

Everyone's journey is unique, and at MAC Counseling Services, we provide understanding and guidance for clients of all ages and experiences. Our skilled counselors help children, teens, adults, families and couples create meaningful growth and lasting well-being.

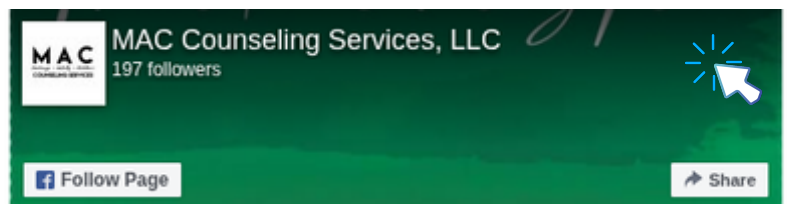
Meet the Provider



Rachelle Staubach is a Licensed Marriage and Family Therapist and an ADHD-Certified Clinical Services Provider (ADHD-CCSP), who enjoys working with adolescents, families, and couples to help them enhance their functioning and strengthen their relationships.

Social Media

Stay informed and inspired with insights and updates from MAC Counseling Services—follow us on social media and become part of our growing community!



Honoring Service and Kindness

World Kindness Day – November 13

World Kindness Day is a wonderful reminder that even the smallest acts of compassion can make a big difference. Whether it's offering a smile, lending a helping hand, or simply taking a moment to listen, kindness strengthens our connections and promotes emotional well-being for both the giver and the receiver. At MAC Counseling Services, we encourage everyone to take this day—and every day—as an opportunity to spread kindness within our communities and ourselves.



US Veterans Day – November 11

Veterans Day is a time to honor and thank the brave men and women who have served our country. Their dedication and sacrifice protect the freedoms we cherish. At MAC Counseling Services, we express our deep gratitude to all veterans and their families for their service and strength.



Coping Skill of the Month

Nervous System Regulation

Our nervous system plays a key role in how we respond to stress and find calm. When it becomes overactivated—through worry, tension, or overwhelm—it can be hard to think clearly or feel grounded. Nervous system regulation helps us restore balance by teaching the body to shift from “fight or flight” to “rest and restore.”

Simple techniques like deep breathing, grounding exercises, gentle movement, and mindfulness can calm the body and mind, promoting emotional stability and resilience. At MAC Counseling Services, we encourage you to try one of these skills to see what your nervous system responds well to.

NERVOUS SYSTEM REGULATION

BEGINNER CHEAT SHEET

WHEN YOU'RE ANXIOUS / JITTERY / OVERTHINKING (FIGHT OR FLIGHT)

Goal: GROUND + SLOW DOWN



Box / Breathing

Inhale 4, hold 4, exhale 4, hold 4. (Repeat 3–5 times)



5-4-3-2-1 Grounding

5 things you see
4 things you can touch
3 things you hear
2 things you smell
1 thing you taste



Cold Splash

Rinse face or wrists with cold water to regulate vagus nerve



Shake It Out

Stand and shake arms/leg like you're shaking off stress



Self-Holding

Cross arms and gently squeeze your shoulders like a hug



Self-Holding

Cross arms and gently squeeze shoulders like aa

WHEN YOU'RE NUMB / DISCONNECTED / SHUT DOWN (FREEZE / FAWN)

ACTIVATE + COME BACK INTO YOUR BODY



Finger Taps

Tap thumb to each finger while repeating. “I’m safe / I’m here / I’m okay”



Humming or Singing

Activates vagus nerve & brings you back



Jumping Jacks or Dancing

Move to wake your system up



Sunlight & Movement

Step outside, for a walk (even for 3 mins)



Name What You Feel

“Right now I feel...”

ANYTIME RESET TOOLS



Hand on Heart + Belly

Deep breaths with touch



Drink Water

Sips, not gulps—hydration supports regulation

Finding Calm & Support This Holiday Season

🎄 Setting Boundaries & Finding Balance During the Holidays

The holidays can be joyful-but also stressful. Setting boundaries with family helps you stay calm, present, and enjoy meaningful moments.

Tips to stay balanced:

- Know your limits and say “no” when needed.
- Schedule breaks and downtime between events.
- Communicate your needs clearly and kindly.
- Practice grounding techniques like deep breathing or short walks.
- Getting outside and getting fresh air (especially when it’s cold).



🍏 Food Resources for Families

No family should have to worry about where their next meal will come from. **Go Pantry!** and **GROW** offer food assistance to help ease stress and bring comfort, support, and stability to families in need.

