



Living Well

A QUARTERLY NEWS AND EVENT PUBLICATION of LIFE & WELLNESS COUNSELING AND CONSULTING

January 6, 2017

Life is beautiful!

Volume 1, Issue 1



“Am I Crazy?!”

Going to therapy **DOES NOT** mean you're **CRAZY!**

Many people have the misconception THERAPY + ME = CRAZY... Well that's not accurate. We all have those moments when we want to erupt with emotion and shut down because the stress of everyday life is just too much for us to bear. Therapy creates a safe place for us to become enlightened and productive. Your therapist

is there to guide you through so that you come out with more strength and clarity.

At *Life & Wellness Counseling and Consulting*, our mission is to provide, through a holistic and therapeutic relationship, a confidential and nonjudgmental environment with genuine support and compassion free of bias. We provide individual, family, and group therapy for children, adolescents, and adults, as well as marriage and relationship therapy for couples throughout the *Lake Norman area*. We want to support and uplift you, not judge or blame you; we're here to ensure that you have the techniques you need to face any challenge with confidence. Your therapist will help you emerge victorious from your struggle.

17 Reasons to See a Therapist in 2017!!

1. Rejuvenate yourself
2. Improve coping skills
3. Self-exploration towards personal goals
4. Relieve emotional stress
5. Improve your relationships
6. Process past experiences
7. Gain valuable, unbiased perspective
8. Explore “the real me”
9. Build self-confidence
10. Greater life balance
11. Manage feelings of grief/loss
12. Improve communication skills
13. Address family concerns
14. Decrease feelings of depression/anxiety
15. Strengthen marital bonds
16. Manage life changes/decisions
17. Overcome trauma/abuse

God and Therapy

...

“Where there is strife, there is pride, but wisdom is found in those who seek counsel.”

Proverbs 13:10



God instructs us to seek Him through every avenue and to receive His teachings; Christian-centered therapy is a one-on-one way to accomplish this and build a closer relationship with Christ.

Life & Wellness offers Christian-centered therapy as a way for people to study God's word and apply it to the daily challenges they face in life with the guidance and support of therapists who share the same Christian values. We can help you to redirect your focus towards Christ when you feel lost, inadequate, or unworthy of God's grace. Let us help you receive God's blessings for a beautiful life.

Myths and Barriers

What is therapy, anyway?

Our opinion of therapy is influenced by so many viewpoints and perspectives. Some may be outdated, like the traditional “sofa therapy” where you lay down and babble about your childhood while some detached intellectual scribbles on a notepad about how much of a basket-case you’ve become. Well, therapy as a practice has evolved into a client-centered service and continues to adapt its techniques and methodologies to focus on the mental, emotional, social, and spiritual health needs of the individuals it serves. Those who practice in the field of psychology no longer have the goal of correcting or curing humanity, but rather that of acknowledging that each person experiences humanity differently and normalizing those experiences. Therapy is as simple as walking into the office and relieving yourself by sharing your story with someone who will be empathetic, understanding and non-judgmental of what you’re going through.

Finding a therapist is a hassle

The services that we provide at *Life & Wellness Counseling and Consulting* are literally right at your fingertips. You can locate more information on our website at www.lifeandwellness.wixsite.com/counseling. We are listed with Psychology Today or you can conduct a Google search on your smart devices to view our profile. Clients are also encouraged to visit our social media sites. We offer flexible appointment times with availabilities in the evening and on weekends. We want to make therapy work for you.



New Year's Resolutions

"This year, I'm going on a diet!"

We make New Year's resolutions to lose weight, eat better, exercise more, drink more water, the whole nine. But by the time we get to February, we've already fallen back into old habits and begun saying to ourselves "Well, it didn't work out this time. I guess I'll try again next year." The truth of the matter is, we'll probably end up with the same results next year. But why?! Why can't we honor a promise to ourselves to take better care of us, to invest in our own health that will certainly

improve the quality of our lives? It's simple. It's because when we make a resolution to improve our physical health without improving mental and spiritual health, we're only addressing one facet of the behaviors that contribute to the lifestyle that we're trying to change. This year, let a professional help you keep your New Year's resolution. Let us help you invest time in getting yourself more mentally and emotionally healthy.

Life & Wellness

More than a name

"Amy" lived her life fraught with anxiety and depression. Her self-doubt held her back from becoming who she was called to be. Counseling at *Life & Wellness* helped her to make lasting life changes. She found her sense of self and, in time, found her purpose. She's excelling in her career and her husband and children have noticed that she's more positive and engaged.

Life & Wellness Counseling and Consulting helps people discover that "Life is beautiful!"



Model; not a real client



Calendar of Events

January 1 – January 31, 2017

- National Mentoring Month
- National Blood Donor Month
- Birth Defects Prevention Month
- Mental Wellness Month
- National Slavery and Human Trafficking Prevention Month
- **January 16-20, 2017**
- No Name Calling Week

February 1 – February 28, 2017

- Career and Technical Education Month
- Ethnic Equality Month
- International Boost Self-Esteem Month
- National Cancer Prevention Month
- Teen Dating Violence Awareness Month
- **February 1, 2017**
- National Freedom Day
- **February 3, 2017**
- National Wear Red Day
- **February 4, 2017**
- World Cancer Day
- **February 17, 2017**
- Random Acts of Kindness Day
- **February 12 – February 18, 2017**
- Random Acts of Kindness Week
- **February 26 – March 4, 2017**
- National Eating Disorders Awareness Week

March 1 – March 31, 2017

- American National Nutrition Month
- **March 1, 2017**
- Self-injury Awareness Day (SIAD)
- Zero Discrimination Day
- **March 7, 2017**
- International Childhood Cancer Awareness Day
- **March 15, 2017**
- Kick Butts Day (Campaign for Tobacco-Free Kids)
- **March 21, 2017**
- World Down Syndrome Day
- International Day for the Elimination of Racial Discrimination
- **March 22, 2017**
- American Diabetes Association Alert Day
- World Water Day
- **March 2-9, 2017**
- National Sleep Awareness Week