



MONTHLY NEWSLETTER

February 2025

Volume 2, Issue 2

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!

THE POWER OF SELF LOVE: A GIFT TO YOURSELF

Valentine's Day often revolves around expressing love to others, but what about the relationship you have with yourself? Self-love is a crucial part of mental well-being, influencing confidence, resilience, and emotional health. When we practice self-love, we set the foundation for healthier relationships, stronger boundaries, and greater happiness.



HOW TO PRACTICE DAILY SELF LOVE:

TIPS AND TRICKS

Self-love is all about embracing who you are, acknowledging your worth, and treating yourself with kindness and compassion. In this newsletter we will discuss multiple tips and tricks you can use throughout your daily life to build healthy relationships with yourself where you prioritize your own well-being and self care.



AWARENESS WEEKS IN FEBRUARY

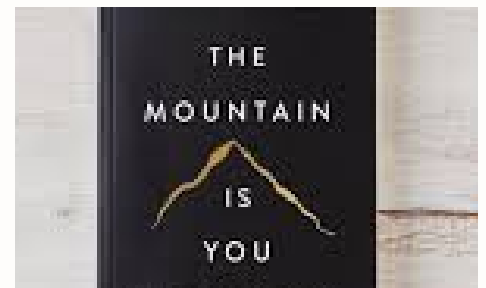
In February we not only focus on self love but also understanding kindness towards others. Showing kindness to is such a beautiful way to make a positive impact on the world around you!



This month we have Random acts of kindness week and Eating Disorders Awareness Week. In this newsletter we provide strategies on how exactly you can be there for others around you.

LET'S TALK ABOUT LITERATURE

THE MOUNTAIN IS YOU: TRANSFORMING SELF SABOTAGE INTO SELF MASTERY



In *The Mountain Is You*, Brianna Wiest focuses on personal growth and overcoming the internal obstacles that prevent us from achieving our potential. The "mountain" represents the emotional struggles, self-doubt, fears, and limiting beliefs that we often face within ourselves.



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Loving Who You Are

HOW TO PRACTICE DAILY SELF LOVE

Loving yourself can feel like a lifelong journey, but it's so powerful when you start making it a priority. It's not about being perfect—it's about accepting yourself fully, flaws and all. When we practice self love it's about honoring your own needs, showing yourself respect, and creating habits that nurture your well-being. It's about consistently making choices that prioritize your happiness and health.

Loving yourself is essential for both your mental and emotional well-being, and it affects the way you experience the world around you. When you truly love and accept yourself, it can transform how you interact with others, how you handle challenges, and how you care for yourself.

This Valentine's Day, make a commitment to yourself—to embrace self-love and remind yourself daily that you are worthy of care, happiness, and kindness.

Strategies to practice self love:

✔ Treat yourself with kindness

- Speak to yourself the way you would a loved one. Replace self-criticism with affirmations and self-acceptance. Be gentle with yourself, showing compassion when things go wrong, and celebrate your strengths and progress.

✔ Engage in activities you love

- Whether it's reading, painting, exercising, or simply enjoying nature, make time for things that bring you joy. Doing this you not only nourish your spirit but also create a sense of balance and fulfillment in your life.



✔ Set Healthy Boundaries

- Protect your energy by saying no to things that drain you and yes to what fulfills you.
- Boundaries help you maintain a healthy relationship with others and with yourself by ensuring that your needs and limits are respected.

✔ Prioritize Self Care

- Nourish your body and mind with healthy habits, restful sleep, and moments of relaxation.

✔ Celebrate Your Achievements

- Celebrating your achievements, big or small, is a powerful way to build self-confidence, reinforce positive habits, and honor your hard work. It's a way to show gratitude for the effort you've put in and a reminder that you're capable of achieving great things.

Clinician Corner



"Here at LTA, we encourage self love practices rooted in practicality. We prioritize the care and keeping of YOU. As life continues to stay busy, make sure to check in with yourself and honor your own needs.

If you or someone you know is in need of guidance, advice, or support with work/life balance, contact our office today!"

Michelle Asencio, L.M.H.T.C.

Random Acts Of Kindness Week: Feb. 16th - 23rd

SMALL GESTURES, BIG IMPACT

Random Acts of Kindness Week this year is February 16 - 23 and is such a wonderful initiative! It's all about spreading positivity and making the world a little brighter through small, unexpected acts of kindness. Whether you're helping a stranger or doing something thoughtful for someone close to you, these acts can have a ripple effect, making people feel seen, appreciated, and valued.

Kindness is more than just a nice gesture—it's a scientifically proven way to boost mental well-being. Studies show that performing acts of kindness increases serotonin and oxytocin, reducing stress and promoting happiness.

Ideas For Simple Acts Of Kindness

For Others:

- Compliment someone, pay for a stranger's coffee, or leave a kind note for a coworker.
- Small, random acts of kindness can create a huge ripple effect, making both the giver and the receiver feel good.

For Your Community

- Volunteer your time, donate to a local shelter, or support a small business.
- The key is to engage with others in a way that fosters community, spreads positivity, and creates lasting connections.

For Yourself

- Allow yourself to rest, practice gratitude, and engage with self care without guilt.



Eating Disorders Awareness Week: Feb 23rd - Mar 1st

UNDERSTANDING AND SUPPORTING RECOVERY

Eating Disorders Awareness Week this year is February 24 - March 1 and is a crucial time to raise awareness, educate others, and promote understanding about eating disorders, which affect millions of people worldwide. This week helps to reduce stigma, encourage open conversations, and provide support for those struggling with these conditions. It also provides a chance to foster a culture of body positivity, self-love, and mental health care that can make a lasting impact.

Recognize the Signs of An Eating Disorder:

- Obsessive focus on food, weight, or body image.
- Extreme restriction, bingeing, or purging behaviors.
- Avoidance of social events involving food.
- Intense feelings of guilt or shame around eating.

How to Support Someone Struggling:

- Listen without judgment and offer encouragement.
- Avoid commenting on weight or appearance. Use your voice to promote a healthy, realistic body image by encouraging self-compassion, reminding others that every body is valuable, and focusing on inner qualities rather than appearance.
- Encourage professional support from therapists or registered dietitians. Often times Eating Disorders involve another underlying Mental health issue.

Planning The Perfect Date

CONNECTION OVER PERFECTION

Planning the perfect date is all about creating a memorable and meaningful experience tailored to you and your partner's personalities, preferences, and interests. Whether you're aiming for something romantic, adventurous, or low-key, the idea is to focus on the connection and have fun together. This same method is used whether it's with a partner, a friend, or even a solo date.

The perfect date doesn't have to be elaborate—it's all about connection and making each other feel valued. Making others feel valued is an important part of building strong relationships and fostering a positive, supportive environment.

Date Ideas to Fit Every Style:

For the Adventurous

- An adventurous date can be an exciting way to bond, step outside of your comfort zones, and create lasting memories together.
- Ideas can be planning a scenic hike, trying an escape room, or exploring a new city.

For the Food Lover:

- planning a date centered around delicious dishes and culinary experiences can be an unforgettable experience. From exploring new flavors to learning together, a food-themed date is a fantastic way to bond.
- Ideas can be cooking a meal together, having a meal under the stars, or booking a unique food experience.



For the Relaxation Seekers

- A relaxing date can be a wonderful way to unwind, connect, and enjoy each other's company without the pressure of doing something extravagant or fast-paced.
- Ideas can be opting in for a stay at home movie night, a spa day at home pampering each other, or even stargazing in your backyard.
- The most relaxing dates are those that allow you to enjoy each other's company without pressure or distractions. They offer space for calmness, meaningful conversations, and shared moments of peace.

For the Creative Souls:

- Creativity dates are a great way to tap into your artistic side, have fun, and bond over shared creative experiences. Whether you're drawing, crafting, or cooking together, there are so many ways to enjoy the process of making something unique and memorable..
- Ideas for creative dates can be attending an art class together such as painting or pottery, visiting a museum, or making gifts for each other to exchange.

For the Nostalgic:

- Reliving old memories together can create a sense of closeness and bring up happy emotions. This type of date focuses on reminiscing and enjoying things that are special to both of you.
- Idea of nostalgic dates can be visiting the first place you did something new together, first date, first kiss, etc. It can also be watching a movie together you both fell in love with or going back in time and looking at old photographs and reliving those memories.



Let's Talk About Literature



The Mountain Is you

By: Brianna Wiest

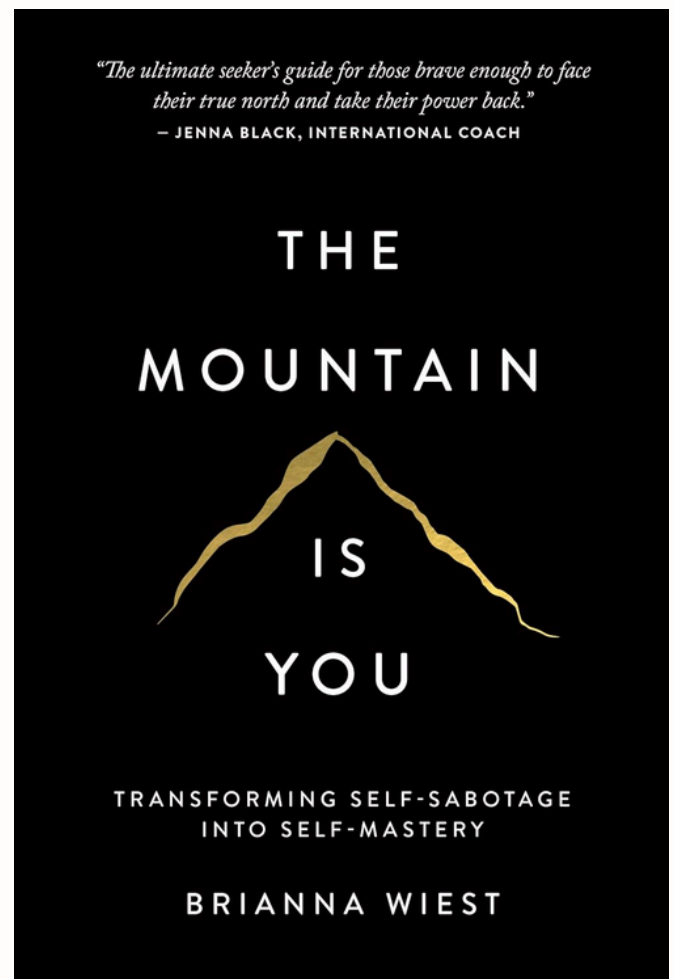
In, *The Mountain Is You*, The central metaphor of the book is that the "mountain" represents the emotional struggles, self-doubt, fears, and limiting beliefs that we often face within ourselves. Wiest explains that instead of seeing these challenges as things to avoid, we should recognize them as opportunities for growth and transformation. The idea is that the mountain is not something that stands in the way of our goals, but rather it is the path to achieving them.

The book delves into various psychological and emotional patterns that can hold us back, such as procrastination, self-sabotage, and fear of failure. Wiest encourages readers to confront these obstacles, learn from them, and embrace the discomfort that often accompanies change.

How can this book help you?

Through a combination of personal anecdotes, self-reflection exercises, and practical advice, *The Mountain Is You* helps readers take ownership of their lives, cultivate self-love, and move toward becoming the best versions of themselves. It's all about realizing that the challenges we face are actually an invitation to grow stronger, wiser, and more resilient.

By extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential.



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 +**

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. **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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