



THE ULTIMATE LIST OF

BETWEEN SESSIONS PICK ME UPS

by Margaret Bell Counseling

Feeling raw and vulnerable after your session? It happens. Therapy can bring up old and buried emotions and feelings. I do my best to make sure when you leave the office, you feel ready to face the world again. However, therapy stirs stuff up, sometimes a day or two after your session, you might have an a-ha moment, or all the work we did together comes crashing down on you, leaving you feeling vulnerable, raw and emotional. This is normal. It is part of the healing process. Here a couple self help and care tips to get you through to your next appointment and to help you feel better!



1. Move your body- movement not only helps you reconnect to yourself, but sweating can release endorphins, improving your mood. Here are some ways you can get moving: • Yoga • Dance- by yourself or with others, you might even take a dance class • Run/jog/walk • Play with your kids • Play with your pets • Do a workout video • Go to the gym • Hula hoop

2. Sometimes you might find that you just need to reconnect to yourself and take some much needed you time • Take a hot bath- you can add Epson salt and lemon/lime juice or lemongrass essential oils. You can also pick an essential oil that you like the smell of. You can also add fresh herbs to your bath. (lemon herbs are great for releasing and clearing) • Get a massage • Get a mani or pedi • Read a book • Slowly and mindfully drink a cup of tea or coffee, really savoring it • Meditate • Take slow deep breathes four counts in four counts out, see if you can make it past ten • Watch the sunset/sunrise • Sit in nature/go for a hike • Go to a museum and sit with a favorite piece of art • Maybe you are an artist, paint, draw, take pictures, pottery, or build something. • Write- grab your journal and let your pen fly. • What's your favorite way to reconnect to yourself?



BETWEEN SESSIONS PICK ME UPS CONT.

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4. You might need to laugh, when we laugh we instantly feel better and lighter • Watch something funny • Read something funny • Try some yoga laughter • Go to a comedy club • What's your favorite way to bring laughter into your life?

5. You might need nature. Nature helps us to feel grounded and connected. • Go for a walk outside • Visit a park • Go to the mountains • Sit by a stream • Go to the beach • Go for a hike • Go fishing • What's your favorite place to go in nature?

6. Other things that might help: • Meditate or hold a crystal- rose quartz or amethyst are great to start. • Burn sage or palo santo, light a candle or burn an incense that you like • Drink a relaxing tea, you can even create your own tea blend- using relaxing herbs like lavender, lemon balm, Hawthorne, or herbs for anxiety such as skullcap, nettles and dandelion root

Let's not forget our friends and family. Having a supportive group of people that know you and love you is vital to your healing and mental health. Having at least one person you can turn to is fabulous.

Sometimes, we just need to talk it out, get it out, share it and release it. You know what is best for you and what feels right in the moment. If you are still struggling with strong emotions that feel overwhelming reach out to a trusted friend or family member or call, text or email me. You do not have to go through this on your own. You have people that love support you and want to see you healthy, happy and living life to your fullest!



