



## Collaborate Counseling: May Newsletter:

Hello,

I am excited to kick off this news letter with research that reinforces many of the things I discuss in therapy sessions based on years of mindfulness studies and attachment research.

The below article discusses, how, positive affirmations, and overall affirmations affect our daily emotional, physical and mental health. I work with clients on a daily basis, stressing the circle of mind-body-emotions, and the impact they have on healing, trauma, and recovery into the life most of my clients come into the office seeking.

*"More than a sudden bonanza of good fortune, repeated brief moments of positive feelings can provide a buffer against stress and depression and foster both physical and mental health, their studies show."* Its not that every moment we need or can actually be positive, that's not the point. However, scientist and researchers now know that negativity has major consequences on our mental, psychical and emotional health. Depression, anxiety, work and family life behavior, divorce, and now even our children's performance in their activities can be

**Ester Perel speaks about long term desire, sex, babies and relationship in the video, ted talk below.**

I love listening to Ester on relationships, dating and her monthly blog that I like to share with everyone!

She is straightforward, and direct, and works with couples internationally and comes with a fresh perspective, see if you find yourself or partner in her advice or her clients?



ted back to positive and negative daily affirmations. Read more in this interesting link:

[https://www.nytimes.com/2017/04/03/well/live/turning-negative-thinkers-into-positive-ones.html?\\_r=1](https://www.nytimes.com/2017/04/03/well/live/turning-negative-thinkers-into-positive-ones.html?_r=1) **egative Thinking Gone Positive!**

[Judith Orloff, MD](#), is a psychiatrist and the *New York Times* bestselling author of books such as *The Power of Surrender*. With Sounds True, Dr. Orloff has recently published [The Empath's Survival Guide: Life Strategies for Sensitive People](#). In this episode of *Insights at the Edge*, Tami Simon and Dr. Orloff explore the lives of **empaths**:(Tuesday, April 4,

2017, <http://www.soundstrue.com/store/weeklywisdom?page>)

[Judith Orloff: How To Thrive as an Empath.](#)



### Helpful Mindfulness and calming tools for our Children:

As a therapist working with children and using play as a modality of therapy with families and kids, it is important to help families learn and implement strategies of mindfulness and self care. Just as adults need tips and tools for calming and self soothing, so do kids! Instead of our children asking us for help, we can teach them and help them at an early age to learn to self sooth, deep breath, understand their internal body warnings, emotional attunement to their self and others around them which will have major implications and pay offs for their future relationships and families.

Here is a great website and a top 40 list for a calming toolkit that is fun, creative and simple to put together:  
**WHAT TO INCLUDE IN A CALM DOWN KIT FOR KIDS**



Staying still  
can often move  
you forward.



I have always been an 'artist', I just didn't realize what that meant until my mental illness appeared. I despise the term 'mentally ill'; it implies that who I am as a person is fundamentally corrupted and broken.

Unfortunately, as soon as I tell people what I struggle with, I feel like that's all they see me as. They see the stigma perpetuated by the media, and the inaccurate stereotypes portrayed in Hollywood. That is precisely why I am so open about what I live with.

[Schizophrenia from the view and voice of a 17 year old:](#)

[Vulnerability, Happiness and Courage! Brene Brown and Shawn Achor.](#)

Two amazing researches discuss powerful topics that impact many of us on a daily basis. Brene Brown is one of the worlds leading researchers on shame and vulnerability; *Daring Greatly* is a wonderful book introducing her work with far reaching implications on how to break free of the grips of shame; and how courage is our way out. Shawn Achor is a Harvard, national researcher on

[Calming tools for kids!](#)

Happiness who has spoken at the Pentagon, NFL and national corporate companies across the world. They both discuss how joy and happiness are two of the most difficult emotions to experience! Change is possible ..listen for this engrossing interview!

Thank you for being a client of Collaborate Counseling and providing your referrals! I hope the information, links and videos you find helpful and a resource when needed. As always, if there is anything I can do, please reach out, send me an email or call!  
Sincerely,

Carolyn Riviere-Placzek

[www.collaboratecounseling.com](http://www.collaboratecounseling.com)

(<http://www.freestock.com/free-photos/serene-peaceful-woman-practicing-mindfulness-awareness-377658334>)>Image used under license from Freestock.com</a>)

(720) 708-4865

[carolyn@collaboratecounseling.com](mailto:carolyn@collaboratecounseling.com)

