



Collaborate Counseling: June 2018 Newsletter



Summer has started, kiddos may be home and you are

wondering what or how to balance the new schedule? I use to dread as a working mom, the summer breaks because I had to worry about how I was going to fill the time while working; keep my children busy and having fun; plan a vacation and pay for it; and enjoy my family while at the same time, be successful at work. It was not easy. And many times I was full of guilt.

Finding balance in the summer or any school break is difficult. But, it can happen. There are great camps and program offerings your children can enjoy while you prioritize the



[Millennials Are Creating their Own Path!](#)

I love working with such a diverse client base and especially the Millennials. This article explains trends that are impacting the economy, families and how companies are hiring.

things needed this summer. I hope this letter can provide a few stress releases and ideas for your whole family.



[Staying Cool under pressure: Tips for Keeping stress and anxiety at bay!](#)

Do you get triggered easy? Wondering why others seem to be able to let things or issues roll off their backs so much quicker than you do? Read Elizabeth Millard's article from, March 2018 in the Good Think, 5 Tips to Stay Cool Under Pressure Experience Life. She reviews and gives advice that can have an impact today for most of us!

Reframe your beliefs/thinking, resilience, focus on the now, talk it out/ Breath/let it go! Simple, well..maybe not so simple, but it works!



[What do we tell the Children?](#)

School shootings are

becoming so common that are children are practicing in the classrooms how to prepare if some "bad people" get close to their schools. It is frightening to most parents, that this is now part of our kindergartners language and experience.

How do we speak to our children without scaring them more, about the every day reality of the world we now live in? Too much protection will not prepare them for what could happen, and too much information can cause anxiety, sleepless nights and even more symptomology than what is needed.

Dr. Michael S. Scheeringa, in his article, **"16 Tips for Talking with Children After a School Shooting How we can try**

No one likes to fit into a cookie cutter box, at least most of this generation that I have the privilege of knowing and working with! The millennial generation has HAD to make their own way.

The rules were broken, the economy was severely broken when they graduated, and their lives had to be reorganized if they were going to survive. And they have! Sometimes it might look and feel different than some of us older generations but they are surviving and are thriving!

They have carved out exciting and dynamic ways of being. If you are in business and hiring, this article gives some interesting insight for future potential employees.



[Attachment Parenting tip: And it works!](#)

It's so easy to be in a rush when going to school in the morning, getting packed for vacation or just going to the store that we forget..connection is primary for our little ones!

Next time you sense a tantrum, or just tension between siblings, take a deep breath, pause, and speak from the heart into their lives for a moment. Tell a joke, laugh with them..see if what this author says might happen. Kids, like adults sense disconnect and "hurridness". It is not your fault..life is busy, but when it gets to much for our children, and you, just relax for a moment, and see if you can make that quick connection and it might change the rest of the day. It did for this mom!(*May 11, 2018 By Alana Pace , Parenting from the Heart*)



[Happier Podcast: Listen to learn more about this concept! Nataly](#)

to navigate the new normal following another tragedy." (Posted May 19, 2018, In Psychology Today.) Discusses and presents after researching and meeting with children and families what is emotionally healthy and beneficial in this situation.



Teach girls

bravery, not perfection |

Reshma Saujani (Mar 28, 2016)

"We're raising our girls to be perfect, and we're raising our boys to be brave, says Reshma Saujani, the founder of Girls Who Code. Saujani has taken up the charge to socialize young girls to take risks and learn to program — two skills they need to move society forward. To truly innovate, we cannot leave behind half of our population, she says. "I need each of you to tell every young woman you know to be comfortable with imperfection."

I love this TED TALK!! So many of us as woman can relate to what Reshma is discussing and if you are raising a little girl, this is a MUST TedTalk to listen to!



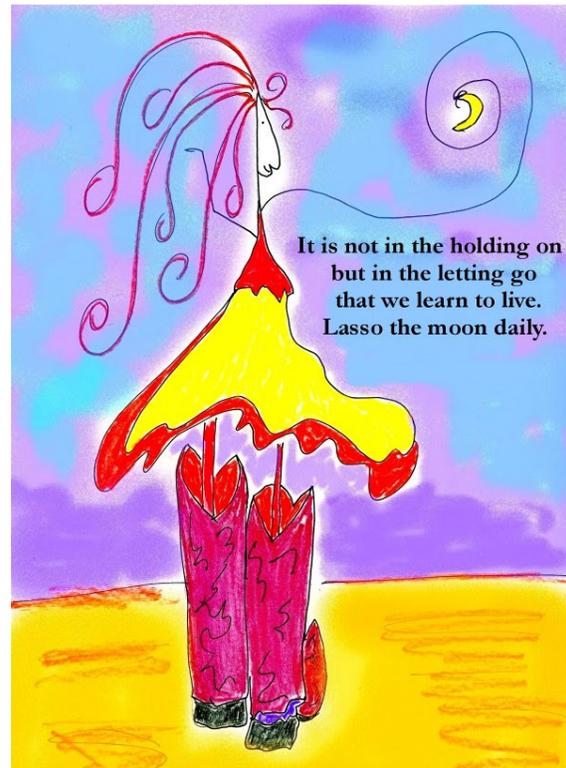
Kogan: Happier Now,

(Tuesday, May 1, 2018)

- Tami Simon speaks with Nataly about redefining happiness not as a state where we experience no negative feelings whatsoever, but as a skill we must constantly hone. Nataly shares some of her life story, including her childhood experiences as a refugee and why she spent much of her life chasing the unattainable goal of "I'll be happy when . . ." Tami and Nataly also discuss the benefits of maintaining a regular gratitude practice,

365 Days of Happy

[365 Days of Happiness! Try it with Janice/Land of Izoar](#)



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,

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