

# CENTER STREET CENTER



We are super excited to announce the opening of our third location! Tracy E Hill PhD & Associates LLC will have a new office in the beautiful gold Galleria building in Denver Colorado. Official opening date is December 1, 2023 where we will see adolescents through adults both in person and virtually. And don't forget our Caribbean villa for families who need a respite from life's stressors. If you or someone you know needs help, please reach out to us or your preferred therapist in your area.

## DID YOU KNOW?

*Did you know* that scientists discovered a common language of 24 character strengths that make up what's best about our personality such as curiosity, bravery, humility and the list goes on. Everyone possesses all 24 character strengths in different degrees, but each person has a unique character strengths profile. Each character strength falls under one of six broad virtue categories, namely wisdom, courage, humanity, justice, temperance and transcendence. Even cooler - these broad virtue categories are universal across cultures and nations! In an unpublished study in 2019, 9,000 people in the United States were asked which character strength they wished for to have better mental well-being. The results were surprising. One would have expected strengths such as kindness, love, or spirituality. Yet none of those strengths cracked the top five.

The top five strengths from a pool of 9,000 participants are below.

- 1. Self-Regulation.** The highest percentage of people said the character strength they wished they had more of to help with their mental health is self-regulation, in other words, self-control. This takes many forms, such as more control of your feelings, impulses, bad habits, and words. People want more discipline in their life, but vices, old habits, and problem behaviors are ingrained, amorphous, hidden, confusing, and often victorious.
- 2. Bravery.** People want to be braver. It is challenging to be brave enough to move out of one's comfort zone, challenge the system or the status quo, speak an unpopular opinion, or face your own fears. Bravery isn't easy but it is a pathway to being more authentic and helping those you care about.
- 3. Perseverance.** The third highest character strength wished for was the ability to persevere and have some grit. Often when we fail, don't meet our goals or life just happens - we may feel mental and physical fatigue, have negative thoughts, or feel like quitting. But, perseverance can overcome those obstacles. It is that inner voice that says, "keep going. You got this."
- 4. Creativity.** I always say I wish I could sing. Now I know why. People want to be more creative. Yet our minds are full of obstacles: "What if I fail?" "How much will I lose?" "What if I can't?" This strength reminds us that there is great value for our mental well-being if we can open ourselves to new ways of doing things, think of new solutions to our problems, and take novel and creative action.
- 5. Forgiveness.** People wish they could be more forgiving. This makes perfect sense. The mental burden of holding onto resentment, anger, and hurt feelings can be overwhelming and have a huge negative impact on our psyche. Science informs us that forgiveness takes time. We need to be patient with our forgiveness. We need to make practice of letting go, over and over. Forgiveness doesn't mean forgetting. It implies a measure of understanding and empathy.

## LETTER FROM THE DIRECTOR

It's been a crazy busy year at Center Street Center. We will have the new opening of South Denver Center, and we welcomed our new intern Judith MoBilio who will be with us until May 2023. Additionally, we hired a new Billing & Claims Administrator, Karlene Smith who will help Joan Plavier with all things billing and claims. We also have forayed into the state insurance space and Dr. Hill now accepts clients with Medicaid! Last but not least, by January 2024 we are rolling out some beautiful shirts (long sleeve and short) that help mitigate the stigma of mental health, promote mental health awareness, and are simply fun to wear ;- ) Wishing everyone a merry Christmas, Kwanzaa and Channuka

*En buena salud | In good health* Dr. Tracy E. Hill

### SELF CARE

Self-care is a personal practice, and the most important thing is to tailor it to your specific needs and preferences. Self-care is especially important during the holiday season, as it can help you manage stress and enjoy the festivities more fully.

Top tips include setting healthy boundaries, managing your stress, and dedicating time to self-care during the holidays so you can better enjoy the season and maintain your overall well-being. If you need to, schedule an additional session to help you during this stressful time.

### BLENDED FAMILIES

Blended family issues during the holidays can be challenging as they often involve navigating the dynamics between different sets of parents, step-siblings, and extended family members.

Remember that the key to navigating blended family issues during the holidays is open communication, flexibility, and a focus on creating a positive and inclusive holiday experience for everyone involved. Patience and understanding go a long way in making the holiday season enjoyable and memorable for the entire blended family.

### GIFT GIVING GUIDE

It's important to set a budget that's comfortable for you this holiday gift giving season.

Ultimately, the best gifts come from the heart and reflect the care and consideration you have for the recipient. Listening, paying attention, and showing that you know and appreciate the person you're giving the gift to can go a long way in making your gift memorable and meaningful. Thoughtful gifts can be as simple as a handwritten note expressing your appreciation for someone or a meaningful memory that resonates with the recipient.