT AND A SAFE SPACE
AMONG OTHERS GOING THROUGH SIMILAR
EXPERIENCES

LEARNING VALUABLE SKILLS TO COPE
BUILDING CONFIDENCE AND POSITIVITY
BUILDING UNDERSTANDING OF WHAT THEY
ARE EXPERIENCING

\$200 DEPOSIT

\$50 PER GROUP

To learn more visit

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call (919) 893 9444

email info@ncpsychologist.com



Personal Empowerment & Growth Group

Common difficulties teens who need empowerment experience:

- Negative self talk
- Low motivation
- Decline in previous activities
- Lack of hope in relation to the future
- Difficulty making and maintaining new friends
- Frequent comparison to peers
- Difficulty taking compliments

In group your teen will learn:

Self-acceptance and gratitude
Improve self esteem and self confidence
Identify internal strengths
Distinguish between internal and outer beauty
Understand cultural influences on beauty expectations
Develop healthy social media consumption habits
Increased ease in answering the question, "who am I?"



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Visit: <https://www.subscribepage.com/k6r5f8>

Deposit \$200
\$50 each meeting

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