

Hindsight is 2020:

We are a small private practice in Westfield with big goals of making positive impact on our community. We wanted to help our community especially the families who are going through this time of uncertainty. At Serendipity we take the time to get to know each of our clients' unique journeys which have led them to this moment. Helping our clients' & their families grow & rebuild themselves is our priority. A major component of this is we invest not only our time but our passion into helping them attain their goals.

Thank you for downloading our workshop! Last year was difficult and filled with new challenges, uncertainty, and change. This workshop aims to assist you with coping with emotional roller coaster which was 2020 and get you focused on New Opportunities in 2021. Below is an overview of the topics that will be covered.

Gratitude Activities: We have two Activities which are sure to help you identify some areas of Gratitude in your life. We have found both are appropriate for all ages.

Gratitude Meditation – This is a great way to work on your mindfulness as well as identifying what you are grateful for.

Mindfulness Techniques – Here are some healthy ways to stay informed while also managing your Social media consumption:

Dealing with the Uncertainty – How do we pickup and move on after a year filled with so many emotions, stress and change.

ReCharge Yourself – Create a Self-Care plan that will set you up for Success in 2021 & that builds upon your strengths & interests.

ReFrame & ReExamine – Gathering the lessons learned from 2020 and breaking each one down to see where you can improve this year

ReEnergize – 2020 was draining and majority of people were just trying to make it through each week which held new challenges and limitations. Start 2021 off setting new Goals (small & large) for yourself.

Little changes each day can lead to monumental growth & happiness. Do not wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today! These past few months of uncertainty have been difficult & have affected countless lives. If you or someone you know could benefit from Mental Health Services, please reach out for help. If you have any questions or are looking for additional support, please reach out at 413-579-8887 or www.SerendipityPsych.com

**** Gratitude Flower ****

The gratitude flower is like the gratitude tree, except that instead of creating leaves of gratitude, we create flower petals of gratitude. These can be great to hang up after to remind children about the positives in their lives & things they are Grateful for.

Start by cutting out a circle from colored paper. Yellow is a popular color for this piece since will be the center of the flower but any color will work.



On the circle, write “Things I’m Thankful For” or write your name or family name, or even an overarching thing you’re grateful for (i.e., “my family”).

Next, use a template or freehand cut to create flower petals. You can use several different colors for a bright and vibrant flower, or the same color for a more uniform looking flower.

On the flower petals, write down things you are grateful for. These can be things like the sunny weather, having wonderful parents, or a promotion at work.

Glue or tape these petals to the center to create a flower. This is your gratitude flower!

Feel Free to let your imagination go when making these and there is no such thing as something too little to be Grateful for. In times like today taking some time to slow down and consider where we are in our lives, the small victories, and the people we surround ourselves with is so important.

Hope Is Not Cancelled! Change Is Possible!
Reach Out Today for Help

Meditation:

Gratitude meditations are a double whammy for well-being. You are performing two of the most impactful happiness practices at the same time.

Meditation is not always easy especially when the mind is aggressively wandering and distracting your attention, but if you practice this kind of meditation consistently be prepared to experience incredible upgrades in gratitude and joy.

Unlike a normal meditation where intentionally become aware of your breath and keep your mind clear, during a gratitude meditation you visualize all the things in your life that you are grateful for.

It is important to give each person or item the concentration it deserves. You can take the time to go through all the people you are grateful for or all the physical objects you are grateful for.

I like to simplify this sometimes and show gratitude for the things that are often taken for granted: the ability to breath, hands to touch, eyes to see, legs to walk and run, etc. There are numerous advantages to meditating. These advantages magnify when you take the time to target your reasons for gratitude. Spend some time really taking stock of the things you are grateful for and I am certain you will feel much better afterward. It is a powerful exercise.

Quick intro to Gratitude Meditation:

- 1- Close your eyes & breathe deeply (1-5minutes), focusing on your breath.
- 2- Think of 3 Things you are thankful for.
- 3- Think of 3 People you are thankful for.
- 4- Think of 2-3 Goals you would like to achieve/work towards in the next few weeks.
- 5- Reaffirm yourself with some Positive Affirmations.
- 6- Visualize a place where you enjoy going.
- 7- Smile & Remember to take deep breathes.
- 8- Feel free to sit in this space for a few minutes prior to opening your eyes.

This might be difficult at first however with some practice it will become easier

Gratitude Meditation Youtube Videos:

10-minute Gratitude Meditation: <https://www.youtube.com/watch?v=Od4uCoLe-ac>

Morning Gratitude Meditation: <https://www.youtube.com/watch?v=iRnbKWapfEM>

:Mindfulness Unplugged:

It is important to remain well informed on the news and up to date on social media however constantly consuming content can keep you in a heightened state of distress. We have access to so many outlets for media which are constantly trying to keep our attention. Being able to unplug and reduce our social media consumption can allow us to RESET ourselves and refocus our priorities, ultimately snapping us back to the present.

Here are some healthy ways to stay informed while also managing your Social media consumption:

Control what you can control - TIME is one thing you can control. Practicing good time management helps you create balance in your life. Using this time effectively to grow and self-reflect versus endlessly scrolling through news feed which can unwillingly induce anxiety and reduce motivation.

Do not keep the TV/Radio on news channels -While we want to remain conscious of any breaking reports, by watching TV/Youtube tuned into news stations is not good for you. Commit to only tuning in to a few news programs, articles per day, and set a time limit (such as 30 minutes in the morning and 30 minutes in the evening).

Be mindful of your social media time - Scrolling through social media throughout the day can drain you of mental strength as well. Pay attention to the time you are putting into it as it can greatly affect your mental health. Be more conscious of number of hours you spend on Youtube/TikTok.

Follow people who inspire you on social media - Fill your feed with inspiration and positivity. If you follow people who are making catastrophic predictions and complaining about their situations, you will likely become distressed. Make sure you follow people who are more invested in helping, inspiring, and staying positive.

Be selective with the content you consume - Read articles and watch programs that focus on what you can do to stay healthy. Try not to overload yourself with too much information on the pandemic which can be found readily almost everywhere. Increase your mindfulness of what you are watching/reading.

Exercise decreases stress hormones – Exercise decreases stress hormones like cortisol. It also increases endorphins which could give your mood a natural boost. Physical activity can take your mind off of your problems and either redirect it on the activity at hand or get you into a zen-like state.

Replacing Uncertainty with OPPORTUNITY in 2021

ReCharge: Create a Self-Care plan that will set you up for Success in 2021 & that builds upon your strengths & interests. Self-care areas to consider:

Physical Self-Care: Movement of the body, health, nutrition, sleep, and resting needs. Some examples of physical self-care- Going for a walk - Taking a bath - Getting enough sleep (7-9 hours per night) - Eating Healthier.

Psychological Self-Care: Learning new things, practicing mindfulness and creativity. Some examples of psychological self-care- Practicing mindfulness - Reading - Learning a new skill or hobby - Doing a Digital detox.

Emotional Self-Care: Enhancing emotional literacy, navigating emotions, increasing empathy, and managing stress effectively. Some examples of emotional self-care- Saying No (setting new boundaries with others) - Reflecting on your feelings - Practicing self-compassion - Being aware of your Emotional boundaries.

Social Self-Care: Having a supportive group and network of relationships around you that you can trust and turn to. Some examples of social self-care- Honoring your Commitments - Asking for Help - Meeting New People - Trying new Activities - Spending time with family and friends.

Professional Self-Care: Sharing your strengths and gifts, having clear professional boundaries, and living your purpose. Some examples of professional self-care- Eating balanced diet - Negotiating your needs - Having clear professional boundaries. Attending professional developing opportunities

Environmental Self-Care: Having an organized, well maintained and clutter-free work, business, and home environment, having clean clothes and a clean and well-maintained mode of transport. Some examples of environmental self-care- Decluttering at Home/Work - Monitoring technology time - Maintaining a clean/safe living environment.

Spiritual Self-Care: Having beliefs and values that are important to you and guide your life. Some examples of spiritual self-care- Meditating - Reflecting in a journal - Going on a Retreat/Getaway - Walking in nature

Financial Self-Care: Being responsible with your finances and having a conscious relationship with money. Some examples of financial self-care- Knowing where your income is coming from & What Expenses are - Completing your tax responsibilities on time - Spending and saving money wisely.

ReFrame: The Challenges of 2020 can become the blueprint of Change for 2021, working to find the positives which came to light in a year filled with changes & uncertainty.

Being more conscious of our Negative thoughts is the first step to working toward improving our mindset. From there we can start to identify some of the sources of our negative thoughts/worries and start the therapeutic process.

Socratic Questioning is an amazingly effective cognitive restructuring technique that can help you or your clients to challenge irrational, illogical, or harmful thinking errors.

The basic outline for this technique is to ask the following questions:

Is this thought realistic?

Am I basing my thoughts on facts or on feelings?

What is the evidence for this thought?

Could I be misinterpreting the evidence?

Am I viewing the situation as black and white when it is really more complicated?

Am I having this thought out of habit, or do facts support it?

Detailed Worksheet of Method:

<https://www.therapistaid.com/worksheets/socratic-questioning.pdf>

More Techniques & Explanation check out:

<https://positivepsychology.com/cbt-cognitive-restructuring-cognitive-distortions/>

ReExamine: Gathering the lessons learned from 2020 and breaking each one down to see where you can improve this year.

In Life we are going to face tough times, loss, we might fail, stumble, and feel like we are going one step forward and two steps back. But if we can see the above as if we are Falling Up the Stairs then it will be easier to see we are still making progress. If we are able to find a lesson, a silver lining in tough situations, then we will be able to grow and possibly avoid making the same errors.

ReEnergize: 2020 was draining and majority of people were just trying to make it through each week which held new challenges and limitations. Start 2021 off setting new Goals (small & large) for yourself.

Goal Setting by using SMART:

To make sure your goals are clear and reachable, each one should be:

SPECIFIC - (Simple, Sensible, Significant).

MEASUREABLE - (Meaningful, Motivating).

ACHIEVABLE - (Agreed, Attainable).

RELEVANT - (Reasonable, Realistic, & Resourced, Results-based).

TIME BOUND - (Time-based, Time limited, Time/cost limited, Timely, Time-sensitive).

1. **Specific**: Your aim should be straightforward and precise, otherwise you will not be able to concentrate your efforts or feel genuinely inspired to do so. At the time of drawing up your target, try answering the five "W" questions:

What do I want to do? - **Why** is this target so important? - **Who** is involved? - **Where** is this located? & **What** tools or constraints are involved?

2. **Measurable**: It is crucial to have measurable goals, so you can track your progress and stay motivated. Assessing progress helps you stay focused, reach your goals, and experience the joy of moving closer to your target. A measurable target should resolve concerns such as:

How much & many? & **How** am I going to know when it is accomplished?

3. **Achievable**: Your goal must also be practical and attainable if it is to be successful. In other words, the abilities should be stretched, but they remain possible. If you set a workable target, you will be able to find previously missed opportunities or tools that can get you closer to that goal. A workable target would usually answer questions such as:

How can I achieve this goal? & **How** realistic is the objective, based on other constraints, such as financial factors?

4. **Relevant**: This move is to ensure that your target is meaningful to you and that it is also consistent with other related objectives. We all need help and assistance to achieve our goals, but it is important to maintain control over them. So, make sure your plans move everybody forward, but you are always responsible for achieving your own goal. The relevant aim could be to answer "yes" to these questions:

Does that seem worth it? - **Is** this the right time? - **Does** this balance our other efforts/needs? – **Does** that balance our other efforts / needs?

5. **Time-bound**: Every goal needs a target date, so that you have a time frame to concentrate towards and something to work towards. This aspect of the SMART aim criteria helps to avoid daily activities from taking precedence over longer-term objectives. The time-bound target will normally answer the following questions:

When is that? - **What** am I going to do six months from now? - **What** will I do in six weeks ' time?

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BECAUSE HOPE IS NOT CANCELLED!**

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If you or someone you know could benefit from Mental Health Services, please reach out for help. Little changes each day can lead to monumental growth & happiness.

****No Waitlist & Intakes Scheduled in less then 48 hours****

Don't wait for the perfect time to make your mental health and happiness a priority. Challenge yourself to start building positive momentum toward change today! Please see next page for a list of local Supports & Resources!

Thank you for Downloading our PowerPoint if you have any questions please feel to reach out (413)579-8887 or www.SerendipityPsych.com

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