

SPRING FORWARD

The Importance of Community During Stressful, Chaotic, and Traumatic Times

In the face of stress, chaos, and trauma, the value of a supportive community becomes even more apparent. During such challenging periods, having a network of understanding and compassionate individuals can provide the strength and resilience needed to navigate through difficulties. New Beginnings Counseling Center, LLC, recognizes this profound need and is dedicated to fostering a community that offers a safe haven for healing and growth.

Emotional Support and Connection:

During times of intense stress and trauma, emotional support is crucial. A community provides a space where individuals can share their experiences, express their feelings, and receive empathy and understanding. This connection helps alleviate feelings of isolation and loneliness, offering comfort and reassurance that you are not alone in your struggles.

Safe Spaces for Healing

New Beginnings Counseling Center, LLC, is committed to creating safe spaces where individuals can begin their healing journey. These environments are designed to be welcoming and non-judgmental, allowing people to feel secure as they work through their emotions and experiences. The center's approach emphasizes the importance of safety and trust, which are essential for effective healing.

Encouragement and Motivation

Being part of a community can be incredibly motivating. Seeing others overcome their challenges and make progress can inspire you to keep going, even when things seem overwhelming. New Beginnings Counseling Center, LLC, celebrates each individual's achievements, no matter how small, fostering a sense of hope and encouragement that is vital during tough times.

Building Resilience and Adaptability

Facing challenges as part of a community builds resilience. When you see others overcoming obstacles, it reinforces the belief that you can too. New Beginnings Counseling Center, LLC, helps individuals develop resilience by providing tools and strategies to adapt to changing circumstances and manage stress effectively.

Creating a Sense of Belonging

A sense of belonging is one of the most profound benefits of being part of a community. Feeling connected to others who share similar experiences and values can provide a sense of stability and comfort. New Beginnings Counseling Center, LLC, strives to create an inclusive and supportive community where everyone feels valued and understood.

Conclusion

In conclusion, having a community during stressful, chaotic, and traumatic times is essential for emotional support, healing, and growth. New Beginnings Counseling Center, LLC, is dedicated to fostering a community that provides a safe place for individuals to heal and thrive. By offering emotional support, shared resources, encouragement, resilience-building, and a sense of belonging, we help individuals navigate their challenges and emerge stronger and more resilient. Together, we can create a supportive and healing environment where everyone can find the strength to overcome adversity.

--- Fred Harris, Founder of NBCC





Iron Deficiency Awareness

Black individuals have the highest rate of anemia. Several genetic and environmental factors are involved. Low iron levels can cause fatigue, listlessness, shortness of breath, dizziness, lightheadedness, struggles with concentration and remembering things, decreased libido (sex drive), pale or yellow skin, headaches, fast or irregular heartbeat, chest pain and cold feet and hands. Iron pills, lentils, spinach, Turkish apricots, liver (beef, chicken and pork) and dark leafy greens are some options. Additionally, freeze-dried grass-fed beef liver capsules or iron pills are another source as well. Checking in with your primary care provider will help you determine what your levels are, via a blood test, which can help you and your provider discuss treatment options.

--- Source: [Iron deficiency anemia - Symptoms & causes - Mayo Clinic](#)



Mindful Minute

5, 4, 3, 2, 1 Technique

This exercise grounds you in the present moment by engaging your senses, shifting your focus away from distressing thoughts. This redirection calms an overactive sympathetic nervous system, reducing the fight-or-flight response. Practicing this technique regularly can build nervous system flexibility and resilience.

Put into practice:

- Identify five things you can see. Acknowledge each object by stating its name aloud or silently.
- Acknowledge four things you can reach out and touch or feel. Again, take a moment to name them.
- Shift your focus to three things you can hear in the background. Name them.
- Recognize two scents you can smell, allowing your sense of smell to engage. Name them.
- Finally, pay attention to one thing you can taste, even if it's just the taste of your breath.

--- Katie R.

New Group at NBCC: Restful Minds

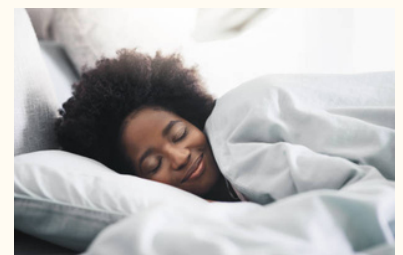
The sleep group "Restful Minds" is a psychoeducation group designed to help individuals build a healthier relationship with sleep by providing a comprehensive range of tools and coping strategies to improve sleep quality. Participants learn about the role of various sleep aids, including herbal teas, essential oils, and lotions, as well as alternative remedies like supplementation and exercise to enhance their sleep. The group emphasizes the importance of creating a sleep-friendly environment. Therapy techniques and mindfulness practices will be introduced to aid relaxation, while participants are educated on the potential impacts of medications and food choices on sleep patterns. By learning to track their sleep and engage in these calming rituals, individuals will gain valuable insights into their sleep habits and develop healthier coping mechanisms, ultimately fostering a more restful and restorative sleep cycle.

Sleep Group Details:

- **Start Date:** March 18th, 2025
- **Meeting Schedule:** Biweekly, every other Tuesday
- **Time:** 5:00 PM - 6:30 PM
- **Group Size:** Limited to 10 participants
- **Screening Process:** Participants will meet with our Nurse Practitioner for a screening, unless already her patient.

Topics Covered in the Group:

- Teas, herbal remedies, and other sleep aids
- Journaling and using a notebook for reflection
- Lotion, essential oils, and calming rituals
- Sleep studies and tracking sleep patterns
- Vitamin D supplementation
- The importance of exercise for better sleep
- Therapy techniques and coping strategies
- Medications and their impact on sleep
- Food choices for better sleep
- Creating the ideal sleep environment (SAD lights, dark room, dim lighting, reducing blue light exposure); using fans, sound machines, or rain/ocean sounds to improve sleep quality
- The importance of allowing processing time before bed
- Practicing mindfulness for better sleep quality



New Beginnings Counseling Center, LLC

How Daylight Savings Affects Mental Health & Tips for Combating Fatigue

As daylight savings time rolls around, many people experience a temporary disruption to their sleep patterns. While it may seem like a small change, losing or gaining an hour of daylight can have a significant impact on your mental health and overall well-being.



Mental Health

The transition into daylight savings time (DST) involves adjusting our clocks, but more often loss of an hour of rest. For many people this shift can lead to:

Sleep Deprivation: The sudden change in sleep schedule can lead to shorter and disrupted sleep. Even though the loss of one hour seems minor, the cumulative effect of poor sleep can lead to fatigue, irritability, and difficulty concentrating (Bender, 2024).

Mood Fluctuations: Lack of sleep and the disruption of circadian rhythms can increase stress and anxiety levels. Studies have shown that the spring forward into daylight savings time is associated with temporary spike in mood disorders like depression and anxiety. The impact can be noticeable to those who already struggle with mental health concerns (Harvard Health Publishing, 2024).

Increased Risk of Depression: The change in time can throw off the body's natural rhythm, making it harder for people to feel rested or rejuvenated. This can result in an increase in depressive symptoms, especially during darker months of the year where sunlight is already limited (Bender, 2024).

Disrupted Circadian Rhythm: The internal body clock, or circadian rhythm, is responsible for regulating your sleep-wake cycle. A sudden change, such as adjusting to daylight savings time, can throw this rhythm off balance, leading to difficulties in falling asleep, staying asleep, or waking up refreshed (Cedar Recovery, n.d.)

Tips to Combat Fatigue and Mood Disruptions

While the effects of daylight savings time on mental health can be temporary, it's important to take steps to minimize the impact and help your body adjust more smoothly. Here are some tips to combat fatigue and boost well-being during this time:

1. Gradually Adjust Your Sleep Schedule: Instead of making the shift in one day, start adjusting your sleep routine a few days before the time change. Go to bed 15 minutes earlier each night to give your body time to adapt.

2. Prioritize Good Sleep Hygiene: Create a calming bedtime routine by avoiding screens and bright lights at least 30 minutes before bed. Make sure your sleep environment is comfortable, quiet, and dark to encourage restorative sleep (Harvard Health Publishing, 2024).

3. Get Outside Earlier: Exposure to natural light in the morning helps regulate your circadian rhythm and signals to your body that it's time to wake up (and NO standing in front of your window does not count). Try to wake up and get outside to boost mental clarity (Cedar Recovery, n.d.).

4. Stay Active: Regular physical activity, especially in the morning, can improve your sleep quality and help you feel more awake and alert throughout the day. Exercise also helps reduce stress and elevates your mood (Bender, 2024).

5. Manage Stress and Anxiety: Practice mindfulness techniques such as meditation techniques or deep breathing exercises to help ease stress and improve your emotional well-being. Managing stress can help mitigate the effects of disrupted sleep on your mental health.

6. Stay Hydrated and Eat Nutritious Meals: Proper nutrition and hydration play a key role in maintaining energy levels and supporting brain function. Aim for a balanced diet rich in fruit, vegetables, lean proteins, and whole grains (don't forget your water bottle).

Daylight savings time may seem like a minor event, but it can have lasting effects on your sleep pattern and mental health. By taking proactive steps to adjust your routine and focus on self-care, you can minimize fatigue and stress that often accompany this seasonal change. Prioritize sleep, exercise, and healthy habits to help your body and mind reset and thrive throughout the year.

— Kelsey B

References:

Bender, A. (2024, March 4). The effect of daylight saving time on your health. Psychology Today. <https://www.psychologytoday.com/us/blog/its-not-just-in-your-head/202403/the-effect-of-daylight-saving-time-on-your-health>
Cedar Recovery. (n.d.). Navigating the time change. Cedar Recovery. <https://www.cedarrecovery.com/resources/navigating-the-time-change/>
Harvard Health Blog. <https://www.health.harvard.edu/staying-healthy/the-dark-side-of-daylight-saving-time>

Health Corner

Golden milk has been a long-established Ayurvedic drink that promotes health. The main component is turmeric. Turmeric can support the body in many ways such as: anti-inflammatory properties, provide antioxidants, support health skin, ease arthritis and supports the cardiovascular system, to name a few. This drink helps to calm the body and can help promote sleep.

Golden Milk Recipe:

Ingredients (serves 2):

- 1.5 cups almond milk (your milk of choice)
- 1.5 teaspoons ground turmeric
- pinch ground black pepper
- 0.5 teaspoons ground cinnamon
- 2 teaspoons honey

Optional extra ingredients:

ginger, coconut oil, maple syrup, sugar or sweetener, chamomile tea bag, cayenne pepper, vanilla extract, ground cardamom, ground cloves, chai tea bag, or star anise.



Combine all the ingredients in a small saucepan over the stove. Warm over a medium heat until the milk is warmed through (about 5 minutes). Stir regularly. Let the mixture come to a gentle simmer but try not to let it boil. (If you used any solids that need to be strained from the liquid before you drink it, do this now.)

Pour into two mugs and drink while warm. Enjoy! Pro tip: If you are after a frothy milk drink, pop all the ingredients in the blender before you heat them. Source used: www.thedeepsleep.com/golden-milk-recipe

--- Amanda F.

New Beginnings Counseling Center, LLC

Community Outreach

Let me introduce myself. My name is Lisa Berry and I am the Head of School at Woodland Montessori School. Our school reaches children through the Montessori philosophy with an emphasis in teaching children through our mission as stated here:

WMS Mission Statement

Woodland educates children, families and our community through the Montessori philosophy, with an emphasis on inclusivity, diversity and environmental stewardship.

Our mission focuses on fostering a nurturing environment for both children and staff. We emphasize the importance of self-care, particularly for individuals from BIPOC and LGBTQIA+ communities who may not always feel supported by dominant cultural norms. Addressing and confronting inherent biases is essential for personal and communal growth. To aid in this process, we encourage using valuable resources such as the free Harvard Implicit Association Test, which can help individuals recognize and reflect on their unconscious biases.

Our school and board have made significant strides in understanding Black History. Eighteen staff and board members participated in the course "Black History for a New Day." This program profoundly changed our school's perspective on Black History and highlighted the treatment of Black individuals in American history and within our local community of Madison.

Research indicates that discussions around race and skin tone awareness begin early in childhood. Infants can discern differences in skin tones, and by the age of four, children start to recognize the social constructs associated with race. They become conscious of their own racial identity and those of others, emphasizing the importance of addressing these topics to help foster understanding and inclusivity from a young age. For young children, Embrace Race provides good resources and tools for parents to have conversations. With older children and Teens, recommend Tiffany Jewel Book. This Book is Anti Racist, it comes with a family guide, see below: https://www2.quartoknows.com/dynamic/files/product_file/This-Book-Is-Anti-Racist-Family-Guide-97807112452114065.pdf.

It is essential to actively engage in self-reflection to examine our own biases and align our systems with our core values. Demonstrating compassion is equally important in this process. For children's development, it is crucial for them to recognize and embrace their own value, as well as that of others. This approach fosters the creation of a more inclusive and accepting world that welcomes and supports everyone.

With Love and Solidarity!
Ms.Lisa

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Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.
—Desmond Tutu

Diversity doesn't look like anyone. It looks like everyone.
—Karen Draper

Culture is powerful precisely because it is present and at the same time so very difficult to name or identify.
—Kenneth Jones and Tema Okun

NBCC IS EXCITED TO WELCOME EQUINE ASSISTED THERAPY BACK BEGINNING MAY 2ND, 2025. SESSIONS ARE HELD ON FRIDAYS.

IF YOU ARE INTERESTED IN PARTICIPATING, PLEASE SPEAK WITH YOUR PRIMARY PROVIDER REGARDING A REFERRAL.

