



MONTHLY NEWSLETTER

January 2025

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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!

POST-HOLIDAY STRESS MANAGEMENT START THE NEW YEAR OFF RIGHT

The start of a new year often brings a mix of reflection, resolution, and renewal. The post-holiday season can be challenging due to financial strain, disrupted routines, and high expectations. We provide actionable strategies to rebuild stability and prioritize self-care during this transitional period. Taking small, intentional steps can help you regain control and start the new year with a sense of balance.



PHYSICAL ACTIVITY FOR MENTAL HEALTH

WHY IT'S IMPORTANT

Movement plays a vital role in improving mood, enhancing cognitive function, and building resilience. This issue outlines how incorporating even 15 minutes of exercise daily can significantly benefit your mental and physical well-being. Regular activity not only reduces stress but also promotes a lasting sense of accomplishment and positivity.



CULTIVATING GRATITUDE AND REFLECTION

THE IMPACT OF A POSITIVE MINDSET

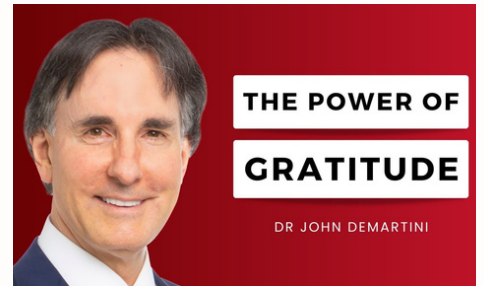
Emphasizing the transformative power of gratitude, we share practical tips for embedding reflection into your routine. By focusing on abundance and growth, you can foster deeper connections and improve emotional resilience.



These practices empower you to navigate challenges with greater clarity and optimism.

LET'S TALK ABOUT LITERATURE

THE GRATITUDE EFFECT: THE SECRET TO LIVING A JOYFUL LIFE



Dr. John De Martini guides readers through specific actions they can take to make gratitude a central part of their lives. By reframing our reactions to challenging situations with gratitude, we can transform negative experiences into catalysts for personal development and growth.



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Post-Holiday Stress Management

SET A HEALTHY TONE FOR THE NEW YEAR

Research highlights that 64% of people experience heightened stress or anxiety after the holidays due to financial strain, disrupted routines, and unmet expectations. This post-holiday stress can feel overwhelming, but understanding its roots is the first step to relief. Managing stress is essential because chronic stress not only affects mental health, contributing to anxiety or depression, but also harms physical health by increasing the risk of heart disease and weakening the immune system.

Stress management works by restoring balance to the nervous system. Creating a financial recovery plan, re-establishing sleep schedules, or setting small, achievable daily goals can provide a sense of stability and control. Additionally, talking about stress with trusted friends or professionals can lighten the emotional burden and remind you that you're not alone.

Helpful Strategies:

Breathe

- Give yourself grace. You made it through the holidays and made a lot of people happy. Do not overburden yourself with what you think you did right or wrong.

Consider Journaling

- Take five minutes to write down three things you can let go of this month, such as guilt over spending or expectations for perfection.



Rebuild Your Routine

- Re-establish a consistent daily schedule to regain stability after the holiday disruptions.
- Incorporate regular sleep, meal, and activity times to create a sense of normalcy.

Stay Socially Engaged

- Connect with friends, family, or community groups to combat feelings of isolation.
- Plan simple activities like coffee dates or video calls to maintain meaningful connections.

Embrace Self-Care

- Dedicate time to activities that recharge you, such as reading, meditation, or hobbies.
- Prioritize your well-being by setting boundaries and saying no to avoid post-holiday burnout.

Clinician Corner



After the holidays, it's common to feel a mix of emotions—excitement, exhaustion, or even a bit of post-holiday blues. It's important to acknowledge these feelings without judgment. Give yourself

permission to slow down and process any residual stress or fatigue. Managing stress after the holidays and setting a healthy tone for the new year is essential for your well-being. Contact our office if you are in need of support!

Michelle Asencio, L.M.H.C.

Physical Activity for Mental Health

MOVEMENT MOVES THE MIND

Regular physical activity reduces symptoms of depression and anxiety by up to 30%, as shown in numerous studies. Exercise triggers the release of endorphins, natural chemicals in the brain that promote happiness and reduce stress. It also lowers cortisol levels, mitigating the harmful effects of chronic stress.

Physical activity is crucial because it boosts both mental and physical resilience. It supports better sleep, improves focus, and enhances cognitive function. Even 15 minutes of daily movement can foster a sense of accomplishment and boost self-esteem. Activities like yoga or walking outdoors combine mindfulness with physical activity, amplifying the mental health benefits.

Why Exercising Matters

Boosts Mental Health

- Regular exercise reduces symptoms of anxiety and depression by releasing endorphins, the brain's "feel-good" chemicals.
- It improves sleep, reduces stress, and enhances overall mood.

Enhances Physical Health

- Exercise strengthens the cardiovascular system, lowers blood pressure, and boosts the immune system.
- It helps maintain a healthy weight and reduces the risk of chronic diseases like diabetes and heart disease.



Improves Cognitive Function

- Physical activity increases blood flow to the brain, enhancing memory, focus, and overall cognitive performance.
- It supports neurogenesis, the growth of new brain cells, which is crucial for mental clarity.

Builds Resilience

- Exercise teaches discipline and perseverance, and it creates a sense of routine and accomplishment, fostering self-confidence and emotional stability.

Strengthens Social Connections

- Group exercises, fitness classes, or team sports can help build relationships and foster a sense of community.
- Shared fitness goals can strengthen bonds with friends, family, or workout partners.

Acts as a Natural Energy Booster

- Exercise increases oxygen flow to tissues and improves energy levels.
- It combats fatigue and makes daily activities feel less draining.

Key Takeaway

Whether it's a brisk walk, a yoga session, or a high-intensity workout, exercise supports your body and mind in countless ways, making it a cornerstone of a healthy and fulfilling life.

Challenge Yourself!

Commit to moving your body for at least 15 minutes daily for one week, and notice how you feel before and after each session



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Gratitude and Reflection

CULTIVATING GRATITUDE: REFLECT, GROW, AND THRIVE

Gratitude is a powerful tool for improving mental well-being. Research from Harvard Medical School shows it can reduce stress levels by 23% while increasing overall happiness. Gratitude works by shifting focus from what's lacking to what's abundant, rewiring the brain to notice positive experiences. This shift builds emotional resilience and reduces feelings of envy, resentment, or negativity.

Gratitude and reflection are essential for promoting self-awareness and a deeper connection to others. By reflecting on what went well in the past and what you're thankful for, you cultivate a mindset that enhances relationships, increases satisfaction with life, and provides clarity for future goals.

Reflection Prompt

Unrealistic Expectations

- Ask yourself, "What went well last year? What am I proud of? How can I carry those strengths into this year?"

Quick Exercise

Try This!

- Spend two minutes reflecting on one positive moment from the past week and write down how it made you feel.



How to Cultivate Gratitude and Reflection

Start Small and Consistent

- Commit to small, daily practices of gratitude, such as writing down one thing you're thankful for each morning. Research shows that regular, small actions are more sustainable and impactful than sporadic, grand gestures.
- Instead of aiming to "be more reflective," set a simple goal like "spend five minutes each evening thinking about positive moments."

Track Progress Over Time

- Keep a gratitude journal or create a reflection jar where you add notes about positive moments or lessons learned. Revisiting these entries after a month or year can reinforce the benefits and keep you motivated.
- Use tools like apps or printable templates to make tracking easy and rewarding.

Practice Mindful Reflection

- Dedicate uninterrupted time weekly to reflect on your goals, relationships, and personal growth. Ask yourself questions like, "What am I most grateful for this week?" and "How can I apply lessons learned moving forward?"

By embedding gratitude and reflection into your daily life, you'll foster a greater sense of fulfillment, improve emotional resilience, and deepen your connection to others. At **Let's Talk About**, we're here to help you develop meaningful habits for a more balanced and mindful year.

Let's Talk About Literature



The Gratitude Effect

By: John DeMartini

The Gratitude Effect: The Secret to Living a Joyful Life by John De Martini explores the transformative power of gratitude in improving one's life. De Martini argues that gratitude is not just a reaction to positive events but a deliberate, life-changing practice that can shift our mindset from scarcity to abundance. He emphasizes that gratitude can enhance personal well-being, improve relationships, and foster a greater sense of fulfillment and success.

The book explains that practicing gratitude daily can rewire the brain, helping individuals focus on what they have rather than what they lack. This shift in perspective leads to greater happiness, peace, and opportunities. De Martini also highlights how gratitude can be especially powerful in turning challenges into opportunities for growth by helping individuals find lessons and value in difficult situations.

How can this book help you?

De Martini demonstrates how gratitude strengthens relationships, boosts emotional resilience, and attracts more prosperity. He provides practical exercises to incorporate gratitude into daily life, stressing its ability to alleviate negative emotions and replace them with a mindset of abundance.

By practicing gratitude regularly, individuals can increase happiness, reduce stress, and turn challenges into opportunities for growth, leading to greater overall fulfillment and success. De Martini shows that gratitude is not just a feel-good emotion but a foundational practice that can lead to profound and lasting changes in our lives. Ultimately, *The Gratitude Effect* teaches that gratitude is a tool for achieving long-term happiness, success, and fulfillment.

the
gratitude
effect



Dr. John Demartini



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Psychological Immigration Evaluations



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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 +**

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 +**

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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