



OBSIDIAN QUARTERLY

WINTER HOLIDAYS:

January:

Self Love Month
Celebration of Life Month

January 8 - 14: National
Pizza Week

January 1: New Years
Day

January 16: Martin
Luther King Jr Day

January 22: Chinese New
Year

February:
International Boost Self
Esteem Month
National Cancer
Prevention Month
Black History Month

February 20 - 26:
National Eating Disorder
Awareness (NEDA) Week

February 2: Groundhogs
Day

February 4: World
Cancer Day

SELF-CARE: HOW TO GIVE YOURSELF THE LOVE YOU DESERVE

Author: Erin Lowry, intern

As easy as self-care sounds, it is one of the hardest things to do. It can feel selfish to do something for ourselves or put our needs first. According to Utah State University, without self-care, not only do we risk burnout, we can experience an increase in anxiety, anger, fatigue, depression and heart disease. When we provide ourselves with self-care we are trying to meet our needs, which in turn can reduce symptoms that have a negative effect on us and those around us. According to Utah State University, studies have also shown that self-care can reduce stress and anxiety levels while increasing self-compassion. We know that self-care can play an important role in our mental well-being, but how do we implement self-care into our daily routine? Here are some ways to make self-care an important part of your wellness.



1. Schedule it in

Schedule your self-care. As easy as it sounds, setting aside time can feel incredibly difficult but self-care doesn't always require 30+ minutes of your time, as only five minutes can be beneficial.

2. Start small

You don't have to commit to an hour-long bath or massage to practice self-care. Often self-care can be done in short periods of time, think 10-15 minutes. Maybe you take a short walk around the block to start your morning or you wake up 10 minutes early to actually sit and enjoy breakfast (no more car bagels)!

3. Health

By taking care of your health, physically and mentally, you are showing yourself self-care. Feeding your body nutritious foods, seeing a doctor annually and talking with a therapist are all great ways to show yourself self-care.

4. Ask for help

We so often feel as though we are burdening someone by asking for help but if we don't ask, we sit with many more repercussions. So ask the babysitter to stay later or your coworker to help more with a project. There is nothing wrong with that!





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MEET THE STAFF



Jenna Froelich, LCPC, CDVP

Q: What do you do for self care?

A: I've always loved video games, animals, and learning, so I usually replay some of my favorite games (I love the Zelda series... I've spent many hours climbing virtual mountains and hoarding crickets in Breath of the Wild), hang with my dogs or read random stuff online or in books. I also love being outside when the weather's nice.

Q: What is your favorite coping skill?

A: For me personally, coloring is a really good way to ground. There's an app called Zen Color, which is a color-by-number adult coloring app. I like it even better than physically coloring mandalas and things because I can be pretty brainless and don't need to pick the color or sharpen a colored pencil when it breaks. ;)

Q: What is a fun fact about you?

A: I wanted to be a linguist until I realized that being a linguist is a LOT more than just getting to have fun learning languages and watching movies in Polish or something. I love learning languages and have the ability to pick them up fast, but not enough time to dedicate myself to fluency! In my ideal world, if there was a job to just randomly get fluent in a million languages for no reason other than it's fun, I'd be golden.

Q: What is your favorite movie and/or TV show?

A: I tend to forget like 90% of movies or TV shows I watch, so I can't confidently name my favorites because I probably don't even remember I watched them lol. Off the top of my head though, I really liked the movie "Arrival" (it's about a linguist who has to figure out how to communicate with an alien species), and I loved the cartoon series, "Avatar: The Last Airbender."

Q: When did you know you wanted to be a professional counselor?

A: I was always the kid that every other kid came to dump their problems on because I was a good listener (and I kinda liked giving advice, not gonna lie). It wasn't until I got to high school though and learned that I could take an elective psychology class that I seriously thought about doing this as a profession (although to be honest, I took the psych class because I could get a gym class exemption if I was taking an academic course relevant to a potential career path, so I feel like it was serendipitous that my hate for playing lacrosse helped turn me onto my career path lol!).

WINTER HOLIDAYS:

February cont:

February 12: Lincoln's Birthday

February 14: World Sound Healing Day

February 17: National Random Acts of Kindness Day

March:

Women's History Month

March 5- 11: International Women's Week

March 12-18: National Sleep Awareness Week

March 1: Self Injury Awareness Day

March 2: World Teen Mental Wellness Day

March 8: International Women's Day

March 20: International Day of Happiness

March 21: World Social Work Day





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COMMUNITY CONNECTION

Therapists like to talk to our clients about doing self-care and connecting with supportive people, and we realize we need to do it too. In November, Obsidian staff connected for a self-care holiday party at Salternative Spa, a holistic spa and community wellness center in Geneva that offers services like massage, flotation pods, reiki, sauna, salt room, and more! The team enjoyed having the time to destress together and check out another business in the community that focuses on wellness.



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REMINDERS AND UPDATES

Out of the office reminders:

- Katie Kollereb, LCSW is out of office January 1st - 8th
- Silvia Gomez, LCSW is out of office January 26th - 30th
- Danielle Slyder, LCPC, ATR is out of office March 10th

Please speak to your therapist about your session needs during those times. Additional dates may be communicated to you by your therapist.

COPING SKILLS CORNER

Box Breathing (Also known as Four Square Breathing)

1. Slowly exhale through your mouth to get all the oxygen out of your lungs.
2. Slowly inhale deeply through your nose to the slow count of four in your head. Feel the air fill your lungs until your lungs are completely full and the air moves into your abdomen.
3. Hold your breath to the slow count of four in your head.
4. Slowly exhale through your mouth to the slow count of four in your head. Focus on how the air feels leaving your lungs.
5. Hold your breath to the slow count of four in your head.
6. Repeat (ideally four times in a single sitting)

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