



# MONTHLY NEWSLETTER

August 2024

Volume 1, Issue 3

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!

## AUGUST IS NATIONAL WELLNESS MONTH

### THE IMPORTANCE OF TAKING CARE OF YOURSELF

Wellness is crucial for overall quality of life and encompasses a balanced approach to physical, mental, and emotional health. Prioritizing wellness helps create a balanced, fulfilling life and fosters an environment where individuals can thrive both personally and professionally. In this newsletter, our Director of Operations Lillian McCord speaks on her wellness journey.



## SCHOOL YEAR STARTING - STRESSES RISING

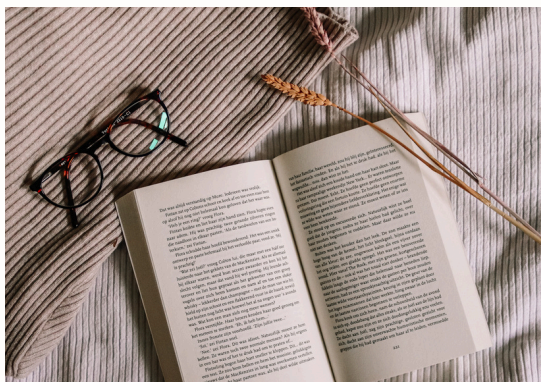
### STRESS MANAGEMENT FOR STUDENTS & PARENTS

The start of the school year may come with excitement for some, but for others it may be a time of uncertainty and anxiety. In this newsletter, we aim to equip parents and students with coping mechanisms for common stressors. Our counselor and teacher Paola Balseca speaks words of encouragement on navigating this busy time of year.

## NATIONAL COUPLE'S DAY IS AUGUST 18TH

### VALUING EACH OTHER & INTIMACY

National Couple's Day is an optimal opportunity to celebrate one another during this busy time of year. In this newsletter, we encourage our readers to be intentional in their relationships by prioritizing intimacy. We offer strategies that are key to growing closer to your partner. Our clinician, Michelle Asencio, discusses the different kinds of intimacy and how they contribute to a deeper connection.



## INTRODUCING "LET'S TALK ABOUT LITERATURE"

### BOOK RECOMMENDATIONS THAT MAKE A DIFFERENCE

Let's Talk About strives to offer our clients with the best possible guidance and resources to tackle any obstacle they may be facing. We urge our clients to take their mental health into their own hands and educate themselves outside of our office. Through our book selections, we hope to inspire our readers to learn more about themselves and others.



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# August is National Wellness Month

## AWARENESS AND ADVOCACY

National Wellness Month, observed in August, is dedicated to encouraging people to focus on their physical, mental, and emotional health. It's a time to prioritize self-care, develop healthy habits, and raise awareness about the importance of maintaining a balanced lifestyle.

Physical health is fundamental to overall well-being and plays a crucial role in maintaining a high quality of life. Benefits to getting at least 30 minutes of exercise a day include disease prevention, enhanced mobility, improved cardiovascular health, increased energy levels, and better sleeping habits.

Oftentimes, people have a hard time getting started. But starting with low impact workouts like going on walks and light yoga can kickstart the habit of moving your body. Once comfortable, you can always add more to your routine.

Along with physical health comes the importance of mental and emotional health. Both go hand in hand and can mutually benefit one another. Emotional wellness helps you gain insight into your values, goals, and desires, leading to greater self-awareness and personal growth. By managing mental health effectively, you can pursue and achieve personal and professional goals with a greater sense of purpose and satisfaction.

Mental and emotional wellness is foundational to leading a healthy, fulfilling life. It influences virtually every aspect of our well-being, from physical health and relationships to work performance and personal satisfaction. Prioritizing and nurturing your mental and emotional health can lead to a more balanced and enriched life.



## Clinician Corner

"My name is Lillian McCord, and I'm the Director of Operations at Let's Talk About. One of my top priorities now is taking care of myself

physically and mentally. I will soon officially be an "empty nester," and it's my time to focus on living life to the fullest with a different focus. I've learned that keeping both my body and mind in good shape is crucial. I realized that maintaining a healthy body requires different nutritional strategies. Studies show that increased protein intake for those over 50 can enhance muscle protein synthesis and support muscle maintenance. This shift in my diet, coupled with regular physical activity, has made a significant difference in how I feel and function daily. Additionally, nurturing your mental health through activities like reading, meditation, or pursuing hobbies can significantly enhance your well-being. Our mental health services can help you enhance your mental wellness. Call our office to see how we can help you achieve your goals!"

*Lillian McCord, D.O.*



# Back To School Stressors

## STUDENT STRESS + STRATEGIES

The start of the school year can be a mix of excitement and stress for students, parents, and teachers alike. This stress and anxiety can come from various sources, and understanding these stressors can help in managing them. Common stressors students might face can be related to academic pressure, performance expectations, change in routine, social dynamics, bullying, and self confidence issues among others.

The fear of falling behind or the pressure to perform well can be overwhelming. This includes concerns about grades, tests, and keeping up with homework. Students might feel pressure from parents, teachers, or themselves to achieve high standards, which can lead to anxiety and stress, especially while balancing school and extracurricular activities. This, while simultaneously transitioning from the more relaxed summer schedule to a structured school routine can be challenging.

Another factor that may oftentimes go unaddressed is adjusting to social groups, making new friends, or dealing with social hierarchies. There's also the worry about fitting in and handling peer pressure. This may lead to concerns about appearance, self-esteem, and body image and can affect how students feel about themselves and their school experience. In severe cases, some students may worry about bullying and conflicts with their peers can create significant stress and impact their mental well-being.

Here are some tips for students trying to be proactive in mitigating these stressors:

- Time Management:** Develop a schedule or planner to manage academic and extracurricular commitments.
- Set Realistic Goals:** Focus on setting achievable goals and celebrating small successes.
- Stay Organized:** Keep track of assignments and deadlines to reduce last-minute stress.
- Open Communication:** Talk openly with family, friends, or school counselors about your concerns and feelings.
- Build A Support Network:** Surround yourself with supportive friends and family members.
- Seek Support:** Don't hesitate to reach out for professional help if the stress becomes overwhelming.



# Back To School Stressors

## PARENTAL STRESS + STRATEGIES

Parents often face their own set of stressors as the school year begins. Managing these challenges effectively can help create a smoother transition for the entire family. Common stressors for parents include scheduling conflicts, adjusting routines, financial concerns, balancing work and family life, and health concerns.

Coordinating school schedules, extracurricular activities, and family commitments all while transitioning to a more demanding school routine can be challenging, especially if there are multiple children with different needs. Along with this, finding time to balance work responsibilities with the demands of the school year, such as attending school events or helping with homework, can be difficult.

Additionally, the cost of school supplies, extracurricular activities, and potentially increased childcare expenses can add up and create financial stress. Ensuring children's health and safety, including managing any medical needs, addressing dietary concerns, or dealing with illnesses, adds an extra layer of stress and also may contribute to any financial strain many families face during this time of year.



Here are some tips for parents to navigate these stressors:

- 🍃 **Organize and Plan Ahead:** Use a family calendar to keep track of school events, deadlines, and activities. Planning ahead can help manage scheduling conflicts.
- 🍃 **Maintain Open Communication:** Foster open communication with your child's teachers and school staff to address any concerns early.
- 🍃 **Encourage Independence:** Help your child develop organizational and time-management skills to foster independence and reduce the burden on yourself.
- 🍃 **Seek Support:** Don't hesitate to ask for help from family, friends, or parenting groups. Sharing responsibilities can alleviate some stress.
- 🍃 **Budget and Prepare:** Create a budget for school-related expenses and shop for supplies early to reduce financial stress.

## Clinician Corner



"The transition back to school can be a time of mixed emotions, but with thoughtful preparation and supportive strategies, it can be a smooth and positive experience. By establishing routines, communicating openly, and maintaining healthy habits, parents and children can navigate this time with confidence and resilience. Embrace the new school year as an opportunity for growth and discovery, and remember, you're in this together. However, do not hesitate to reach out to our office if you or your child need help transitioning during the upcoming school year!"

*Paola Balseca, RNMHCA*



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# National Couple's Day is August 18th!

## PRIORITIZING ONE ANOTHER

National Couple's Day, celebrated on August 18th, is a special occasion dedicated to celebrating romantic relationships and the bond between partners. It's a day for couples to reflect on their relationship, show appreciation for each other, and strengthen their connection.

It's also important to realize that checking in on your partner and taking the time to connect consistently is important, aside from special occasions. By establishing steady communication, emotional support, and a sturdy foundation of trust, couples develop intimacy.

Intimacy and connection are fundamental to a healthy relationship. Without these elements, partners may become unhappy, unfulfilled, and insecure over time. They are easy to lose and difficult to regain. Therefore, it is crucial to consistently nurture intimacy and connection on a daily basis.

It is important to note that intimacy is built over time and looks different for every relationship. Daily acts of kindness, as well as recognizing special days can be strong building blocks to a secure bond.



National Couple's Day is an opportunity to celebrate the love and commitment between partners, making it a perfect time to show how much you care and appreciate each other.



### Clinician Corner

"Healthy, relationships enrich our lives in multiple ways, contributing to our happiness, health, and personal development. Nurturing and valuing

these connections is key to leading a well-rounded and satisfying life. In this newsletter, we're diving into the components of emotional, experiential, and physical intimacy, ideas on how to cultivate them, and the benefits that they may have long term. Couples that do not prioritize intimacy may struggle to make it long-term. It is important to seek help when issues first arise rather than waiting until the relationship is in bad shape, but it's never too late to start. Encourage healthy conversations with your partner on what intimacy looks like for them along with how you can work together to satisfy each other's needs. Reach out to our office and schedule an appointment if you're looking to be proactive in bettering your relationship!"

*Michelle Asencio, LMHC*





# TYPES OF INTIMACY



# Let's Talk About Literature



## The 5 Love Languages

By: Gary Chapman

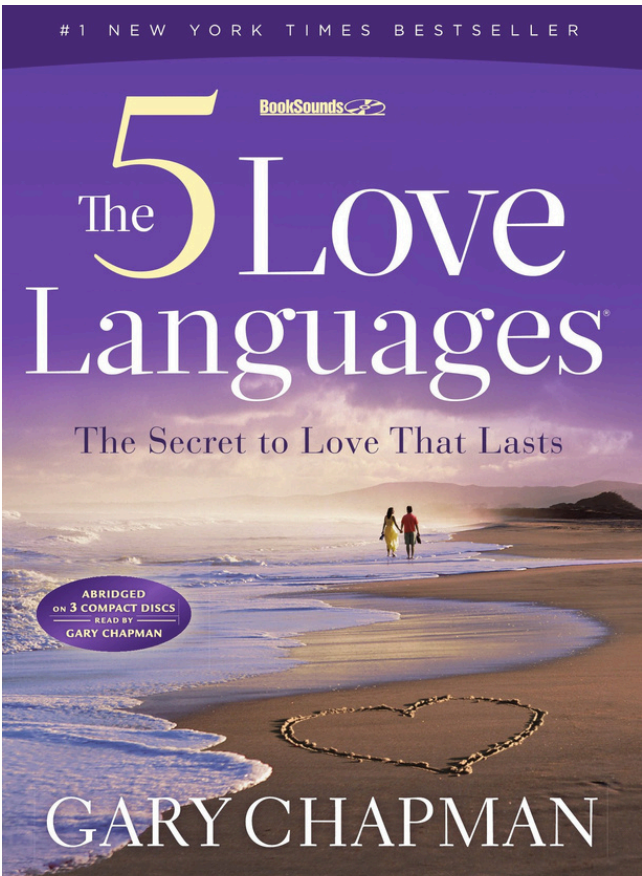
Gary Chapman's book *The 5 Love Languages* explores the idea that people express and receive love in five distinct ways. Here's a brief summary of each language:

- 1. Words of Affirmation: People with this love language feel loved through verbal expressions of affection, praise, and encouragement.
- 2. Acts of Service: Doing helpful tasks, chores, or acts of kindness for this person makes them feel loved and appreciated.
- 3. Receiving Gifts: The thoughtfulness behind giving and receiving tangible symbols of love. The value of the gift is less important than the sentiment and effort behind it.
- 4. Quality Time: People who prioritize this language feel most loved when they receive undivided attention and time spent together with meaningful conversations.
- 5. Physical Touch: For these individuals, physical contact is essential. Hugs, kisses, holding hands, and other forms of physical affection are crucial to feeling loved.

## How can this book help you?

Referring to the flow charts in the previous page, cultivating intimacy is crucial for happy, successful relationships. Understanding and using these love languages can help improve relationships by ensuring that partners feel valued and validated. Chapman suggests that everyone has a primary love language and understanding your partner's love languages can lead to a more fulfilling and harmonious relationship.

This book is a staple for many therapists and may be a useful tool for couples to better understand their individual needs and how to convey them to each other. The ability to communicate one's needs coupled with willingness to listen to one another can drastically improve your relationship. In doing this, couples are able to come up with a plan to improve their connection and intimacy in a way that both will comprehend, ensuring satisfaction.



## OUR CLINICIANS

### Michelle Asencio

Specialty: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital

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

### Kaiza Canales

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

### David Gomez

Specialty: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills Spanish - English - 3years old +

### Brecking Crowley

Specialty 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 - English, Kids 6 +

### Tisifenee 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 , Kids 6+



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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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