

ABOUT PSYCHOLOGICAL SERVICES // ISSUE 1 // VOLUME 1

REFRESH



INTRODUCTION - 01
IMPORTANT OFFICE UPDATES - 03

MEET THE TEAM - 04
THIS MONTHS FOCUS - 05

HELLO!

Today is an exciting day for us at Abound Psychological Services, PLLC. As part of our own expansion and growth, we are excited to launch our inaugural REFRESH Newsletter and our new website, which we love, love, love! February also marks our 9th birthday!!! Cake anyone?

We have so much to celebrate this month and we couldn't think of a better way than sharing it with you. We value you! And because of our relationship with you, we have signed you up for our newsletter in the hopes that you will find great value in its content. With REFRESH, we hope to bring you more refreshment, strength and energy that will aid you in your own goals to grow and thrive.

Each month, we will share our knowledge with you, present the latest in news and trends in psychology, offer helpful hints and tips to improve your mental health and wellbeing, and provide you with clinic updates, events or other staff-related news. We want this newsletter to be valuable for you, so please share your feedback and suggestions to help us improve.

Maybe you have a family member or friend who might also benefit from the information in our newsletter - feel free to share it with them!

Sincerely,

Angela Etchison

Angela Etchison, MS, LPE-I

REFRESH

BY ANGELA ETCHISON, MS, LPE-I

RE-FRESH

/rə'freSH/

an act or function of updating; give new strength or energy to; revive or reinvigorate

As I think on that word, I immediately visualize the beach. I hear the sound of waves and the songs of birds in the air. I feel the softness of the sand between my toes and the warmth of the sun on my skin. I smell the salt in the air. And...I start to breathe deeper. I feel the tension in my shoulders beginning to relax. I am calmer. I am energized. I realize that I need more of this. You need this. We ALL need this.

Taking the time to care for your body and your mind is crucial to preventing burnout. When you don't give yourself the care that you need, it can lead to you feeling tired, groggy, anxious, and overwhelmed. Learning to live a healthier lifestyle, in mind and body, can keep you feeling refreshed. It can also relieve anxiety, depression, and sleep problems.

How can you refresh your mind and your body, you ask? Let me count the ways! There are so many options that you are bound to find one or more ways that help you feel more calm, more at peace, and more refreshed. Some ways are designed to relax the mind while others are designed to relax the body.



Many methods work on both the mind and the body. You may want to try several of these ways to see what works best for you.

- Take slow, deep breaths. Breathe in through your nose. Hold it for a second, and then exhale slowly through your mouth. Repeat this until you feel more relaxed.
- Listen to soothing music or music that energizes and motivate you.
- Practice mindfulness. Focus your attention on what's happening right now in the present moment. What do you see? What do you hear? What do you feel? What do you smell? As thoughts come, let them. Don't try to change them. Just focus on now.
- Use guided imagery. Visualize and imagine yourself in where you feel most calm and relaxed. You can find so many videos, audio recordings, scripts and even apps that can help guide you through the process.
- Journal daily or weekly. It often helps to write out your thoughts and feelings or express them artistically through drawings.
- Disconnect. Numerous studies have linked the use of electronic devices to sleeping problems and depression. Set aside time every day to do something that doesn't involve looking at a screen.
- Take a warm shower or bath. Not only is this relaxing for the mind, but our body temperature tends to drop afterwards, which can induce better sleep.
- Try progressive muscle relaxation, a process that involves tensing and relaxing each muscle group. It not only reduces anxiety or muscle tension, but it can also improve sleep.
- Exercise or walk. Physical activity has direct stress-busting benefits. It also helps to boost the production of your brain's feel-good neurotransmitters, endorphins.
- Do yoga. It's a powerful tool that can benefit our body, mind, and breathing.
- Treat yourself. Get a massage, go to a spa, get a haircut or do something that you wouldn't normally do, and that makes you feel refreshed.
- Drink a warm beverage (no alcohol or caffeine), such as herbal tea or warm milk.



IMPORTANT OFFICE UPDATES

BY ANGELA ETCHISON, MS, LPE-I

Given the continued presence of active and new COVID-19 cases (and the current flu season), I wanted to share the precautions we are continuing to take and our plan for providing continued care.

We will continue to remain open for business as usual; however, in order to prevent the spread of germs and for the safety of our clients and our families, we are keeping a strict sick policy in place. If you are sick with ANY flu- or cold- or virus-like symptoms, or have had symptoms within 24 hours please reschedule your appointment.

You will **NOT** be charged for cancellations due to illness.

We are also offering in-person office visits for clients who prefer this option, and we will continue to do so with these safety precautions in place. However, we do ask that only one parent attend their child's appointment and adults attend their appointment alone, unless they require assistance (limit to one other person).

We also offer Telehealth (online) counseling for clients who are considered to be high-risk or any clients who are simply more comfortable with this option.



Our cleaning and sanitizing process:

- Disinfecting high-touch hard surfaces in the waiting area, such as door handles, light switches, coffee station, sink faucets and handrails, games
- Deep cleaning of entire office, especially play therapy area
Washing and disinfecting of all play therapy objects
- Washing our hands after each appointment

Your part in preventing the spread of germs:

- Please wait in your car when you arrive for your appointment. We will text you when your therapist is ready for you.
- Wear your mask until we can be safely seated 6 feet apart.
- Wash your hands upon entering building.

UPDATED FORMS & POLICIES

We recently updated our forms and policies. All clients will need to log into the Therapy Portal to access these forms and update their file with any new or changed contact information.

Thanks for your continued trust in us!



MEET THE ABOUND PSYCH TEAM



ANGELA ETCHISON

Angela, a California native and longtime Arkansan, is the owner of Abound Psychological Services. With 16 years of clinical experience in the mental health field and 9 years in private practice, you all probably know her well by now.

But, here are some fun facts about her you may not know:

- Loves cooking: Filipino foods
- Favorite activities: roller skating, Pilates, cycling, and camping
- Sucker for: Rom-Coms and animals
- Favorite candies: Whoppers and Chewy SweetTarts
- Song she'll always dance to: "Bust A Move" by: Young MC

JAZMIN: THE THERAPY DOG

Jazmin is our newest "employee" here at Abound. She is a German Spaniel-Shepard mix who is very playful and energetic. At only one year old, she is also sweet tempered and gentle.

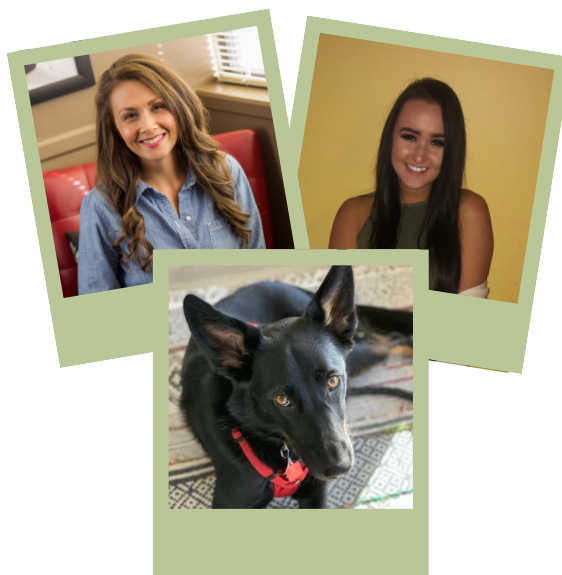
She typically is the first to welcome you in the office. So be sure to look out for our newest furry friend at your next visit to our office.

ASHLEY QUINN

Ashley is brand new to the Abound team! This past year she has taken on the role as our Social Media Correspondent as well as our Virtual Assistant.

A 2020 East Carolina University graduate, she majored in Hospitality Management with a concentration in Conventions/Special Events as well as a minor in Business Administration. Her dream career goal is to organize and plan extravagant events.

When she's not working for the Abound Team she spends her time reading, making many different Spotify Playlists, and listening to her favorite artist, Harry Styles.



THIS MONTHS FOCUS

BY ASHLEY QUINN

The month of February has many important focuses. One thing we want to draw your attention to this month is **kindness**. Not only do we encourage you to show kindness to others, but also show kindness to yourself.

Most of us are familiar with the Golden Rule, which says to treat others as you would like them to treat you. And in a time and season of life where there are so many uncertainties, this old but valuable moral couldn't be more important and necessary than it is today. Treating others with kindness can go a long way. When you are nice to someone, it motivates others to also act helpfully. Kindness is contagious! So spread kindness wherever you go: smile, give a compliment, say *please* and *thank you*, volunteer or donate your time or things you don't use anymore), offer your neighbor a helping hand, etc.

Being kind to yourself (a.k.a., self-care) is often overlooked but no less important. In fact, it's crucial for your physical, emotional, and mental wellbeing. Life is a precious gift. Live it. Here are a few simple ways you can start practicing self-care; eat healthy, drink lots of water, meditate or do deep breathing for five minutes, laugh, learn to say 'No,' surround yourself with other kind people. These ideas can promote happiness and confidence in yourself as well as set the tone for how you can treat others.

So this month, we challenge you to treat yourself and others with kindness.



DATES TO REMEMBER

February is the month of:

American Hearth Month

Black History Month

Teen Dating Violence Awareness and Prevention Month

Feb 10th:

Abound Psych's 9th Birthday!

Feb 9th - 15th:

Children of Alcoholics Awareness Week

Feb 22nd - 28th:

National Eating Disorders Awareness Week

QUOTE OF THE MONTH

"During this season of love, focus on loving more than just those closest to you. Love Everyone."

-Unknown

