



DECEMBER 2023

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4B's Tomato Soup

Therapy Solutions

TAKE YOUR LIFE BACK.



*How to Have a Healthy,
Happy Holiday Season*



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The holidays are a time of food, family, and celebration—but they can also be stressful. It's easy to get overwhelmed or miss workouts. At Therapy Solutions, our experts have teamed up to create this simple guide to keep you happy and healthy through the end of the year!

TAKE CARE OF YOUR MENTAL HEALTH

- 1. Get plenty of sleep:** Starting to feel like the Grinch? It might be a lack of sleep. Prioritize getting 7-9 hours a night.
- 2. Stay mindful of SAD:** If you suffer from seasonal affective disorder (SAD), holiday stresses can hit you even harder. Find a coping strategy that can get you through those dark patches.
- 3. Just say no:** Can't take another party? Don't want to head up a holiday fundraiser? You can say no! Don't be afraid to set boundaries to preserve your time and energy.
- 4. Focus on the traditions you love:** Everyone has at least one holiday tradition that brings them joy, whether caroling in the evening or hitting up a Chinese restaurant on Christmas Day. Find yours and treasure it!
- 5. Don't be afraid to ask for help:** Remember that you don't have to navigate the holidays alone. Our mental health counselors are here to help you through any difficulties.

BUT DON'T NEGLECT YOUR PHYSICAL HEALTH, EITHER!

- 1. Sneak in exercise:** Thanks to holiday travel and busy schedules, it's harder than usual to stick to a workout routine this time of year. Give yourself some grace and focus on incorporating short workouts throughout the day.
- 2. Eat the cookie:** There's nothing wrong with having an occasional holiday treat. Skipping out on your favorites can often cause you to overeat them later, so give yourself permission and enjoy!
- 3. But eat your veggies, too:** Another way to ensure you don't overindulge? Load up your plate with healthier choices, too. Try holiday recipes centered on fruits, vegetables, or whole grains. Who knows? You may even find a new favorite!
- 4. Drink plenty of water:** The same schedule changes and holiday parties that make regular exercise difficult can also make it harder to stay hydrated. Make sure you're drinking water throughout the day (and night).
- 5. And be mindful of other beverages:** Remember that food isn't the only way to overindulge during the holidays. Follow the same principles with alcohol as food. Having a favorite cocktail is fine for most people. Just make sure to balance adult beverages with water.

WANT MORE HELP THIS HOLIDAY SEASON?

Therapy Solutions's team of experts can help you make the right choices for both your mental and physical health. If you want more guidance this holiday season, call us to schedule an appointment today!



4 ATTACHMENT STYLES

It's amazing the power of our attachment styles in early childhood can shape our lives and future relationships as we grow. Which attachment style are you?

People who are **securely attached** generally have an easier time creating and maintaining healthy relationships. They feel comfortable with emotional closeness, independence and trust.

Due to more inconsistent early childhood experiences, those who are **anxiously attached** crave emotional closeness, but also fear abandonment. They may seek constant reassurance from their partner which may create ups and downs in the relationship.

People with **avoidant attachment** tendencies have learned to be more independent and may have difficulty with emotional intimacy. They prefer to keep their distance and may struggle to express their emotions.

Those with **disorganized attachment** or fearful avoidant attachment may have experienced traumatic, abusive or inconsistent relationships. This unpredictability can make it difficult to consistently trust and open up.

To learn more about your attachment style and how it is affecting your relationship, contact Therapy Solutions to speak to one of our mental health counselors and Take Your Life Back!



**TAKE CARE OF
YOUR MENTAL HEALTH**

Did you know that, in addition to our top-notch physical, occupational, speech, and pediatric therapy services, we can help you address mental health concerns? Our team of mental health counselors offers a variety of approaches so you can find the best solution for you!

No matter your mental health needs, the team of counselors at Therapy Solutions will help you find an approach that works for you. Call us today to schedule an initial appointment or learn more about the many mental health services we offer!

**SCHEDULE YOUR
APPOINTMENT
TODAY!**
701.483.1000



CHILDHOOD EXPERIENCES BASED ON ATTACHMENT STYLE

Nawal Mustafa, M.A. @thebraincoach
X Atina Manvelian, Ph.D. @dr.atinamanvelian

Secure

"My family supports me, responds to me warmly, and encourages me to explore. I feel lovable. I have learned I can rely on myself and others."

Anxious

"I crave more closeness and attention from my family. I feel my emotions intensely and need a lot of reassurance. I feel unlovable and fear abandonment."

Dismissive-Avoidant

"Because of how my family functions, I have learned to rely on myself. I deal with my emotions on my own and don't ask others for help."

Fearful-Avoidant

"Because of an inconsistent or unpredictable family life, relationships feel confusing. I don't know who to rely on. I crave closeness and fear abandonment."

LORI'S RECIPE: 4B'S TOMATO SOUP



Ingredients:

- 29 ounces diced tomatoes canned
- 10.5 ounces chicken broth
- 2 tablespoons butter
- 2 tablespoons sugar
- 1 tablespoon chopped onion
- 1/4 teaspoon baking soda
- 2 cups heavy cream

Directions:

In a large stockpot mix tomatoes, chicken broth, margarine, onion, and baking soda. Simmer for 1 hour. In a separate pot, heat cream over low heat until hot, watching carefully so that the cream does not scorch. Once heated through add to tomato soup and serve.



WRITE YOUR OWN SUCCESS STORY!

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



STAFF SPOTLIGHT: SHAELYN SULLIVAN



We would like to welcome Shaelyn Sullivan to our Therapy Solutions Team!

Shaelyn started with us in September as a Clinic Receptionist. She has a bachelor's degree in Exercise Science with a minor in Dance and will be pursuing a master's degree in 2024. Shaelyn is also on sub status as a Personal Trainer and Group Fitness Instructor and her specialties include TRX and yoga.

Shaelyn is originally from Idaho Falls, ID and has lived in Dickinson since 2013. She has one son, who is four years old, as well as 3 dogs and 2 cats. In her spare time, she greatly enjoys spending time with her son. She shared, "Currently, everything is hotwheels and monster trucks. The more chaos, the better!" Besides that, Shaelyn enjoys being active, including kayaking and hiking when the weather is nice. During the colder months, she enjoys sewing and reading a good book.

CLIENT WISDOM: RUSS' CORNER



We can learn a lot from our clients!

Russ Fast (Mental Health Counselor) collected some wise sayings from his clients, who agreed to share anonymously:

- *Be an eagle, not a pigeon.*
- *Don't make your pity-party your after-party.*
- *Does it make you miserable, or make it manageable?*
- *Hard work beats talent if talent doesn't work hard.*
- *Being blessed is a mindset.*
- *Be an overcomer, not a succumber.*

