



Collaborate Counseling: December Newsletter:

Happy Holidays!



HAPPY
HOLIDAYS!

It always
amazes me as
we hit

September how fast the Holiday's happen. For some of us, they bring up happy, family memories, for many of the clients and families I work with it can be a difficult, transitional time of year. I have included articles and helpful ideas to "mindfully" approach this 2017 Holiday season.

Each moment is an opportunity to stop, take a deep breath and just enjoy what is happening in a very precious moment in time. It will be gone in that next breath, we only have this moment, not last year not next year, just this moment.

Mindfulness gives us this thought, and ability to slow down even though we are in one of the busiest seasons of the year. If I could suggest one thing over the next few months, it would be that. Take a few moments for yourself, a self-care goal each day, to think about de-stressing, breathing deeply and a moment just for



**Ester
Perel
speaks :**

[Sounds
True
Website ..](#)



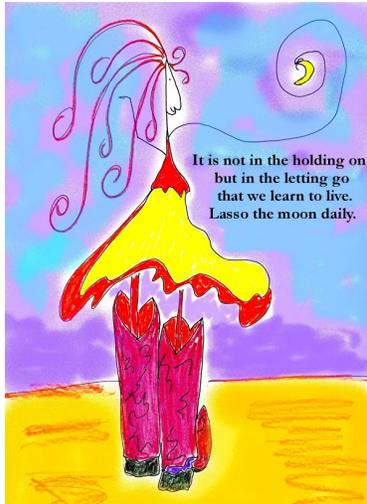
This is a great place to take a look for some mindfulness ideas, gifts, and relaxation ideas to kick off the new year. What is a Mindfulness practice?

Jack Kornfield is one of the leading experts and teachers on developing a mindfulness practice in America. The link below will walk you thru a step by step daily practice and you can sign up for more information.

[Jack Kornfield on how to add meditation and awareness to your daily routine.](#)

yourself! Let me know if you notice a difference this very busy season..

Carolyn



Happiness Coach and Artist:

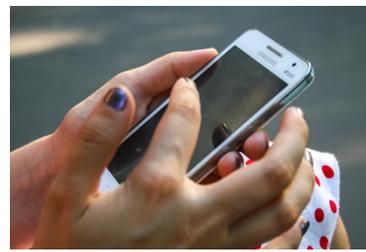
Janice Earhart. Listen to one of my favorite whimsical, therapeutic artist's whose art is in my office; the Authentic canvas I point to many times during my sessions. She is also a "happiness" coach and provides these weekly you-tube vignettes for clients and individuals.



Parenting Thoughts for the Holidays:

Holidays are exciting, fun, energy is high, kids are looking forward to school being off and what gifts to expect. It is also a time that I work with many of my clients on parenting issues. Tempers can flare and children can be overly tired, eating too much sugar, parent's budgets are stretched and co-parenting strategies are at an all time low! The article I have found actually starts out with words I have said myself..shockingly!

If we as parents, could take a few minutes and ask a few inquiring questions, breath a few deep breaths, re-frame our thought process during the hustle and bustle of the Holiday season, our parenting struggles



Limiting Digital Distractions: Promoting Productivity and also Mindfulness and creating less stress and better

relationships! Technology has improved all of our lives tremendously and most would agree, we would never want to go backwards. But the impact and the changes we have seen on relationships, families, they way we work and interact on a daily basis is profound. I went to a training last month on digital immigrants and natives and addiction. I am an immigrant because I did not grow up with a cell phone or Ipad in my hands like my granddaughter has.

"Natives" to technology have had far more resources, advances in their lives in the 50 years, than most could have imagined. These dramatic changes need to be considered. The attention span of our kindergartners has dropped since I went to school over 50 years ago; the amount of pixels and stimulation that children experience before entering elementary school and than having to sit in front of a teacher, may prove to be disappointing and lead to behavioral problems. Something to consider with all the many benefits technology brings!

A GIFT FOR YOU! FROM SOUND TRUE!

Down load this great collection of a variety of de-stressing, anxiety reducing, party ideas, children and family building Holiday traditions, and much more from a great partner and friend of the therapeutic and Mindfulness community. Enjoy and Relax during this Holiday season!

Thinking's of a Marriage & Family Therapist regarding Holidays...

When I meet most of my clients, I discuss the difference of working with a marriage & Family therapist, the systemic nature of our thought process and training. I love this

could shift. When the house is full of guests, there are gifts to wrap and dinners to cook, shifting from controlling a difficult parenting situation to "INQUIRING about" the particulars in front of you, might potentially change a stressful and tense moment. For more of the authors insight, click above!

piece of my work! If you have not worked with another type of therapist, it might not make sense, but if you have (like I have!) it will. Take a read at how another LMFT (Licensed Marriage & Family Therapist) suggests meandering thru the Holiday's.

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

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