



MONTHLY NEWSLETTER

March 2025

Volume 2, 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!

SPRING CLEANING FOR YOUR MIND: FRESH STARTS FOR MENTAL HEALTH

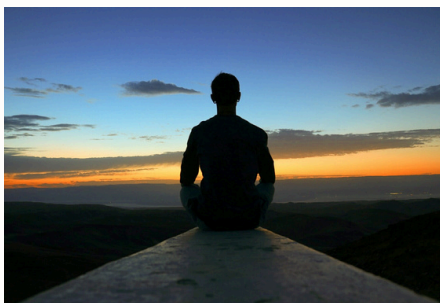
Spring cleaning your mind is all about refreshing your mental space, letting go of mental clutter, and making room for more clarity and positivity. Clearing your mind isn't just about feeling less stressed, it's about improving your overall quality of life, cultivating a deeper sense of peace, and being able to engage fully with the world.



RESETTING YOUR DAILY MENTAL SPACE

TIPS AND TRICKS

Practicing clearing your mind can be incredibly helpful in reducing stress, enhancing focus, and improving overall well-being. It takes some practice, but over time, it can become a natural way to reset your mental space. In this newsletter we will go over several strategies we can practice throughout our busy daily lives.



MARCH SELF INJURY AWARENESS DAY

Self-Injury Awareness Day is observed on March 1st each year. It's a day dedicated to raising awareness about self-injury, reducing stigma, and encouraging speaking with someone on this topic.



This Day helps bring attention to the struggles that individuals who self-injure face, fostering understanding and empathy. It aims to reduce the shame and secrecy that often surrounds self-harm.

LET'S TALK ABOUT LITERATURE

**DECLUTTER YOUR MIND:
HOW TO STOP WORRYING,
RELIEVE ANXIETY, AND
ELIMINATE NEGATIVE
THINKING**



Declutter Your Mind by S.J. Scott and Barrie Davenport is a self-help book that focuses on helping readers eliminate mental clutter, leading to improved clarity, focus, and overall well-being by teaching the habits, actions, and mindsets which assist clean up mental clutter.



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Fresh Starts in March

IMPORTANCE OF CLEANING OUR MIND

Spring Starts March 20th, 2025 and this is the time we love to talk about Spring Cleaning, and not just your home, but your mind as well. When we think of Spring Cleaning we focus all to much on cleaning our homes and sometimes forget the clutter we have in our brains which could also use some freshness. Cleaning your mind can mean a variety of things, depending on what you're seeking. Whether it's clearing mental clutter, reducing stress, or focusing better.

Having a fresh mind is incredibly important for both mental and physical well-being. When your mind is clear, you're more able to think creatively, make sound decisions, and manage stress effectively. When your mind is fresh, you're better able to engage with others in a positive, empathetic way. It helps you be present, listen actively, and respond thoughtfully in your relationships.

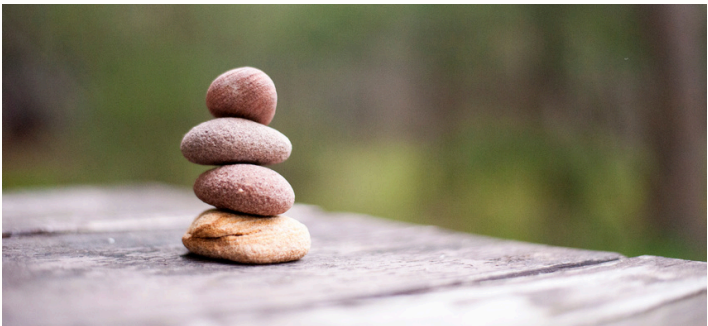
Strategies to help cleanse our minds:

Meditation

- Taking time to meditate can help you clear your mind, focus, and reduce stress. Even just five minutes of deep breathing can help reset your thoughts. Focusing on your breath and being present in the moment.

Journaling

- Journaling is a powerful tool for mental clarity, self-reflection, and emotional expression. It allows you to explore your thoughts, feelings, and experiences in a structured way.



Physical Exercise:

- Exercise triggers the release of endorphins, which are the brain's "feel-good" chemicals. These endorphins can reduce feelings of stress, anxiety, and even depression.

Digital Detox

- Constant exposure to social media can overwhelm your thoughts and cause unnecessary stress, comparison, or distraction. A break allows you to reconnect with yourself, your environment, and your priorities.

Bonus: Combining Strategies

- You don't have to stick to just one method. Combining different practices, like taking a walk while practicing mindful breathing or journaling after exercise, can maximize the benefits of cleaning your mind.



Self Injury Awareness Day

BEING A HELPING HAND

Self-Injury Awareness Day (SIAD) is observed on March 1st each year. It's a day dedicated to raising awareness about self-harm, providing education, and offering support to those affected by it. The day helps reduce the stigma surrounding self-injury and promotes conversations about mental health and coping mechanisms.

While this day is observed on March 1st, we should practice the importance of being aware of Self Injury all year long and continue to educate ourselves when we have the opportunity. Our goal is not just about recognizing the struggles of those who self-harm, but also about offering hope, reducing stigma, and encouraging healthy coping strategies.

What is Self Injury:

Self-injury, also known as self-harm or self-mutilation, involves deliberately hurting oneself to cope with emotional pain, stress, or overwhelming feelings. This can include behaviors such as cutting, burning, hitting, or scratching the skin. Self-injury is often a coping mechanism used to deal with overwhelming emotions or situations.

While knowing the definition of Self Injury is important, it's important to also recognize some of the forms of self injury. These can include: Cutting, burning, scratching, hitting, or hair pulling. Once we are able to recognize some of the traits of self harm, we can then begin to offer support to those in need.



WAYS TO HELP THOSE DEALING WITH SELF HARM:

Open Communication:

- If you know someone who is self-injuring, offering non-judgmental support, being a good listener, and encouraging them to seek help can make a big difference.
- Create a safe, non-judgmental space for them to talk about their feelings. Let them know that you're there to listen without criticism or blame.

Support Groups:

- Connecting with others who understand and share similar struggles can be comforting and supportive.
- Members of support groups often share their personal stories, coping strategies, and resources. This exchange of experiences can help others see their situation in a new light and learn useful tools for managing their struggles.
- Sharing your own experience and helping others in return can increase self-esteem and confidence. Knowing that you're not only learning from others but also contributing to their healing can be empowering.

Encourage Professional Help

- Encourage the person to seek professional help, such as therapy or counseling.
- Offer to help them find a therapist, make appointments, or accompany them to therapy if they feel comfortable.
- Therapy provides a confidential and non-judgmental space where individuals can express their feelings and concerns without fear of criticism or rejection that can lead to lasting positive change.



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Let's Talk About Literature



Declutter Your Mind

By: S.J Scott and
Barrie Davenport

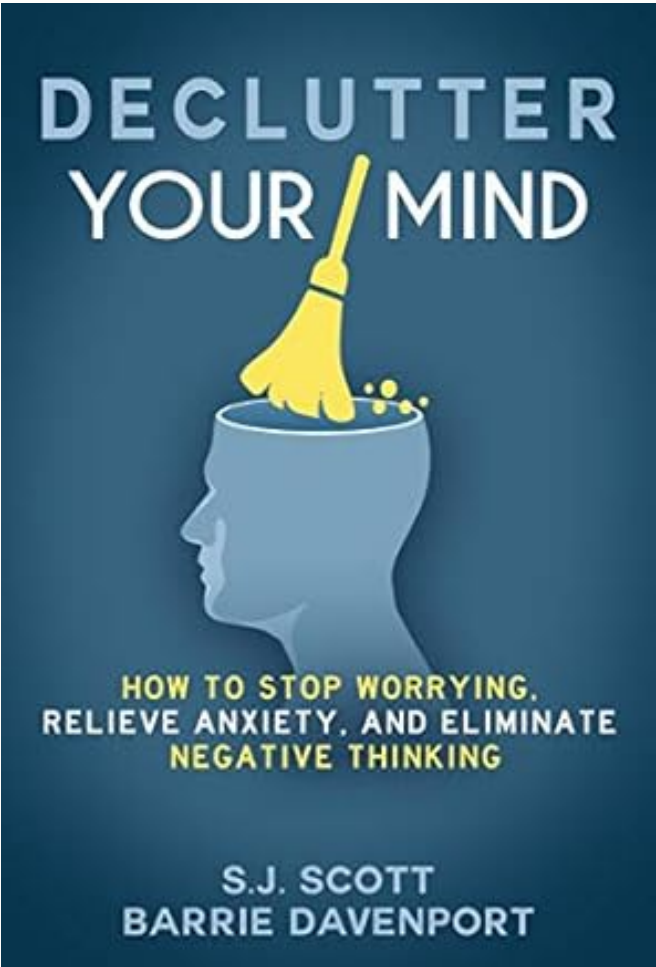
In, *Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking*, S. J. Scott and Barrie Davenport offer practical strategies for overcoming mental clutter and how to achieve a more peaceful, focused mind. The book provides tools and techniques to reduce stress, calm anxiety, and clear the mental fog caused by negative thoughts.

One of the central strategies in the book is mindfulness. The authors emphasize how practicing mindfulness—being present and aware of your thoughts and feelings—can help clear mental clutter. Through mindfulness, individuals can observe their thoughts without judgment, reducing the power that negative thoughts have over them. Setting clear goals and maintaining a positive outlook on the future can help prevent mental clutter from taking over.

How can this book help you?

Throughout, *Declutter Your Mind*, the authors explore several factors that contribute to mental clutter including: Information overload, Negative thought patterns, unresolved emotions, and external distractions. This clutter can lead to stress, anxiety, and a lack of clarity. The authors explain how this clutter not only affects emotional well-being but also productivity, decision-making, and overall life satisfaction.

By going over what mental clutter is, the book then suggests techniques to organize your thoughts and help reduce mental chaos. The authors encourage readers to focus on clarity of purpose and vision setting clear goals and how maintaining a positive outlook can help prevent mental clutter from taking over.



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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