

SOTM Connection

Building Resilience Through Life Skills

First Quarter 2025

Your life just got a little easier

Message from Dr. Dor

Welcome to the inaugural edition of *Life Skills Quarterly!* As we step into a new season, I want to express gratitude for your continued journey with us at SOTM Life Skills Center. Our goal is to provide meaningful support to help you thrive and build resilience. This newsletter is here to keep you connected with our services, offer practical tips, and highlight inspiring stories. Let's make this quarter a time for growth and transformation.



Dr. Dor, LPC-S, Ph.D.

Warmly,

Ask The Clinician

Q: *How do I know if I'm making progress in therapy?*

A: Progress can look different for everyone. Some signs include feeling more confident in handling challenges, improved relationships, and increased self-awareness. Keep track of small wins and discuss them with your clinician. Have a question? Submit it anonymously to be featured in the next issue.

Q: *How do I apply the I PROFESS model in daily life?*

A: Start by assessing which area needs the most attention. Set small, achievable goals in that dimension, such as practicing mindfulness (Emotional), strengthening communication (Relational), or creating a budget plan (Financial). Each step moves you closer to resilience and balance.

Inside This Issue

Ask The Clinician

The Power of Resilience: How to Bounce Back from Life's Challenges

Mental Health Moments

Mental Wellness Practices for a Balanced Life

Client Spotlight: A Story of Strength

Upcoming Live & Virtual Events

The Power of Resilience: How to Bounce Back from Life's Challenges

Resilience is about adapting well to life's challenges, big or small. Here are three practical tips to strengthen your resilience:

1. **Focus on What You Can Control:** Shift your energy toward actionable steps.
2. **Build Supportive Relationships:** Connect with friends, family, or support groups.
3. **Practice Self-Compassion:** Be kind to yourself when things don't go as planned.

Try these strategies and notice how they help you navigate challenges more effectively.

[Read more about resilient in this article](#)

Mental Health Moments

This quarter focuses on a simple but impactful self-care habit: **The 5-Minute Declutter Challenge:**

- Choose a small area, such as your desk, a drawer, or your car.
- Set a timer for 5 minutes.
- Organize or remove items that no longer serve a purpose.
- Enjoy the sense of accomplishment from creating a tidier space.
- Clearing physical clutter can help reduce mental stress and create a more positive environment.

Mental Wellness Practices for a Balanced Life

To maintain balance, consider incorporating these mental wellness practices:

- **Mindfulness:** Spend 5 minutes focusing on your breath.
- **Gratitude Journaling:** Write down three things you are grateful for each day.
- **Movement:** Engage in any physical activity you enjoy releasing tension.

These small practices can create significant positive changes over time.



Book an appointment

Thank you for being part of the SOTM community. We look forward to supporting your continued growth! Know someone who could benefit from this newsletter? Please forward a copy. Thank you

Client Spotlight: A Story of Strength

This quarter, we're proud to highlight Martha, who has made remarkable strides in building coping strategies using the I PROFESS model. Through commitment and determination, they have created a balanced approach to managing stress and enhancing their relationships. *Interested in sharing your story? Contact us to be featured!*



UPCOMING LIVE & VIRTUAL EVENTS

Couple's Intensive Life Skills Training



4 hrs | \$600
The Life Skills Couple's Training program begins with a thorough assessment and consultation session lasting two hours, where couples will have the opportunity to explore their strengths, identify areas for growth, and set personalized goals for their relationship journey. Our expert coaches will provide invaluable insights and guidance, tailoring the program to address the unique needs and aspirations of each couple. Saturday March 29, June 28, September 27, & December 20. [Print a Flyer.](#)

Trauma & PTSD Life Skills Resiliency Group

8 hrs | \$50 per session

Are you looking to develop essential life skills to get back into the game of life? Join DrDorLifeSkills group, where we focus on empowering individuals to overcome past experiences and build a brighter future. Dr. Dor's Intensive Life Skills Resiliency training focuses on the eight dimensions of life. Group members work through their - I PROFESS challenges



Session Details:

- **When:** Wednesdays, twice a month
- **Duration:** 8 hours total (2 sessions per month)
- **Fee:** \$50 per session
- **Pre-registration Required:** Unlock 8 hours of transformative training. 8 sessions minimum. [Print a flyer](#)

Wives Life Skills Group

1 hr | \$25 per session 8 sessions minimum

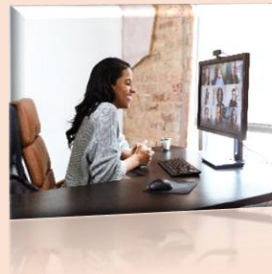
Join us for a supportive and confidential life skills group designed specifically for wives and future wives. Our mission is to create a safe space for you to share your feelings, gain insight, and grow without judgment. Many couples face challenges but struggle to identify the root of the problems. If you're determined to invest in your marriage, this group provides tools and strategies to strengthen your bond and build a more resilient relationship. [Print a flyer](#)



Live & Virtual Life Skills Support Group

1 hour | \$25 Monthly Membership

Looking for a supportive space to navigate life's challenges? Join our Live & Virtual Life Skills Support Group and connect with others in a welcoming and judgment-free environment. Whether you're dealing with stress, anxiety, or simply seeking personal growth, our professional facilitators provide expert guidance on communication, problem-solving, stress management, and self-care.



This interactive group offers a flexible and accessible way to gain valuable life skills, share experiences, and build a strong support system—all from the comfort of your home or in person. Empower yourself with practical strategies to boost confidence and resilience.

- ◆ Small, engaging group sessions
- ◆ Professional guidance in a relaxed setting
- ◆ Convenient and affordable personal growth

Sign up today and take the first step toward a more fulfilling and balanced life! [Print a flyer](#)



Website



Blog



YouTube

Thank you for being part of the SOTM community. We look forward to supporting your continued growth! Know someone who could benefit from this newsletter? Please forward a copy. Thank you