

# Moments of Serenity

January 2026

## New Year, Gentle Beginnings

The beginning of a new year often brings increased expectations for change, productivity, and personal improvement, which can unintentionally contribute to heightened stress, anxiety, and feelings of inadequacy. From a mental health perspective, this transition period is frequently associated with emotional fatigue, decreased motivation, and difficulty reestablishing routines following the holiday season. Gentle beginnings emphasize the importance of approaching the new year with self-compassion, realistic expectations, and an awareness of individual emotional capacity. Mental health care during this time is less about goal-setting and more about stabilization, regulation, and support. Allowing space for rest, reflection, and therapeutic care can promote sustainable well-being and reduce the risk of burnout as individuals gradually reengage with daily demands.



## Mindfulness Minute

### Gentle Beginnings (2-3 Minutes)

Sit comfortably and allow your body to settle. Notice your breath without changing it, simply observing its natural rhythm. Bring awareness to this moment and silently remind yourself, "I can begin where I am." With each exhale, release the need to rush or fix anything. If your mind wanders, gently return your focus to your breath. When ready, bring your attention back to your surroundings, carrying this sense of steadiness with you.

## Self Care

Low-energy self-care focuses on meeting basic needs without pressure to be productive or motivated. Small, supportive actions can help regulate the nervous system and reduce emotional strain.

- Sit near natural light for a few minutes
- Drink something warm and grounding
- Take a few slow, steady breaths
- Do one small, manageable task
- Remind yourself: this is enough for today



## Did You Know?

- January is commonly associated with increased emotional fatigue and lower motivation due to post-holiday stress, routine disruption, and reduced daylight.
- Mental health progress is often more sustainable when focused on regulation and support rather than rapid change or rigid goal-setting.
- Gentle pacing and self-compassion can reduce stress responses and support nervous system stability during seasonal transitions.

## Company Highlight

### Welcome to our Spring Semester Interns!

#### Hope Miller and Joseph Harrell

Hope and Joseph are graduate-level clinicians with training in psychology and counseling who provide supportive, client-centered care. Hope is completing her Master of Science in Clinical Mental Health Counseling and works with children, adolescents, and families navigating anxiety, emotional regulation, and life transitions, while Joseph is pursuing a Master of Science in Marriage and Family Therapy and has experience working with individuals, couples, and families. Both are committed to creating a safe, collaborative, and culturally responsive therapeutic environment where clients feel supported and empowered.

