

Groundhog Day: Couples Edition

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! Let's face it 2020 has been a year filled with uncertainty, stress and constant changes, that has caused increased pressure & strain on families, Couples and Marriages which find themselves being pulled in different directions each week. This workshop aims to assist couples in strengthen their relationship foundations while improving your: Self-Care, Awareness & Creativity within your relationship. Below is an overview of the topics that will be covered.

Groundhog Day: A great movie, but also an example of how so many of us can find ourselves at moments in our life. Feeling like we are just going through the motions and feel stuck in our current circumstances.

Importance of Self-Care: Being able to address your individual stressors & mental health will help alleviate added stress to the relationship. This also will allow each partner increased autonomy &

Managing Stress during Covid: 2020 has got us going in million different directions & it is important to cope with the unique stress it has created.

Utilizing Coping Skills: Having a variety of coping skills to utilize is critical in addressing your mental health. Being able to grow your Coping Skill Toolbox also allows you to challenge yourself with new techniques and provides insight about the progress you have made.

Communication: One of the most important things in a relationship is being able to verbalize with your partner effectively. We will review some strategies and techniques that you start implementing today.

Effective Goal Setting: Working with your partner to create short- and long-term goals together will assist in setting expectations for the relationship and keep both of you on track. Having defined goals will help Couples track their progress and timeline they have established for each goal.

Finding Quality Time/Date Night Ideas: All our lives can get busy and schedules get filled with work, responsibilities, kid's activities sand just life. But being able to find meaningful time to spend with your partner is possible and does not need to be stressful.

Resources & Supports: List of Local Resources & Supports in the Area which could be helpful.

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

Breaking Down Self Care:

Being able to break down what Self-Care is can help us all see what areas we can work on. Try incorporating a few of these into your life can have a direct impact on your overall health. Take some time to slow down and evaluate your needs and goals. Taking care of ourselves is not selfish at all, it is needed for us to not burnout.

1) **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

2) **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

3) **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

4) **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.

5) **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

6) **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

7) **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

8) **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

: 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 your problems and either redirect it on the activity at hand or get you into a zen-like state

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?
What am I going to do today?

5 Ways to Redefine & Find Time:

These are 5 easy & tricks tips for creating time with your partner that you can start today!

- 1.) **Steal Time:** Being conscious of the connection between time spent together & marital happiness can have huge impact on you utilize your time. Look for opportunities to “steal time” – Text to check-in while at work or waiting for an appointment, Call on lunch break, on way home etc. Meet each other for lunch, coffee break during the day. Start by stealing pockets of time for a week & evolve from there.
- 2.) **Creating Time:** Some couples might be busier than others, but we all have the same amount of time in a week. Get creative with scheduling or finding time to spend together. Think out of the box, not every date needs to be dinner, movie & drinks, scale it down and make it simple! If you DO NOT make the time, you are never going to find the time.
- 3.) **Give Time:** Helping your partner out with the kids or pets can be incredibly meaningful & appreciated. Couples who find the balance of each partner having their own autonomy to do things on their own, rejuvenate & utilize self-care are often much happier. By giving your partner time to do whatever they need to do, they are more likely to have some time to give you.
- 4.) **Deny Time:** Most couples never feel it appropriate to limit the family 's responsibilities or activities to secure their marriage. But by being mindful of how busy and how many responsibilities your family has each week is critical. Sometimes saying no and not overloading your schedule with Family obligations is the best way to create time for your partner. It may sound selfish, but nobody would benefit more from a happy marriage then partners who are not being overloaded with practices, games, work, meetings & fundraisers every week.
- 5.) **Optimize Time:** Some couples, spend enough time together to have a stable relationship, but that is the hardest time of the day. Spending your worst hour with each other – when you are most tired and distracted – is of less benefit than spending your best 15 minutes together. If the only way you communicate with your partner is at the very end of the day, you are not giving them the best time. Find out when you are at your best and find a way to give some of the time to your partner!

**Honestly start small and do some of the little things which establish you care and invested. Sometimes the best way to kickstart creating time one another is starting with Stealing little moments of time & Giving time. Regardless of where you start make the time you do share meaningful, it does not need to be perfect, expensive, or stressful. It is about you and your partner growing closer, strengthening your relationship & having fun!

Relationship Hacks – Start by doing the Small Things:

- Do the SMALL things for one another – to show appreciation/care & just because.
 - Do the dishes
 - Get them Dunkin/Starbucks
 - Buy them Flowers
 - Clean/Do Laundry
 - Let them Sleep in
 - Ordering Dinner/Cooking favorite meal

Each relationship is unique & so are the small things which can make your partner's bad days more manageable. The little things you have learned over the months/years which always bring a smile to their faces, make them laugh or tear up. Doing these things and checking in on your partner can be so meaningful and appreciated, because if your willing to do the little things and remember those small details then it shows your being present in the relationship.

Quick Date Night/Time Together:

(Breathe.....this does not need to be Stressful, Expensive or Fancy!)

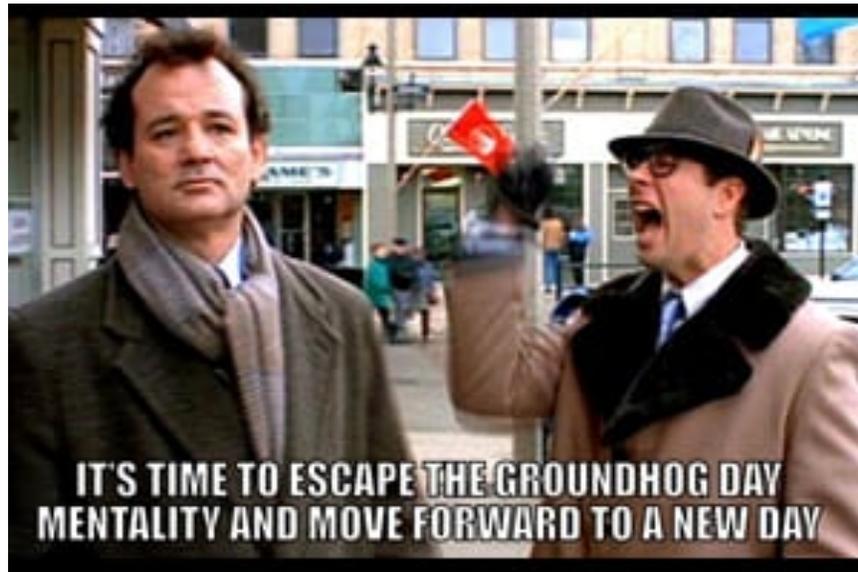
Spending meaningful time together can take many forms & we know life, energy level and stress all play on the amount of time you have for one another

Make it simple! It does not mean Movie, Dinner & Drinks every time. Break it down to meaning moments, activities & self-care. Find consistent time each Week/Month to be together and look forward to that time and make it meaningful.

Start small: (examples)

Grocery shopping together - Cleaning/Small projects - Going for a walk – Do household chores
Board Games/Trivia/Watch Jeopardy – Workout/Go Gym/Yoga/Meditation
Eat Dinner Together (phones/tv off) - Go for a drive, grab a coffee, listen to music & sing!

Try to set a side 5-6 hours a week to spend time with your partner and during those times be fully focused on your partner/activity! Utilize the time together & enjoy the moments you share no matter how short of time it is!



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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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::Resources & Supports::

::Supports/Hotlines::

BHN Crisis-Westfield-413-568-6386
BHN Crisis-Springfield-24/7-413-733-6661
CSO Greenfield Crisis-413-774-5411
CSO Northampton Crisis-413-586-5555
WARM line-413-536-3003
Substance Abuse Hotline-1-800-662-3457

:: Outpatient Therapy ::

2000
Carson Center-413-568-6141
West Central Family Counseling-413-592-1980
Serendipity Psych – 413-579-8887
Center of Human Development (CHD)-Park St-413-781-6556
River Valley Counseling Center-Springfield-413-737-2437
River Valley Counseling Center-Holyoke-413-540-1100
Community Support Options (CSO)-413-737-9544

::Food Pantries::

Westfield Food Pantry-413-572-0802
West Springfield Parish Cupboard-(serving: Agawam & West Springfield)-413-734-7969
Springfield-Open Pantry Community Services-413-737-5353
Westfield Soup Kitchen-413-572-9147
Lorraine's Pantry/Soup Kitchen-413-592-9528

::Homeless Shelters::

Westfield-Samaritan Inn-413-568-3122
Springfield-Worthington Street-413-732-3069
Taylor Street-413-732-0516
Springfield Rescue Mission-413-732-0808

::Substance Abuse/IOP::

Carlson-413-733-1423
Franklin-413-223-5246 x1
Providence-413-539-2971
Adcare-(508)-799-9000
Comm. Health Link-508-860-1200
Arbour-800-222-2337
STAR-508-324-7763
Highpoint-774-213-8435
Adcare IOP-West Springfield-413-209-3124

:: Residential Programs Substances::

BHN-Cole's Place-413-747-0705
BHN-Hope Center-413-746-4673
BHN-My Sister's House- 413-733-7891
BHN-Northern Hope-413-733-1423

::Domestic Violence::

Safe Passages-413-586-1125
DV Hotline-1-800-799-7233
YWCA-DV Shelter-413-732-3121
Planned Parenthood-1-800-258-4448

::Elder Services::

Springfield Senior Services-413-781-8800
Highland Valley Elder Services-413-586-

Hilltown Elder Network-413-296-4536

::Financial/Resource Aid::

Fuel Assistance-1-800-370-0940
Community Action-413-774-2310
SNAP Info-1-877-382-2363
WIC-413-534-2460
HAP Housing-413-233-1600
Welfare-1-800-249-2007

::Masshealth/Transportation::

Member #-1-800-841-2900
MART-transportation-1-978-345-7711
PVTA-413-781-7882
Michael's taxi-413-568-8811

::Day Structure::

DMH-413-452-2300
Forum House-413-562-5293

::VNA/PCA::

Noble VNA-413-562-7049
Amedisys Health-413-789-0027
Gentiva-413-733-1132
Baystate VNA-413-781-5070
Epic VNA/PCA-413-205-1696
Starvos PCA-413-781-5555
Kindred Health PCA-413-733-1132

::PCPS::

Family Medicine-413-562-5173
Noble PCP-413-572-6050
Hampden County Physicians-413-569-2257
Riverbend Medical-Westfield-413-533 2900
Westside Adult Medicine-413794-9110