



### ***How to become a Mental Health Counselor:***

1. Earn a bachelor's degree Most commonly in psychology, counseling, social work, or a related field.
2. Research your state's licensing requirements Each state has its own rules for licenses like LPC, LMHC, LCPC, etc.
3. Choose a CACREP-accredited master's program Accreditation helps with licensure and job opportunities.
4. Complete a master's degree in counseling Programs usually include coursework in ethics, assessment, psychotherapy, and multicultural counseling.
5. Complete supervised practicum and internship hours These are required and typically take place in clinical or community settings.
6. Apply for a provisional or associate counseling license Many states require you to register as an associate counselor while you complete supervised hours.
7. Accrue post-graduate supervised clinical hours Most states require 2,000–4,000 hours under a licensed supervisor.
8. Pass the required licensing exam(s) Often the NCE or NCMHCE, depending on your state.
9. Apply for full licensure Submit proof of hours, education, and exam results to your state board.
10. Maintain licensure through continuing education Counselors must complete CE courses to stay licensed and updated on best practices.





## Ten Helpful Meditation Tips

1. Start small - If you're new to meditation, begin with just 5-10 minutes per day. It's better to meditate for a short time consistently than to try for too long and get discouraged.
2. Focus on your breath - Keep your attention on the sensations of breathing in and out. This gives your mind something to anchor onto. Counting breaths can also help.
3. Find a comfortable position - Sit up straight but relaxed, either in a chair or on the floor. Avoid lying down as it can make you sleepy.
4. Be patient with yourself - Your mind will wander, and that's okay. Gently guide your attention back to your breath whenever you notice your thoughts drifting.
5. Practice mindfulness - Pay attention to the present moment, including sights, sounds, smells, and physical sensations. This can reduce stress.
6. Try guided meditation - If you find it difficult to meditate on your own, look for apps, videos, or classes that provide guidance. The voice can give your mind something to focus on.
7. Make meditation a habit - Aim for 15-20 minutes of practice once or twice daily to reap the most benefits. Make meditation part of your daily routine.
8. Find community - Joining a meditation group or class can help motivate you and make meditation feel more accessible.
9. Unplug and decompress - Set aside time each day for quiet contemplation away from screens, chores, or distractions. Even 10 minutes can refresh you.
10. **Be kind to yourself - Don't judge your meditation practice or get down on yourself. Just continue practicing day by day. The benefits will come.**

