

Collaborate Counseling January, 2023 Newsletter

Carolyn@collaboratecounseling.com

www.collaboratecounseling.com

0

Happy Holidays New Year!

Whey! 2024 is here! I am wondering for my clients that have received my New Years Newsletter if you are thinking about your "word or Words" for 2024?

Instead of New Year Resolutions, I have been focusing on a couple Key words each New year. Peace, Simplicity, Order, Love, ect.

We can use our New Years Words for meditation, for calming ourselves in moments of stress, and for goal setting.

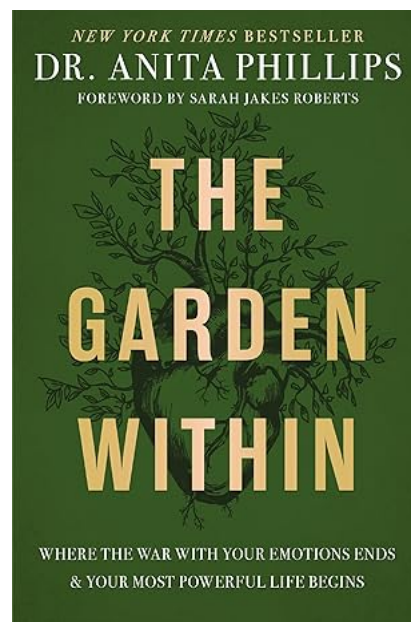
If our word is stress reduction, how or what could we do this year, specifically to reduce stress? Or increase Peace or Order into our lives?

I love this "word" idea, its simple, longer lasting than some resolutions and thought provoking! Happy New Year!

One last business item:

In January, due to the increase in

THE BOOK CORNER:



credit card costs, I will be charging \$5.00 per credit card transaction on top of the \$150 for individual rate and \$160 for couples.

You can also pay with a check or cash!!

Thanks!!
Carolyn



Baking a Cake and expressing and understanding our emotions!!

A great analogy for working with and better understanding how emotions work. A great read and excerpt from the author below:

" emotions are not fixed entities but are constructed from a variety of psychological components. To explain this, Barrett uses a compelling metaphor - the 'cake baking' rule. Just as a cake's flavor and texture depend on the combination and proportion of ingredients, our emotional experiences are formed by blending basic, fundamental elements. These elements, when mixed in different measures and conditions, produce the rich and varied spectrum of human emotions."

<https://www.inc.com/nick-hobson/people-high-in-emotional-intelligence-use-cake-baking-principle-to-master-their-inner-world-take-charge.html>





(Photo

by Andrea Piacquadio from Pexels)

Depressed? Struggling with Anxiety for most of your life? Tried several Medication's with no results?

[WHAT IS TMS Technology: TMS/Brainsway?](#)(click here for more information)

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

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,

Carolyn Riviere
www.collaboratecounseling.com

(720) 708-4865
carolyn@collaboratecounseling.com



[Unsubscribe carolyn@collaboratecounseling.com](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by carolyn@collaboratecounseling.com powered by



Try email marketing for free today!