



2025 *Wrapped*

Review of the Year

In July we were excited to begin our journey here at Kintsugi Consulting and *boy* what a whirlwind of a past six-months it has been. It has been nothing short of a rollercoaster, but we are beyond happy proud of the leaps and bounds we have made over the past six-months.



Top Mental Health Tips of 2025



1. Learning to say “no” and prioritize your own happiness



2. Practicing acts of self-care (getting enough sleep, journaling, etc)



3. Reaching out (friends, family, a therapist, etc) and asking for help



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End-of-Year Recovery Tips

- **Prioritize connection:** whether it is face-to-face or over video, find time to connect with loved ones.
- **Re-establish healthy habits and routines for yourself:** get back to regular meal times, sleep schedules, daily movement, etc.
- **Establish and set boundaries:** learn to say “no”, create to-do lists, etc.
- **Reflect on the past year:** what do you want to bring into the new year?

Jumping Into 2026

With new beginnings comes new opportunities. We are excited to see all that 2026 has in store for us and hope that you all continue to share this journey with us.

From everyone at Kintsugi Consulting, we wish you a wonderful and prosperous New Year!