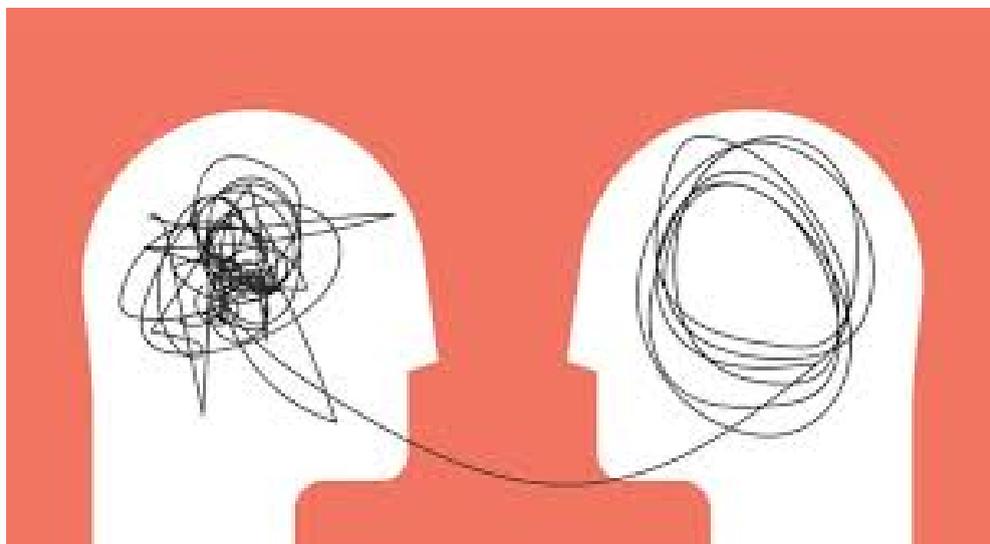




Newsletter

Krippa Family Psychological & Wellness Services

Tuesday Tip: Managing Anxiety & EMDR and it's Powerful Impact



Updates!

At our growing practice, we are happy to announce that WE HAVE OPENINGS for clinicians and groups! From anxiety/depression, parenting education, working with children, chronic illness & autoimmune disorders, and more; we can help you! Visit our website to learn more about them and to meet our clinicians!

www.ncpsychologist.com

Please schedule a phone consultation with Kristin to discuss your needs!

With the current climate in our world, there is no right or wrong way to feel; whether you feel you are overreacting or under-reacting. However, it is normal to feel worry or anxiety over this situation. Anxiety is a normal emotion that helps us in times where we anticipate threats or challenges. We are here to help you. If you notice a level of fear or anxiety that is concerning or difficult to manage, please reach out to us at [\(919\) 893-9444](tel:9198939444) or contact your clinician.

-Thank You

Kristin Krippa and the entire Krippa Team

Tips for Anxiety Management

Try deep-breathing

- Sit with your eyes closed and turn your attention to your breathing. Breathe naturally, preferably through the nostrils, without attempting to control your breath.
- Be aware of the sensation of the breath as it enters and leaves the nostrils. Place one hand on your belly, and the other on your chest. Take a deep breath for a count of four. Hold your breath for a count of three. Exhale for a count of four. The hand on your belly should go in as you inhale, and move out as you exhale.
- Concentrate on your breath and forget everything else. Your mind will be very busy, and you may even feel that the meditation is making your mind busier, but the reality is you're just becoming more aware of how busy your mind is.
- Resist the temptation to follow the different thoughts as they arise, and focus on the sensation of the breath. If you discover that your mind has wandered and is following your thoughts, immediately return it to the breath.
- Repeat this as many times as necessary until your mind settles on the breath. Don't wait to begin belly-breathing. The sooner you make this a

daily habit, the quicker you'll feel relaxed.

Practice Self-care

- Do activities you love to help distract you

Try essential oils

- Lavendar is a very strong essential oil that helps with headaches, insomnia, soothe and relax muscles and calm the body

Be aware of your thoughts & feelings

- Negative thoughts feed negative feelings. Be aware of when you are allowing yourself to feed into your negative thoughts, and when they may be getting out of control and increasing worrying thoughts and behavior

If you are concerned about your physical health, visit a doctor

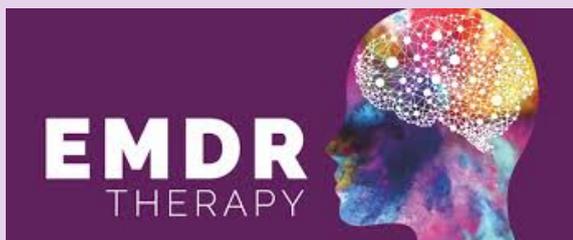
- Be honest about how you're feeling. Speaking to a professional can help ease your worries

Schedule a visit with a therapist

- If your anxiety becomes unbearable, visit your therapist or schedule an appointment with one.

Accept your anxiety

- Understand that it is okay to feel the way you do. There are ways you can help yourself feel better and manage it. The important thing is to be aware of how you are feeling, take steps to manage it on your own appropriately and reach out when you no longer can!



Alexis Gunipero Bunt, LCSW

EMDR and it's Powerful Impact

Most of us experience some sort of trauma throughout our lives. While the impact varies for each individual, the

definition is the same; an event or experience that is distressing and/or disturbing. For some people the impact is profound and causes a significant disturbance in their day to day life. For others, the impact is less profound but uncomfortable and reoccurring nonetheless. Moving forward from these traumas can seem daunting, overwhelming and at times maybe even seem

impossible.

Fortunately in 1987 an American psychologist by the name of Francine Shapiro discovered a technique in which rapid eye movement decreased negative emotions that were tied to distressing memories. As time went on, studies were conducted, information was gathered and the technique now referred to as EMDR (Eye Movements Desensitization & Reprocessing) has been assisting people with processing their traumas with incredible success.

EMDR assists a client in taking their trauma which is stored in their limbic system within the brain and process it to the neocortex allowing the strong negative charge associated with the trauma to significantly decrease or become neutral. This is done using bilateral stimulation which can either be rapid eye movement, bilateral noise or bilateral tapping. Your clinician guides you through the practice providing your brain with the right environment to begin healing itself. This process is both less time consuming and is less traumatizing than other modalities. Clients report decreased negative emotions quickly and the impact is lasting.

If you or your family member have experienced an event or a situation that impacted you significantly and continues to have some impact in your day to day life, consider EMDR as a possible tool to help alleviate negative emotions and assist you in functioning more effectively. Provided are links for further information on EMDR and its powerful impact!

<https://youtu.be/IOkSm90f2Do>

<https://youtu.be/Pkfln-ZtWeY>

**Thank you for Reading. We will see you
next Tuesday!**

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