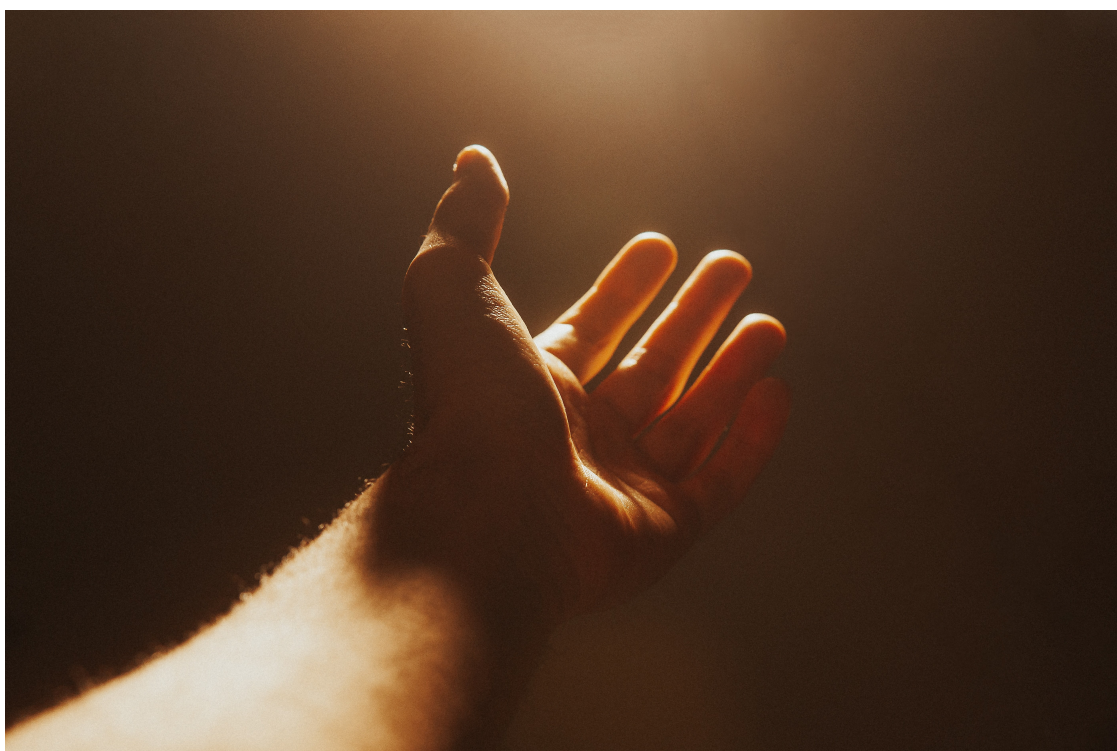




WEEKLY NEWSLETTER



WHAT TO DO ABOUT LONELINESS

Kris McGee

In the U.S, loneliness has been on the rise, with more and more people reporting feeling lonely most of the time. Chronic loneliness can be extremely painful, and is linked to higher rates of mental health conditions like depression and anxiety as well as physical health conditions like diabetes and heart disease. People from all walks of life can feel lonely. Loneliness is the gap between someone's desire for social connection and their actual experience of it. Lots of things can contribute to feelings of loneliness like isolation or a lack of meaningful social connections.

The good news is that while loneliness can be common, there are things that you can do to combat it. When someone has experienced loneliness for long periods of time, they can start to have a negative bias where they are quicker to interpret social cues as signs of rejection when they aren't there. This means that, if you are experiencing feelings of loneliness, it is important to understand that people are happier to see you than you may believe. It is important to find ways to connect with others regardless of whether or not you feel up to it.

Going to meetups, joining a group based on a hobby, volunteering, or joining a recreational sports team are all great ways to meet new people.

It's also important to work on your emotional resilience. Automatic negative thoughts are thoughts that pop into our head whether we want them or not, and tend to give us negative messages about ourselves, like "that person doesn't really like me" or "no one wants to talk to me." Practicing challenging those automatic negative thoughts can give you the ability to change your self-talk, which will help counteract the negative bias that develops from loneliness. Feeling lonely can be a painful experience, but it doesn't have to last forever. These options, as well as seeking therapy, can help foster feelings of connection in someone's life again.

- Krippa Family Psychological & Wellness Services offers numerous groups for children, teens, and adults, including our
- **Intensive Outpatient Program for teens (11-18)**
- <https://ncpsychologist.com/int...>

GROUP THERAPY:

- 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



Krippa Family Psychological & Wellness Services

College Life 101

A GROUP FOR YOUNG ADULTS WHO ARE NAVIGATING COLLEGE AND INDEPENDENCE

College life- ready or not, it's here! In early adulthood you face big changes, especially when you are in college. We will tackle topics such as navigating new spaces, building new connections, safe partying, organizational and study skills, self-care, and setting yourself up for future success.

50 per session
\$200 Deposit (4 sessions)
Virtual with Kerri Shiflett, LCMHC
Fridays at 10am beginning 9/16/22
Call: (919) 893-9444 or visit
NCPsychologist.com/Group-Therapy to register.



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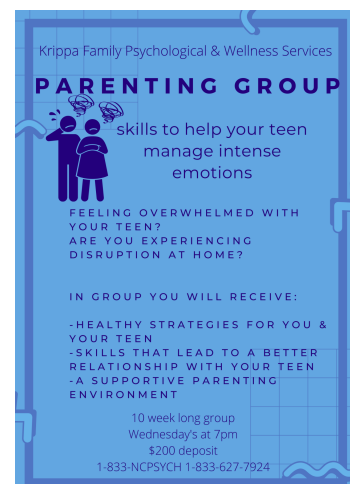
SOCIAL ACTIVITIES CLUB

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

\$20 PER MEETING

EVERY OTHER FRIDAY (2-3) TIMES A MONTH
4-5PM
547 KEISLER DR UNIT 202
CARY, NC 27518

CONTACT STEPHANIE BY CALLING (919) 893-9444 PRESS 3
EMAIL: STEPHANIE@NCPsychologist.com
VISIT: <https://ncpsychologist.com/group-therapy>



Krippa Family Psychological & Wellness Services

PARENTING GROUP

skills to help your teen manage intense emotions

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group
Wednesdays at 7pm
\$200 deposit
1-833-NCPsych 1-833-627-7924

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.

[Website](#)

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