



# Therapy Solutions

TAKE YOUR LIFE BACK.



MARCH 2023

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Sasha Tsibur-Mayer

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# Ways To Help You Find Hope

## WAYS TO HELP YOU Find Hope



How can you maintain hope in what seems to be hopeless circumstances? Should you just wait for those feelings to kick in, or can you be more proactive? Yes. You can and you must.

Here are a few steps and suggestions:

### 1. DECIDE TO BE HOPEFUL

Hmmm... can it really be that simple? Well, yes and no. If you don't actively decide to be hopeful you probably will yield to worry and despair. But deciding isn't enough. There's more you can do but this decision to be intentional about choosing hope is a crucial first step.

### 2. PRAY FOR THE VIRTUE OF HOPE

Hope is one of the three theological virtues and it's one that can be infused in us if we ask for it. There are many situations that seem hopeless and constantly present reasons for despair. There are a lot of things we can't do anything about. For example you can start

your morning off worrying about your family's health or your kid's grades, or your marriage or you can pray for the virtue of hope, accept the circumstances, trust, and have a lot more energy available to you in your day. Accept the uncertainty; carry on with your day. Sometimes, we generate more distress for ourselves by struggling against the thing that distresses us.

### 3. CHOOSE YOUR MINDSET

Having a hopeful mindset is a choice. How do you think? Do you see the glass as half full or half empty? Each may be equally true. Choose. Do you only look at the obstacles or do you choose to see the possibilities? You will not, I repeat, will not, find solutions if you don't believe they exist. Choose to believe and the possibilities will start to appear. Just like when you're looking for a new car and you decide on a model, you suddenly see that model everywhere, though you'd never noticed before.

### 4. MONITOR WHAT YOU LET IN? ASK IS THIS INFORMATION HOPEFUL OR DESPAIRING.

Imagine you need to lose 5 more pounds to fit into your wedding dress. You would probably watch everything that goes into your mouth. If you want to maintain hope, be cautious and judicious about what you see and hear. Sometimes the news, or social media or negative people encourage us to despair. Sure, we need to know what's going on in the world, but honestly, do you need to know every gory detail? If you tune out and something big happens, trust me, you'll hear about it. The day-to-day negativity is optional. Be sure to balance it with positives.

### 5. ACCEPT YOUR SITUATION FOR THE DAY. TRY NOT TO DESPAIR INTO THE FUTURE

There's actually a therapy model based on this principle called Acceptance and Commitment Therapy (ACT). It teaches people to simply let their own distressing thoughts and anxieties be, and move on to the things they can actually do something about. For a control-freak like me, it sounds like a strange mix of giving up and getting on with it. But accepting what you cannot change is not the same as giving up. It is, however, freeing you up to deal with the things you can actually deal with.

### 6. BE A SIGN OF HOPE

Resolve to be a sign of hope to those who are frightened and despairing.

*If you are experiencing feelings of hopelessness and need to talk to someone, contact Therapy Solutions and schedule with one of our Mental Health therapists to find hope and Take Your Life Back!*

## MINDFULNESS EXERCISES

Do you find yourself becoming overwhelmed easily in your daily life? Do you constantly feel stressed? If so, you may benefit from practicing mindfulness.

Mindfulness is the process of bringing one's attention to the present moment and observing one's thoughts and feelings without judging them. If you're looking for ways to reduce stress and promote wellbeing— check out the mindfulness exercises below.

**1. The full body scan.** Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing; instead, simply practice observing your existing breathing pattern. Focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

**2. The 5 senses test.** Another way to check in with your body is to perform this 5 senses exercise. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity grounding and report that it can help soothe panic and anxiety.

**3. The 3-minute breathing space.** If you are new to meditation, this is the perfect activity for you. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute of this meditation, focus on answering the question, "How am I doing right now?" For the second minute, shift your focus to your breath, noticing each inhale and exhale. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body. You can place a hand on your stomach or chest to help you concentrate on how your body moves.



**THANK YOU FOR VOTING US BEST:**

BEST COUNSELING CENTER  
BEST OCCUPATIONAL & PHYSICAL THERAPY  
BEST COUNSELOR - *Brenda Erle*  
BEST SPEECH LANGUAGE PATHOLOGIST - *Maria Frank*

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

1679 6th Ave W, Dickinson

To schedule appointments in any of our locations call:  
**701.483.1000**

<b>Killdeer Clinic</b> *Temporary Location 215 Central Ave SE Killdeer, ND	<b>Dickinson</b> 1679 6th Ave W. Dickinson, ND	<b>Richardton Clinic</b> 212 3rd Ave W. Richardton, ND
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[therapy-solutions.net](http://therapy-solutions.net)




## HAS YOUR INSURANCE CHANGED FOR 2023?

*To avoid billing issues, please notify the receptionist of any insurance or information changes.*

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

# STAFF SPOTLIGHT

## In the Community with Sasha Tsibur-Mayer (Physical Therapist)



*Pictured, left:*  
Sasha Tsibur-Mayer,  
MPT



*Pictured, below:* Amahl and the Night Visitors

*Pictured, right:* Global Tables Presentation at DSU



## WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



## CLIENT SUCCESS STORY



**"Speech, OT, and PT... so great together they all work together to reach your goal!" — Mikal S.**

A functional, life-skills approach to therapy reinforces what is learned in individual therapy sessions and helps patients apply such skills to environments that they are a part of on a daily basis, and will continue to be a part of as functioning members in his and her own community.