

Moments of Serenity

February 2024

Benefits of Couples Therapy

Bored of the same old relationship routine? Cue couples therapy, your very own relationship superhero! With a new set of eyes and superhero powers, your therapist can uncover the heart of the matter. They won't choose sides either, they're the objective judge who doesn't take sides! They'll give you top-secret tools to help you start fresh and transform your love life!

https://www.marriage.com/advice/counseling/couples-counseling-and-why-its-so-important/#10_reasons_why_couple_counseling_is_important



Mindfulness Minute

Hold Hands for One Minute -Set a timer and spend one minute holding hands while staying in the moment with each other.

Try a New Hobby Together - There is something special about the wonder in trying something new. This heightens your senses and gives you the opportunity to explore something new together.

<https://www.washingtonpost.com/wellness/2022/12/29/mindfulness-marriage-relationship-benefits/>

Self Care

Unplug for the night

Put down your devices and focus on each other

Get Active Together

Chose a workout for the day and do it together

Meditate Together

Try a guided meditation, it's a great way to relax

Have A Meaningful Conversation

Being open and honest helps create a strong bond

<https://www.elephantontheroad.com/self-care-for-couples-30-ideas-to-unwind-at-night/>

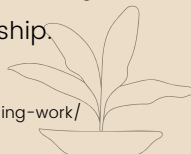


Did You Know?

Recent studies on couples counseling found the following facts:

- 49% of married couples end up in marriage counseling at some point in their relationship.
- 70% of those couples reported that counseling had a positive impact on their relationship.

<https://www.forbes.com/health/mind/does-marriage-counseling-work/>



Company Highlight

Meet Lexie!

As an advanced-level intern in Marriage and Family Therapy at Valdosta State University, she's got the skills to help individuals, couples, and families. She creates a safe space where you can share your story, make sense of your experiences, and master effective ways to achieve your goals. With her powers, she can help you tackle life transitions, women's issues, stress, depression, anxiety, and relationships.

