



Collaborate Counseling: June Newsletter:

Ester Perel speaks

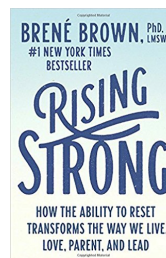
Hello,

Summer is almost here and many children are out of school and parents are trying to figure out what to do with the excess time! Perhaps, there may be more time to invest in these very precious relationships, our family, children and our partners.

"Our relationships are the greatest predictor of both happiness and high performance, states [Shawn Achor](#), May 19, 2017 . Shawn goes on to say in the below link, "To Be Successful, Make Time for Your Relationships!"

It takes time, I believe not just quality time, to make a difference in our primary relationships. Kids know this too! They want to just sit with you, play with you not just have a few minutes of quality time. Things are even changing in the "big worlds" of adult work and play. We are seeing the results of just a few simple adjustments, reaching out, shaking hands, saying hi, smiling, all of these simple steps can have major bottom line implications for business and individual lives. Read more on Shawn's site and about how to bring more of this Happiness, success into both your private and business life.

[Make time for successful relationships](#)



[Brene; Brown's
Research on
Compassion and
Integration!](#)

Knowing our darkness leads us to develop more compassion in our life, but how do we do this? When are we most likely to develop emotional literacy in our life? She suggests during our mid-life and that empathy is teachable and includes 4 skill sets. However, compassion is categorized as a spiritual development but is even more challenging than this. Empathy skills are an integral piece of compassionate people's repertoire and helps them develop more



How is social media affecting your emotional

and Mental Health?

A study in Britain of 1500 youth between 14 and 24 were asked several questions and the below results are scary!

"Instagram was listed as having the most negative effect. The photo-uploading platform was found to harm perceptions of body image, increase the fear of missing out and have a detrimental effect on sleep," states the most recent research done by the following British group: (see the attached link at the end of paragraph) (<http://www.independent.co.uk/>). The other platforms commented on several additional negative effects on sleep, overall body image, depression and emotional self expression. Bullying took center stage for many sites.

You-tube came out on top as a positive social media platform for raising social awareness, building community and promoting self expression.

To learn more about your favorite or not so favorite platforms, read more details in the article and link below!

[Social Media Sites, Ranked Worst on Mental Health: Their effects!](#)

compassion in their life. It is interwoven into the fabric of our being. Listen to this free 7 minute talk by Brene' and find out more about her Rising Strong concept and book/research.

[Rising Strong, Brene's book](#)



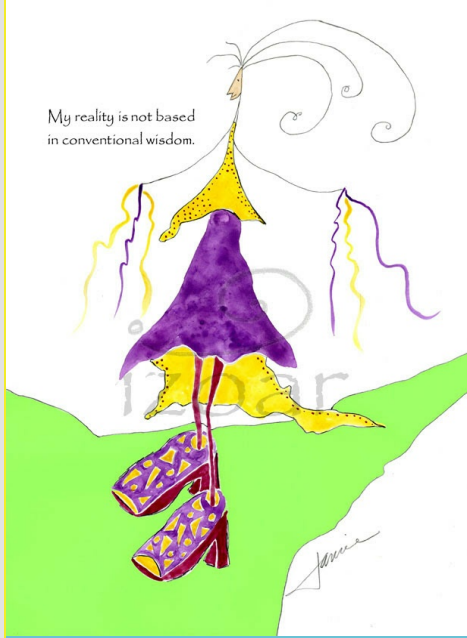
[How to balance](#)

[Technology and Happiness? The effects we all potentially experience!](#)

Is this really possible? I sure hope so because our children, ourselves and the world are so enmeshed in technology, we have to figure out how to survive emotionally, physically, and spiritually with technology. Their are tremendous, life altering and changing benefits that we experience and live for because of technology but we are also experiencing the detriments of this same technology daily.

Cyber bullying, the potential scare few years ago of cell phone's causing cancer, the link a few paragraphs up regarding social media. All of these are just a few of the downsides that could be mentioned but they seem to far outweigh the benefits and monumental strides that technology has provided both the individual and community! Balance, intelligence and wisdom for the individuals and our families is probably a great place to start when considering technology in our life.

My reality is not based
in conventional wisdom.



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

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