

## Give the gift of mental wellness this holiday season

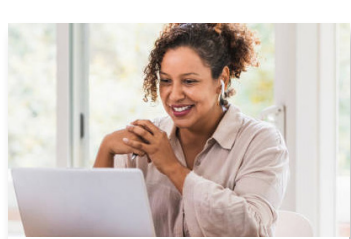
THINK. ORGANIZE. CHOOSE.

With the Mentally STRONG Method, anyone can learn how to map their thoughts in relation to past experiences and circumstances. Through this exercise, clients gain critical insights that empower them to achieve their long-term goals and live a more fulfilling life.

Our online courses consist of interactive videos designed to introduce clients to the Mentally STRONG Method, or further a client's understanding while receiving support through our Mental Health Center. Please choose one of the courses, below, to learn more.

### ONLINE COURSES

Personal Development Courses



**Mentally STRONGer**

\$79

An online self-help course that teaches you how to discover your true potential!



**Raising Mentally STRONG Kids**

\$99

Online Parenting Course & Lifelong Community



**The Mentally STRONG Method for Professionals**

\$149

Online CBT Course & Training for Therapist



**Become a Mentally STRONG Coach**

\$1200

Online Life coaching Course & Professional Community

### STAFF SPOTLIGHT



**JACOB WILSON** – Psychiatric Mental Health Nurse Practitioner- Board Certified  
Jacob is one of four of our fabulous nurse practitioners. He stands out this month for his dedication to our patients. Jacob is best known for taking all contributing insight from all parties (Mentally STRONG Counselor, Patient, other NP's, etc) into account when prescribing medication- many of our patients appreciate and comment on how important it is to them that they feel heard when discussing their symptoms. He truly sees and believes in the good of people and is one of the least judgemental people we know! Our team wouldn't be so fantastic without Jacob!

**MELODY DAGHFAL** – Medical Receptionist

Melody has been with us for a short time but has completely blown us away by her impeccable work ethic, dedication and passion to go above and beyond for both our patients and her team members and she caught on so incredibly quickly and is efficient beyond our expectations. In addition to her outstanding qualities, she offers so much light around the office with her beautiful smile! She has a heart of gold and we are so grateful that life brought her to us! We appreciate you and all that you've done for us in just this small amount of time! You are a gem!



### HAVE A GOOD EXPERIENCE?



If you've had a good interaction with your care at the clinic or with a staff member, we would love it if you could leave us a 5-STAR GOOGLE REVIEW. Or you can email a testimonial to [tatiana@mentallystrong.com](mailto:tatiana@mentallystrong.com).

**We appreciate you!**



### 2021 Accomplishments

- MULTIPLE DATES – Podcast guest speaker interviews
- JUN – Online courses launched
- OCT – 1st Annual Mentally STRONG Award Ceremony
- NOV – Launch of new website design

### WHAT ARE YOU GOING TO DO THIS SEASON TO MONITOR YOUR MENTAL HEALTH?

HOLIDAY TIPS:

- Keep your regular routine
- Practice mental check-ins: listen to your body and mind, rest as needed
- Keep moderation in mind (like drinking at holiday parties, eating at holiday dinners, etc.)
- Be Realistic, keep expectations lower
- Stay connected, find a friend you can check-in with during this time
- Be kind to yourself, throw guilt out
- Try not to isolate yourself
- Focus on today, not yesterday
- Remember it's okay to say "no"
- Be good to yourself, do something for you!
- Practice Gratitude



DR. B & COUNTY COMMISSIONER LONGINOS GONZALEZ, JR

### 2021 Inaugural Mentally STRONG Award Ceremony



KAREN KANTOR Award Winner

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