



MONTHLY NEWSLETTER

April 2025

Volume 2, Issue 4

Through our monthly newsletters, Let's Talk About aims to educate and connect with our clients by raising awareness on issues that pertain to mental health - our specialty.

Your story matters and so do YOU!

FROM STRESS TO STRENGTH: TRANSFORMING YOUR MINDSET

Stress Awareness Month is observed every April to raise awareness about the effects of stress on health and well-being, highlighting the importance of mental health. Throughout this month it's a good time to reflect on how stress affects your life and consider adopting healthier habits to manage it.



TAKING CONTROL OF YOUR STRESSERS TIPS AND TRICKS

"Taking Control of Your Stress" is a powerful message, during this Month. Stress management is crucial for maintaining both physical and mental health. The importance of effectively managing stress cannot be overstated. In this newsletter we seek to provide ways in which everyone can deal with their own stress.



NATIONAL COUNSELING AWARENESS MONTH

National Counseling Awareness Month is observed every April to raise awareness about the importance of counseling and mental health services, promoting well-being and support in life's challenges.



This month is dedicated to recognizing the significant contributions that counselors make in various settings also serving as an opportunity to educate about the benefits of seeking counseling.

LET'S TALK ABOUT LITERATURE STOP OVER THINKING: THE PATH TO CALM



In this month's literature, *Stop Overthinking*, author Nick Trenton will walk you through the obstacles of stress and anxiety with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits.



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Counseling Awareness Month

HEALING THROUGH COUNSELING

National Counseling Awareness Month (NCAM) is observed every April to promote the importance of counseling and raise awareness about the vital role counselors play in helping people lead healthier, more fulfilling lives. The month highlights the work of counselors in various fields, including mental health, school counseling, marriage and family therapy, addiction counseling, career counseling, and more.

Counselors help people with a wide range of issues, from anxiety, depression, and trauma, to life transitions, substance abuse, and stress management. This month is an opportunity to recognize their hard work and dedication, and to remind people that reaching out for counseling can be a positive step in improving mental health and overall well-being.

Here are a few ways you can help promote this awareness:

Learn more about counseling:

- Use this month as an opportunity to learn more about the different types of counseling (e.g., mental health counseling, marriage and family therapy, addiction counseling). Understanding what counselors do and the benefits of therapy can help reduce stigma.
- Distribute educational materials in your community or workplace about the role of counselors, how to access counseling services, and how mental health is just as important as physical health.



Raising awareness:

- Share facts, statistics, and stories about the positive impact of counseling on mental health with friends and family.
- You can also use hashtags like #NationalCounselingAwarenessMonth or #NCAM to reach a wider audience on Social media.

Organize or Attend Events:

- Many professional organizations, schools, and community centers hold events, webinars, or workshops during NCAM. Attend or organize one to promote the benefits of counseling.
- If you're involved in a school or organization, consider hosting a session where counselors can speak about their work and the importance of mental health.

Promote Stress Relief and Self Care:

- Take this month as an opportunity to focus on your own mental well-being. Practice mindfulness, meditation, or other stress-reduction techniques that support mental health.
- Sharing your own stories and successful tips help others see how mental health can positively impact their lives.

Support your Counselors:

- Reach out and thank them for the important work they do. A small gesture of appreciation can go a long way.
- Many professional organizations or local communities might have awards for outstanding counselors. Take the time to nominate someone who has made a significant impact.



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Taking Control of Your Stress

STRESS RELIEF STARTS NOW

No matter what part of this journey you are currently in in life, stress is a something we all share in common. In fact, studies show that stress is one of the most common mental health challenges people face globally. From stress at home to stress at work, we all at some time or another have faced stressors in our life. Stress can be a normal response to life's challenges, but chronic stress can have negative effects on physical and mental health, so it's important to address it through healthy coping strategies and self care.

In this newsletter, we want to share proven strategies for managing stress which can help you maintain a healthy overall life balance. The goal is not only to help people recognize the signs of stress but to empower them to take action to manage it effectively and lead healthier, more balanced lives.

Strategies to relieve stress:

Practice Deep Breathing

- Deep breathing helps activate the body's relaxation response, reducing the physical symptoms of stress. A proven method is the 4-7-8 technique. In hale for 4 seconds, hold your breath for 7, and release for 8 seconds. Repeating this can calm your body.

Physical Activity

- Find an activity you enjoy—whether it's walking, swimming, yoga, dancing, or even a quick stretch. Doing just 30 minutes of this activity can help boost endorphins reducing stress.



Staying Organized:

- Clutter and disorganization can make your environment feel chaotic, which increases stress. A more organized space can help you feel in control of your surroundings and reduce the stress of chaos.

Engage in Hobbies

- Hobbies allow you to express yourself and focus on something enjoyable, which can be a great distraction from stress. This can be playing a sport, gardening, art, music, the list is endless and specifics to who you are!

Laugh and Find Joy

- Laughter is a natural stress reliever. It relaxes your body, reduces tension, and improves your mood. This can be watching a funny video, hang out with people who make you laugh, or engage in activities that bring you joy.



Let's Talk About Literature



Stop Over Thinking By: Nick Trenton

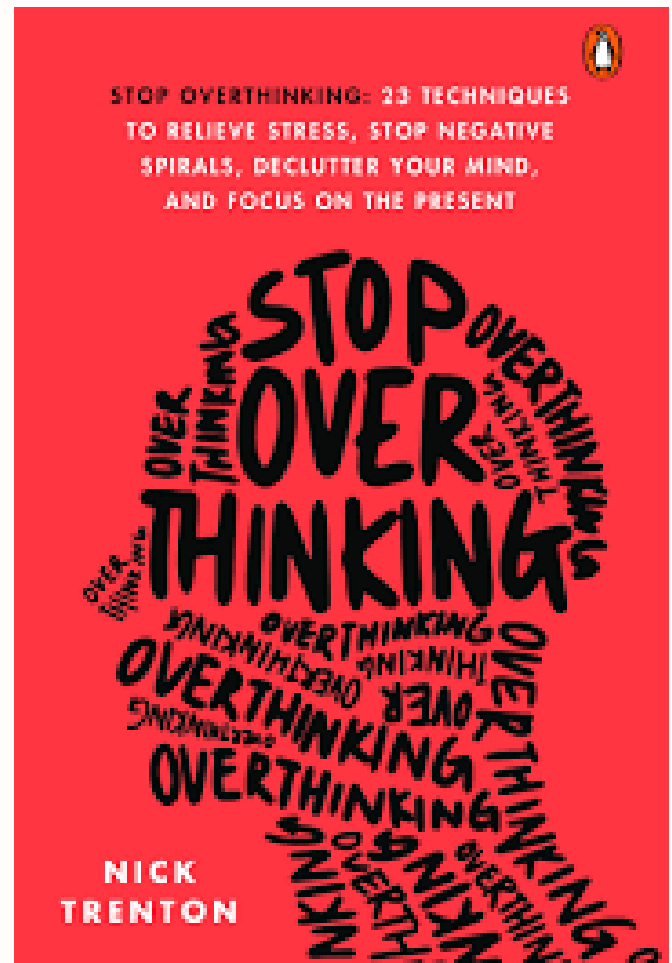
"Stop Overthinking: 23 Techniques to Eliminate Stress and Anxiety" by Nick Trenton is a self-help book aimed at helping readers manage their thoughts, reduce stress, and prevent overthinking, which can lead to anxiety and decision paralysis.

Trenton explains that overthinking often stems from fear, perfectionism, or a lack of control. It can cause mental fatigue, self-doubt, and unnecessary stress. Recognizing the pattern of overthinking is the first step toward overcoming it. Trenton offers 23 practical strategies to break the cycle of overthinking. These techniques include mindfulness practices, cognitive reframing, distraction techniques, and ways to regulate your emotions. Trenton also encourages cultivating self-compassion, being kinder to yourself, and not judging yourself harshly for having anxious or unproductive thoughts.

How can this book help you?

The book is a guide for anyone who tends to overthink and feels overwhelmed by their own thoughts. Trenton's approach is practical and down-to-earth, offering readers simple techniques to improve their mental well-being. The goal is to help people create more peace of mind, make better decisions, and reduce anxiety by addressing the root causes of overthinking and shifting toward more constructive thinking patterns.

By the end, Nick Trenton will have walked you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. Free your mind from overthinking and achieve more, feel better, and unleash your potential.



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OUR CLINICIANS

Michelle Asencio

Specialties: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital. **Spanish Speaking. 13 years old +**

Modality: Cognitive Behavioral Therapy, Sex Therapy, Solution Focused Therapy, Client Center Therapy, Brief Solution Therapy, Couples Therapy

Kaiza Canales

Specialties: Anxiety, Depression, Anger Management, Mood Disorders, Adjustment Disorders, Pre-Marital, Couples Therapy, Trauma Focus, Parenting, Social Skills - **Spanish Speaking. 6 years old +**

David Gomez

Specialties: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills. **Spanish Speaking. 3 years old +**

Breckin Crowley

Specialties: Anxiety, Depression, Mood disorders, Anger Management, Mood Disorders, Adjustment Disorders, LGBTQIA+, Transgender, Substance Abuse, Trauma, Alternative Lifestyle, Sexuality, Couples Therapy, Social Skills . **Adults 18 +**

Paola Balseca - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence. **Spanish Speaking. 6 years old +**

Tisifene Taylor - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence. **6 years old +**



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OUR MISSION STATEMENT

At Let's Talk About, our mission is to provide compassionate, evidence-based mental health therapy that empowers individuals to overcome challenges, cultivate resilience, and live fulfilling lives. We are committed to creating a safe and supportive space where clients can explore their thoughts, feelings, and experiences without judgment. Through collaborative and personalized treatment approaches, we strive to promote healing, growth, and positive change. Our goal is to empower clients to harness their strengths, develop effective coping skills, and cultivate meaningful connections with themselves and others. Together, we work towards fostering a community where mental health is prioritized, stigma is challenged, and individuals thrive.



WE APPRECIATE YOUR REFERRALS!



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