



Collaborate Counseling: February 2021 Newsletter

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February is here and 2021 is moving forward!

Hello!

I hope you and your families are doing well in the adjustments within the school systems and our life, perhaps, finally

opening back up slowly.

I have tried to focus on the idea of "play in relationships." Its so important for everyone in your family system, including your partnerships.

Children need to have scheduled time for "recess" if you are still doing remote full or part time. Its imperative for their anxiety, brain working, and just overall emotional health. Adults need it to! So think this month about how to potentially implement, PLAY into your couple hood and family. There are huge rewards!

Carolyn

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PS TMS depression treatments and Neurofeedback are going strong! Call for information



[Find your playful Partner!](#)

This last year has been so difficult for many and turning inwards, to our homes and family can be a relief! Do you play with your partner? Do you plan play dates?

It is one of the most important parts of a healthy relationship according to Dr. Gottman:

"When was the last time you and your partner scheduled a "play" date?"

Just like parents arrange for their children to play with other kids at a park, you can be intentional about planning time together where you seek out a joint adventure.

Think beyond your standard dinner and a movie night. You can go on a scavenger hunt looking for items around your neighborhood. If you want to stick



How do we find that "perfect" partner?? A great client sent me this video, it is hilarious!

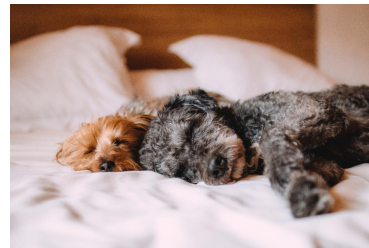


[Strengths and Growth during the past year!](#)

ADHD Magazine, Attitude, conducted a survey of its readers regarding the past 12 months. What they

found I believe can apply to us all!

The ability to take from our adversity, grow and strengthen relationships is a monumental benefit of our personal lives and environment.



Dr. Rick Hanson offers a weekly newsletter with great

insight and wisdom to implement every day. I thought this weeks was appropriate with what many are experiencing in our world today: ENJOY!

"What can you do when there's nothing you can do?"

**The Practice:
Love Someone.**

closer to home, pick out an online game or board game that's new to you both and contains a lot of laughs. The point is to facilitate a positive experience that brings excitement back into your relationship.

So, go play! It's good for you both."

The author of this article states the following:

"Life will be really difficult at times," he said, "which is why it is so important to choose a partner who can be playful with you, and will make you laugh. "

If you are NOT playing, try to do one fun thing this week to begin your play time with your partner!

TMS/ Brainsway:

If you or anyone you know is suffering from Deep, life-long Depression, there is an alternative to medications and many times, failed medication rounds.

Most insurance panels pay for this life changing treatment!

In addition, with the high stress and anxiety in our world today, our system is changing the lives of people struggling with OCD, PTSD and ANXIETY.

Please call the TMS Center Centennial or Rodney at 719-232 8556. We look forward to the consults!

Why?

Sometimes something happens. Perhaps your sweet old cat takes a turn for the worse, or there's a money problem, or your son waves goodbye as he gets on a plane to start college on the other side of the country. Sometimes it's on a larger scale: maybe there's been an election and you're grappling with its consequences (see my last post on this topic: [Take Heart](#)).

Or you might be dealing with something ongoing, like a dead-end job (or no job at all), life after divorce, chronic pain, or a teenager who won't talk to you.

Whatever it is, at first, it's normal to feel rattled, frozen, or unclear about what to do. After awhile, you do what you can to change things for the better. But often there's not much you can actually change and sometimes nothing at all.

Still, there is always one thing you can do, no matter what.

You can always find someone to love.

Besides the benefits for those on the receiving end, as Shelley Taylor at UCLA has shown, "tending-and-befriending" others can lift your own mood while lowering your stress hormones. Also, at a time when you may feel powerless about the wider world, at least locally, here and now, you can make a real difference. Love is never defeated. Heart after heart after heart.

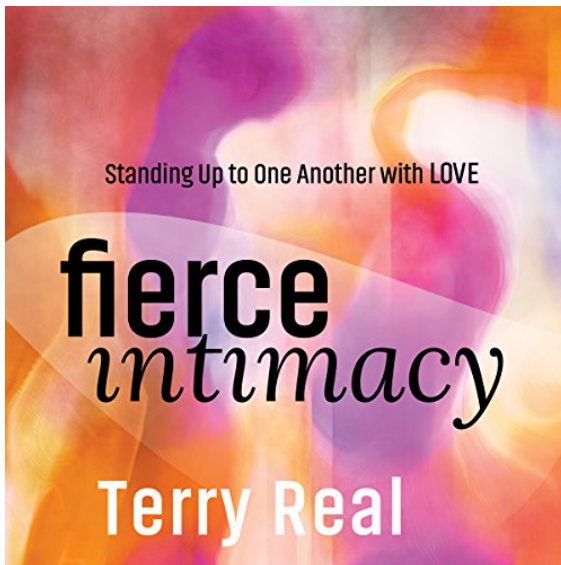
How?

By "love" I mean a wide range, including compassion, support, friendliness, encouragement, appreciation, and cherishing. It can be expressed in simple or subtle ways, such as a call to a friend, more patience with a partner, saying what you liked about a co-worker's idea, or seeing the being behind the eyes of a stranger passing on the sidewalk.

And if love is not expressed, it's still real and it matters. For example, when things happen at any scale that are or could be awful for others – from your daughter's

You can't go back and
change the beginning,
but you can start
where you are and
change the ending.

—C.S. LEWIS



Terry Real is an international therapist and teacher. I have done several trainings with him and Ester Perel. This book has had profound impact on several of my clients and their relationships. It is only in audible.

[Amazon's Fierce Intimacy: Terry Real](#)

friends turning against her to a turn for the worse in a country to the planet overheating and species dying – it's natural to feel a sense of moral outrage on behalf of other beings. This is a kind of love, even if there is no place to put it. Or you might sense the weariness in the person sitting across from you in the subway and feel some compassion and goodwill. Perhaps you think about a friend with appreciation or smile to yourself at what a goofball he is.

It's all love.

It's been very important to me personally to claim an inner freedom to love. I've had frustrating struggles trying to get others to love me or to receive my love. But no one can stop us from finding and feeling love inside ourselves.

Love feeds us as it flows out of us.

Soothing, calming, centering,
strengthening.

Slow it down. Listen longer. Make room for the heart.

Who else could you love?

Share this Just One Thing free
newsletter with your friends:

[Share on Facebook](#) | [Tweet on Twitter](#)"

(JUST ONE THING (JOT) is the [free newsletter](#) that suggests a simple practice each week for more joy, more fulfilling relationships, and more peace of mind. A small thing repeated routinely adds up over time to produce big results.

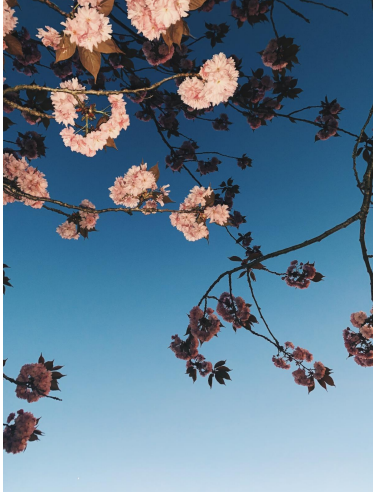
Just one thing that could change your life.

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NEW SERVICE:
Cognitive/Emotional/MEMORY
Assessment: Cambridge Brain Sciences
(CBS), ages 6 to 92.

Collaborate Counseling and the TMS Center



Letting Go of

are now offering the leading Cognitive and emotional testing in the world. With a data base validation of 75,000 population, and results based on your age and gender, the results are amazing.

Worried about memory issues? Many of us are watching parents or ourselves suffer. Find your baseline and begin to build your memory strength.

Call today for more information or try your free assessment, its fun!

[TRY a assessment question! Get your results back.](#)

Perfectionism! Brene Brown.

Here is an old interview of Brene on a podcast regarding letting go of our perfectionism, how to, and why!

Perfectionism can come about for many reasons. For most, it stems from childhood expectations, trauma, socialization. Take a listen and see if it resonates with you.

[How to let go of Perfectionism: Brene Brown](#)

Thank you for being a client of Collaborate Counseling and providing your referrals! **25% off your next session when your referral comes in for a session!! I appreciate 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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