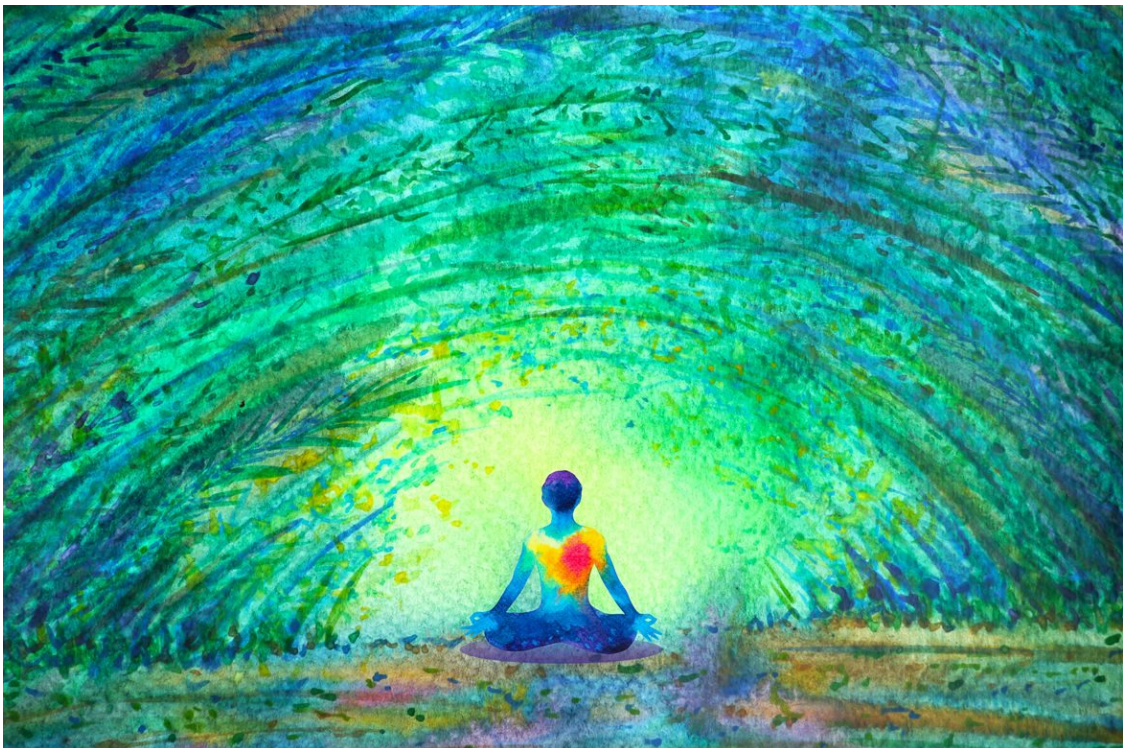




WEEKLY NEWSLETTER



SELF COMPASSION/SELF TALK

Kris McGee, Intern

January often comes with a lot of pressure to make resolutions to improve yourself, and for many of us, the lofty goals we set for ourselves on the first of the month tend to not last very long. Taking time to reflect on what's going on in your life and setting goals for yourself can be beneficial, and it can also be very easy to set goals that are unrealistic or get caught in a perfectionistic trap and start spiraling as soon as we slip up. For many people, the first reaction when we mess up or make a mistake is to be harsh with ourselves. We tell ourselves that we're stupid or lazy or failures and that kind of self-talk can take a toll on our mental health. There is a more helpful way for us to react when we mess up: self-compassion.

Self-compassion is exactly what it sounds like, it is the practice of extending compassion to ourselves the same way that we extend compassion to others. Becoming more mindful of the way we talk to ourselves and intentionally practicing self-compassion is shown to have really positive effects on our mental health, and can even be more helpful for us if we want to make

changes in our lives. To start practicing self-compassion, we need to practice showing ourselves kindness, recognize that mistakes and failures are a part of being human, and be mindful of our emotions by letting ourselves feel them without letting them control us. Self-compassion is also a practice! It will take intentionality and time in order to learn to be compassionate towards yourself. A person who is practicing self-compassion may have self-talk that includes statements like “you were doing the best you could” or “it’s ok to be imperfect.”

One exercise that you can do to try out self-compassion is to treat yourself like you would treat a friend. Think about how you usually treat yourself when you make a mistake or are having a hard time. Then, think about how you usually treat a close friend in a similar situation. How are they different? What would it look like to respond to yourself the same way that you would treat a close friend? Then, the next time you do make a mistake or find yourself having a hard time with something, try responding to yourself the way that you would respond to a close friend. If your first response is to be harsh with yourself, notice yourself having a harsh response and practice reframing those thoughts into more self-compassionate responses. Take notice of how changing the way you respond when you mess up changes how you feel about yourself. You may find that choosing to practice self-compassion might be a resolution worth keeping.

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 (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Teens Support Group
- Young Adult Anxiety & Depression Group
- Teen Intensive Outpatient Program

TEEN EMPOWERMENT GROUP



MEETING EVERY MONDAY AT 5PM

IN THIS GROUP YOUR TEENS WILL LEARN VALUABLE SKILLS RELATED TO:

- GREATER SENSE OF SELF
- SELF ESTEEM
- COMMUNICATION AND SOCIAL SKILLS
- HEALTHY RELATIONSHIPS BETTER BOUNDARIES

Phone consultation required call: (919)-893-9444, press 1 schedule or visit <https://ncpsychologist.com/group-therapy> to schedule online and for more information

ages 18-26

Young Adult Anxiety + Depression Group

Psychoeducational group for young adults experiencing anxiety and depression. This group will focus on topics such as coping, skills, emotion identification and expression, communication and relationships.

THURSDAY'S @ 12PM VIRTUAL

\$200 Deposit
\$50 per group

Call 919-893-9444

DEPRESSION & ANXIETY GROUP (14-17)

IN PERSON
THURSDAY FROM 5-6PM
109 HOLLEMAN STREET APEX, NC

TEENS IN THIS GROUP LEARN TO:

- CHALLENGE NEGATIVE THINKING
- DEVELOP APPROPRIATE & HEALTHY COPING SKILLS
- UNDERSTAND ANXIETY & DEPRESSION
- LEARN MINDFULNESS STRATEGIES
- IMPROVE SELF-CONFIDENCE

\$200 Deposit
\$50 per group
(919) 893-9444

Website

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.

TEEN INTENSIVE OUTPATIENT PROGRAM

This program is for teens 11-18 years old. It is available 5 days per week in our newest location at :

104A Fountain Brook Circle,
Cary, North Carolina, 27511

For more information, please click on the button below, or call us at [919-893-9444](tel:919-893-9444), option 1 for intakes. Email us at :

info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

Teen Intensive Outpatient Program

Krippa Family Psychological & Wellness Services

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