



From the Therapist's Chair



November invites both connection and calm - gatherings, gratitude, and reflection. Many of us feel pulled between showing up for others and needing time to recharge. Finding balance between the two helps us stay grounded as the holidays begin.



Relishing in Togetherness...

Connection nourishes us. Sharing time and space with others can regulate the nervous system and remind us that we belong. But togetherness isn't about saying "yes" to everything - it's about showing up where you can be present, not depleted.



Pause before committing



- Do I have enough energy for this?
- Will it nourish or drain me?
- What kind of connection am I craving?



Solitude



Solitude is how we return to ourselves. It allows space to rest, reflect, and reset. In a culture that values constant doing, choosing quiet can feel uncomfortable - but it's essential for emotional balance.

!!! Try this !!!

Take 10-15 minutes each day to simply be - sip tea, stretch, breathe, or write down what your body needs. Small moments of stillness restore your capacity for connection.

A Gentle Reminder...

You don't have to earn your rest or justify your need for space. Taking time for yourself allows you to bring more presence, warmth, and authenticity into your relationships - and that's what true connection is made

of.



Therapist Spotlight

Analiz Flores



"Being a therapist means holding space for your story until you're ready to hold it and yourself with compassion."



Fall guilty pleasure:

"I don't think it is necessarily fall-y, but you can never go wrong with an iced brown sugar shaken espresso with vanilla cold foam!"

Current main-character anthem song:

"Vienna by Billy Joel will forever be my go to song! Sometimes we need the reminder to slow down and embrace aging and the wisdom that comes with it"

Go-to "doing absolutely nothing" activity:

"Being a couch potato and having movie marathons with my family. There is nothing like enjoying quality time and sharing laughs with family. Currently rewatching all Toy Story movies!"

Something clients teach you again and again:

"Sometimes our darkest days bring our unknown strengths, it's just a matter of discovering them and embracing them."