

DEAR FAMILY COUNSELING PLLC



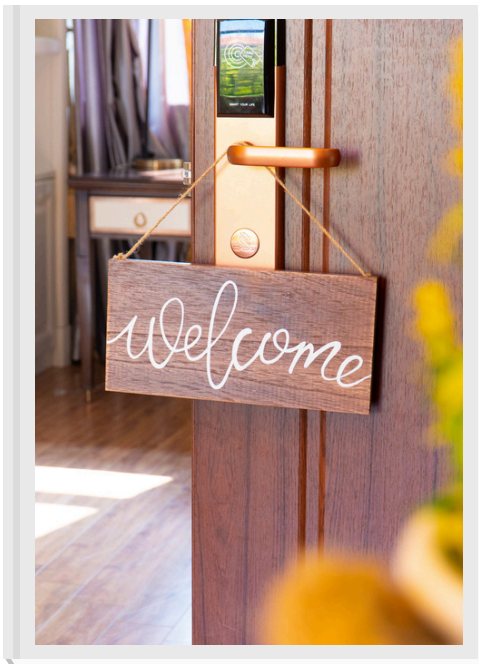
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*DEAR FAMILY
COUNSELING PLLC*

APRIL 2025

WELCOME TO THE FAMILY NEWSLETTER

Your Monthly Mental Health Boost!



I'm so glad you're here!

Hey Dear Family,
I'm so excited to welcome you to the second edition of my monthly newsletter! Each month, I'll share insights on relationships, mental health, and personal growth, along with exclusive resources just for my subscribers.

In this newsletter:

Featured article, tip of the month, resource highlights, upcoming events, announcements and how to keep in touch!

Add to your calendar:

May 16th, 2025: Girl, You Got This will be ready for order!



Featured Article

MY FIRST MENTAL HEALTH WORKBOOK

Yall, I'm super excited. I have a publishing company. My first journal (a prayer journal for women) was released a few years ago. Coming next month, I will be releasing a workbook for women with Anxiety. This is meaningful to me because I had a diagnosis of Anxiety before and I understand what it takes to work through it. I am excited about sharing this with you along with some tips that help.



Tip of the Month

Anxiety can be tamed by remembering three sets of skills: coping skills (breathing, grounding, etc), self-talk skills (positive talk to yourself), and recognizing your triggers! When you put these things together and practice, anxiety can be more manageable.

ANXIETY

A Personal Story

ANXIETY CAN BE A BEAST!

Yes, I am a therapist. But I've had my struggles with Anxiety. It really reared its ugly head during the Covid-19 pandemic. Like many, I didn't know what was going on and wasn't sure I was fully prepared. I will never forget one day when I was going to the grocery store and I had my N95 mask, but baby I didn't know how to put it on correctly or I was so nervous just going into a public space knowing how real this disease was. I recall sitting in my car crying and having a panic attack, just doing what was normal (pre-pandemic). I had to calm myself so I had to do what I tell my clients to do often, breathe. Focusing on my breath, calmed me enough to slow down, get the mask on, and then grocery shop. A hot mess! But anxiety can definitely create moments like this.

I often counsel folks with anxiety and while sometimes it feels impossible to overcome, it definitely can be tamed. Learn how to tame the beast!



Resource Highlight

CHECK OUT SOME FREEBIES

Dear Family also has an entire website dedicated to mental health that features blogs and resources that can be both free and paid for. Please head over to Dear Diary Publishing LLC to find the free worksheets related to change in thought and self-care.

[Click the link to check out Dear Diary Publishing](#)

Let's Chat!

Do you or someone you know have Anxiety?

Reply to this email—I'd love to hear your thoughts!

Stay connected: www.facebook.com/Dearfamilycounselingpllc

www.instagram.com/DFC

Thanks for being here, and see you next month!

Cicely Simon

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