

6 REASONS TO CONNECT WITH A THERAPIST

YOUR WELLBEING ACTIVITY

SELF-CARE

Create an emergency self-care plan by making a list of easy and practical self-care strategies you can enlist when facing a stressful situation.

REASONS TO CONSIDER CONNECTING WITH A THERAPIST:

INTENSE EMOTIONS

Do you struggle with managing intense emotions?

SLEEPLESSNESS

Are you struggling to get a good night's sleep?

GRIEF

Have you experienced a recent loss?

APPETITE CHANGES

Have you noticed a change in your appetite?

STRAINED RELATIONSHIPS

Are you having difficulty with a friendship or partnership?

BURN-OUT

Are you feeling overwhelmed by stress in the workplace?

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