



Thrive Counseling Center Presents

Mind Matters

A Resource for Mental Well-Being



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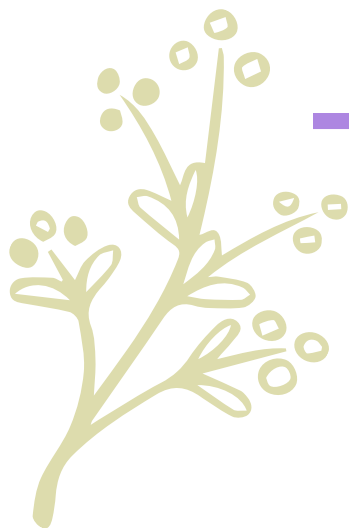
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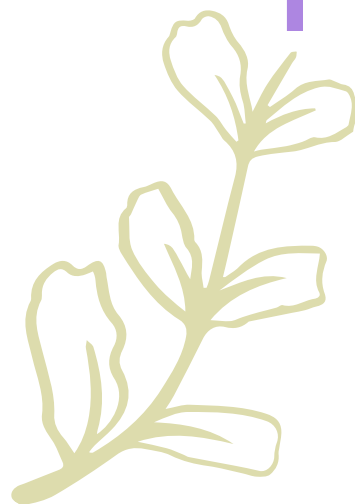
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PROMOTING POSITIVE WELLNESS



A WORD FROM OUR THERAPISTS:

WHAT DO YOU WANT
PEOPLE TO KNOW
ABOUT MENTAL HEALTH?

“Managing your mental health is an ongoing process that has ups and downs as things around us are continuously changing, and it is okay to explore all of your emotions. When we learn to accept what we are feeling, we learn to guide ourselves through the journey. It can be extremely empowering to acknowledge your growth through your mental health journey.”

“I believe mental health shouldn't be a taboo subject. Taking care of your mental health is just as important as taking care of your physical health.”

“There is no road map to healing. Be gentle and patient with yourself. Allow yourself to go at your own time and pace. The only permission you need is your own.”

“I want people to know that we all struggle with our mental health from time to time. It's not black and white, as though we are mentally well or we are mentally unwell. There's a continuum between mental well-being and mental illness and we can move through this continuum throughout our lifetime.”

“Mental health used to be about treating the mind separate from the body. Today we understand effective therapy considers the whole person and pays attention to the mind-body connection. Through tuning into our bodies, learning how to self-soothe, and practicing self-compassion, we find new strength and resilience.”



PROACTIVELY ATTENDING TO DIFFERENT AREAS OF WELLNESS

If you're feeling pretty good about integrating simple wellness tools into your daily routine but something still feels off, take a holistic look at your wellbeing by exploring different types of wellness. It's easy to get caught up in focusing on just one aspect, like your physical health or social connections, while overlooking potential needs in other areas, such as emotional or spiritual wellness. Here are a few suggestions for activities to help you explore each area of wellness and see how they can fit into your life and daily routines.



PHYSICAL WELLNESS

Engage in joyful movement, eat with intention, sleep and create additional time for rest, schedule a check in with your PCP or dentist. Drink water, get or give yourself a massage.



INTELLECTUAL WELLNESS

Improve upon a skill or learn a new one, engage with art, music, or literature, be creative or do a craft, play a game, host or attend a trivia night, put together a puzzle.



EMOTIONAL WELLNESS

Regularly check in with your feelings, use an emotions wheel to expand your emotional vocabulary, practice self-compassion, pause or reduce activities that are emotionally taxing, seek support when you need it.



SPIRITUAL WELLNESS

Meditate, spend time in nature, connect with a spiritually-affirming community, engage with your religious practices, connect with your ancestors' cultural traditions.



SOCIAL WELLNESS

Identify your support network and find ways to engage with them regularly, play with your pets, lovingly set boundaries with others and respect others' boundaries, spend time with people who make you feel good.



ENVIRONMENTAL WELLNESS

Build routines to keep your living and working spaces clean (or cluttered in a way you enjoy), set your living and working spaces up in a way that works with your needs and habits. Promote your own comfort by adjusting lighting or seating that is most comfortable to you.



OCCUPATIONAL WELLNESS

Explore opportunities to engage in work that you enjoy, set realistic career goals and seek out mentors to help you achieve your goals, identify your personal values and find ways to bring them into your current work environment, engage in work that has personal meaning to you.



FINANCIAL WELLNESS

Seek out and utilize free community resources, set financial goals for spending and saving, identify your priorities, take advantage of discounts for students, seniors, etc., and advocate for yourself. Make time for understanding your finances and create a budget for your monthly expenses.



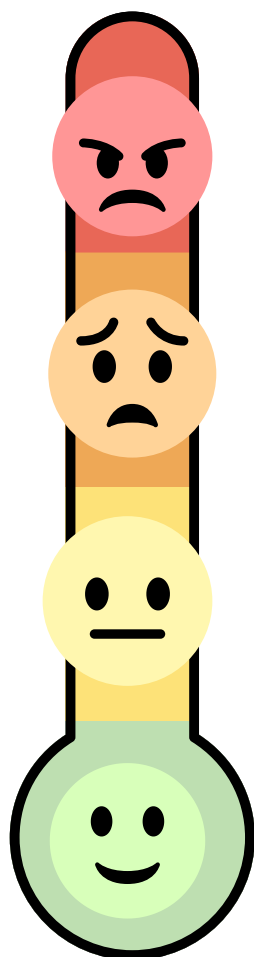
SENSUAL/SENSORY WELLNESS

Notice when you feel discomfort and adjust your surroundings to meet your sensory needs. Take breaks when you feel overstimulated. Feed your senses proactively and consider what you might need to have with you in order to meet your sensory needs (headphones, weighted objects, fidget toys, etc.).

CHECKING IN WITH YOURSELF

Proactively attending to our wellbeing starts with practicing emotional hygiene:

Our mental health needs to be proactively nurtured. One way to do this is by monitoring how we feel so we can identify when we need to rest, be alone, call a friend, or engage in some other wellness activity. We can develop our own mental health “barometers” in order to recognize when we need to rest, be alone, spend time in nature, call a friend, or practice another healing activity. When stress becomes overwhelming, we can draw on our supports or seek professional guidance to help us get back to our true selves. Ask yourself every morning upon awakening, “What do I need today to feel at peace and grounded?”



We can start to practice emotional hygiene by following three simple steps:

- 1) Ask: How am I feeling?**
- 2) Ask: What do I need to do to feel better?**
- 3) Follow through.**

Throughout our daily lives, we sometimes forget to ask ourselves how we are feeling and what we need, and what we need can change each day. We have to remember to check in with ourselves and take a few minutes to reflect.

TIPS FOR SELF-CARE

Self-care means taking time to do things you enjoy. It involves everyday activities that you find relaxing, fun, or energizing. These activities could be as simple as reading a book, or as big as taking a vacation.

Self-care also means taking care of yourself. This means eating regular meals, getting enough sleep, caring for personal hygiene, and anything else that maintains good health.

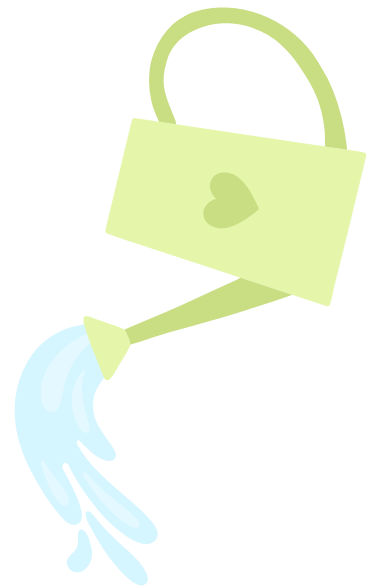
Make self-care a priority. There will always be other things to do, but don't let these interrupt the time you set aside for self-care. Self-care should be given the same importance as other responsibilities.

Set specific self-care goals. It's difficult to follow through with a vague goal, such as, "I will take more time for self-care." Instead, try something specific, such as, "I will walk for 30 minutes every evening after dinner."

Set boundaries to protect your self-care. You don't need a major obligation to say "no" to others, your self-care is reason enough. Remind yourself that your needs are as important as anyone else's.

A few minutes of self-care is better than no self-care. Set an alarm reminding you to take regular breaks, even if it's just a walk around the block, or an uninterrupted snack. Oftentimes, stepping away from a task for a moment can help you maintain your energy and improve your ability to focus.

Be mindful of the natural consequences of the activities you choose. Substance use, overeating, and other behaviors might hide uncomfortable emotions temporarily, but they can cause more problems in the long run.



TIPS FOR DAILY PRACTICES OF WELLNESS

“Life can be hard or stressful at times, and this may take a toll on our mental health and well-being. But we also don’t have to go through these tough times or challenging situations alone or without strategies that help bolster our mental health and resilience. Find what works for you because you are important. You are valuable.”

-Thrive Therapist



Incorporating intentional daily practices into our routine can help us stay well, especially when life feels overwhelming. When we're hungry, tired, or lonely, we may be more prone to stress and feeling out of balance.



“Mental health is directly impacted by our physical well-being: what we eat, how we sleep, illness, or allergies. It’s hard to feel well emotionally when you are uncomfortable physically. Our health needs to be proactively nurtured. Nothing is more important. Nothing. So, remember to nourish your body with rest, exercise, and nutrition. Nourish your mind and soul with moments of stillness, creativity, laughter, activities, and connecting with people that enhance your feelings of self-worth.”

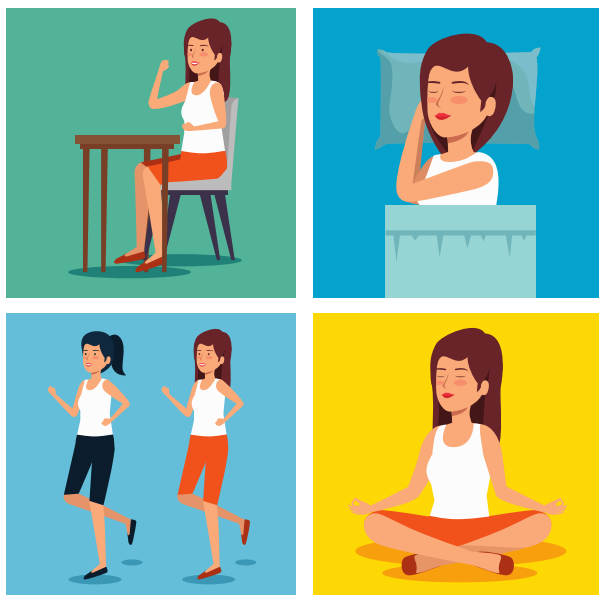
-Thrive Therapist

There are lots of ways to incorporate daily wellness practices into your routine. They can be categorized into **body-based** practices and cognitive or **thought-based** practices. While some of us may naturally excel in one area over the other, it's beneficial to work toward focusing on both. Here are some daily wellness practices to consider—try starting with picking one from each category and making a conscious effort to incorporate them into your daily routine.

WAYS TO NOURISH OUR MINDS AND SOULS

- Identify your triggers for stress and prepare for them.
- Regularly use affirmations, practice gratitude, or engage in spiritual practices that are affirming to you.
- Curiously notice thoughts of scarcity and work toward also noticing areas of abundance.
- Regularly engage in hobbies or activities you enjoy that aren't work-related or obligatory.
- Work to accept that mistakes are a normal part of being human.
- Set and maintain boundaries with yourself and others.
- Encourage rather than criticize yourself.

WAYS TO NOURISH OUR BODIES



- Stay hydrated.
- Eat consistently (and enough).
- Engage in movement that fits your abilities and needs.
- Practice a continuous evaluation of your relationship with substances (including cigarettes and caffeine).
- Regularly ask your body what it wants or needs and try to provide it.
- Get into a healthy sleep routine, including going to bed and getting up at the same time each day.

PRACTICING AFFIRMATIONS

“Mental health has so much to do with how we perceive ourselves and the world around us. Oftentimes, we get trapped in negative stories, and it can be difficult to see a different perspective. Like an investigator, our brain tries to find evidence to back up these beliefs, even if they are not helpful. Part of my job as a therapist is to help unravel these stories with my clients, to understand where they started and work towards seeing a different side.”

-Thrive Therapist

Affirmations are a great way to begin unraveling the unhelpful stories we tell ourselves, retrain our brains, and boost mental resilience. By regularly saying positive statements, you can change the way you see yourself and handle challenges. Regular use of affirmations can help decrease negative thinking, make you feel more confident, and improve your overall well-being. If we are not used to being regularly affirmed or complimented, engaging in affirmations may feel uncomfortable or even unsafe. Like working out any muscle, remember a little bit of discomfort can be a sign of growth, but it's good to start small and go at a pace that feels good to you!

Sample Affirmations

I am doing the best I can.
I belong in the spaces that I occupy.
I am a human being not a human doing.
I am safe in my mind and body.
I am doing good enough.
I am a good friend.
I know what I am talking about.
I am proud of who I am.
I am my ancestors' dream come true.
I trust my instincts.
I am a caring person.
I am a good advocate for myself.
I am in charge of how I will handle this.



TIPS FOR SELF-REFLECTION FROM OUR THERAPISTS

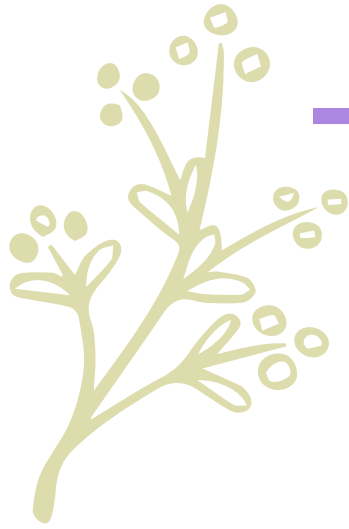
“One of the most important things when it comes to mental health is self-compassion and recognizing that we deserve to take care of our needs. Consider how you would treat a friend if they were in the same situation as you. Treat yourself like you would if you had the flu; allow yourself to lay in bed, and just rest. Rest is productive. Most importantly, take a moment to assess what your needs are in the moment and be kind to yourself by meeting your needs.”

“Maintain time for yourself each morning before you start your day to set intentions on how you want to frame your mindset. It can be as simple as, ‘I will be kind to myself today’ or, ‘I will reframe my negative thoughts as they arise without judging myself.’ The purpose of this is to enhance our perspective as we go through the day, stay more in the present moment, and be easier on ourselves when circumstances are difficult.”



“Allow yourself to exist outside of normalized ideas of ‘productivity’ and ‘success.’ Self-care can be defined and redefined on a daily basis depending on our needs and bandwidth. Maybe today that means taking out the recycling that’s piled up, maybe tomorrow it’s a gratitude list. Maybe it’s neither of these things and you just needed a day to sprawl on the couch and do nothing. Give yourself permission to just be.”

“Make an effort to incorporate self-care into your daily routine. This doesn’t mean you suddenly have to take a bubble bath or give yourself a facial each night, but take time to focus on yourself every single day. Whether it’s for a full hour or just 10 minutes, you deserve to do something you enjoy daily. Disconnect from your phone, go for a walk, lay in bed and listen to music, make art, whatever it is that allows you to take a break from the outside world and center yourself.”

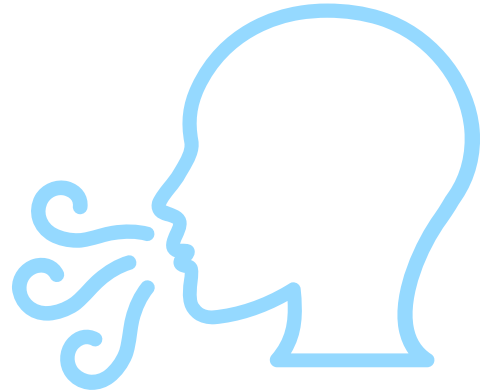


TOOLS FOR FEELING OUT OF BALANCE



INTENTIONAL BREATHING

Intentional breathing can be a great life hack to reduce stress when we are feeling overwhelmed or panicky. Think about that wonderful feeling you get in your body when you yawn—it's like magic, right? Yawning actually releases chemicals like dopamine and serotonin, instantly bringing a calming effect that can help us feel less stressed.



To replicate this relaxing chemical reaction, we can focus our energy on our exhaling breath. By incorporating intentional breathing patterns that involve longer exhales than inhales, you can activate the parasympathetic nervous system. This system helps prevent your body from overworking and restores it to a calm state. Sending breath down to your diaphragm, near your belly, can also be a great way to reduce stress. Shallow chest breathing can often be a symptom of stress, so focusing on deep inhales can help increase oxygen flow to your brain and reduce the production of stress hormones like adrenaline and cortisol.



There are several types of structured breathing exercises you can explore. A good starting point is to simply focus on taking several rounds of breath using a normal brief inhale sent down toward your diaphragm (belly) and an extra-long exhale like you are trying to blow out several candles. Give it a try and see how it feels.

COPING SKILLS FOR ANXIETY

Intentional Breathing

Here is an example of a structured breathing exercise you can use to practice long exhales from your diaphragm to calm your nervous system. Don't be afraid to experiment and make adjustments!

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4 seconds), pause (4 seconds), and exhalation (6 seconds). Practice for 3 to 5 minutes.



Progressive Muscle Relaxation

By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then release the tension and notice how the feeling of relaxation differs from the feeling of tension.

Feet Curl your toes tightly into your feet, then release them.

Calves Point or flex your feet, then let them relax.

Thighs Squeeze your thighs together tightly, then let them relax.

Back Squeeze your shoulder blades together, then release them.

Shoulders Lift and squeeze your shoulders toward your ears, then let them drop.

Hands Make a fist by curling your fingers into your palm, then relax your fingers.

COPING SKILLS FOR ANXIETY

Challenging Automatic Thoughts

Anxiety can be magnified by automatic thoughts. For example, the thoughts that “something bad will happen” or “I will make a mistake” might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

Put thoughts on trial. Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (*verifiable facts only*), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

Use Socratic questioning. Question the thoughts that contribute to your anxiety. Ask yourself:

“Is my thought based on facts or feelings?”

“How likely is it that my fear will come true?”

“What’s most likely to happen?”

“If my fear comes true, will it still matter in a week? A month? A year?”

Imagery

Your imagination has the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don’t just think fleetingly about this place—really imagine it.



What do you see around you? What do you notice in the distance? Look all around to take in all of your surroundings. Look for small details you would usually miss.



What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.



Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.

COPING SKILLS FOR ANXIETY

TIPP is an acronym for techniques to cue your parasympathetic nervous system to relax and stop the sympathetic nervous system from engaging your body in a stress response.

T - Temperature - When you walk in from outside, notice the difference in temperature on your skin or go outside for a breath of fresh air.



I - Intense Exercise - Use a quick workout (step side to side) to raise and then lower your heartbeat, vocalize frustration through sounds (groans, etc.) away from others.



P - Paired Muscle Relaxation - Use deep breathing to relax your body.



P - Paced Breathing - Try 4-4-6 breathing (4 counts of breathing in, holding that breath for 4 counts, and then exhaling for 6 counts) or focus on one long exhale.



STOPP is another mindfulness-based method used to help individuals cope with anxiety. It stands for:

- **Stop** what you are doing
- **Take** a step back to calm and gather yourself
- **Observe:**
 - **THOUGHTS:** What thoughts am I having? What's going through my mind? What am I saying to myself?
 - **BODY SENSATIONS:** What physical sensations am I experiencing? Where in my body am I experiencing them?
 - **FEELINGS:** What feelings or emotions am I experiencing?
 - **BEHAVIOR:** What am I doing? How am I acting? What do I want to do?
- **Plan.** What's the best/most important thing for me to do right now?
- **Proceed** to act mindfully, taking whatever action you've planned.

COPING SKILLS FOR DEPRESSION

Behavioral Activation

Depression drains a person's energy to do just about anything, even activities they enjoy. As a result, people with depression tend to become less active, which causes the depression to worsen. However, even a bit of activity can help stop this cycle.

1. Choose activities you are likely to complete.

Exercise: walk, go for a bike ride, weightlift, follow an exercise video, swim, do yoga

Socialize: call or text a friend, organize a group dinner, visit family, join a club/group

Responsibilities: do cleaning/housework, pay bills, work on professional development, complete homework

Hobbies: participate in sports, garden, draw, play music, hike, play with a pet, cook

Personal care: dress up, get a haircut, prepare a healthy meal, tend to spiritual needs

2. Practice your chosen activities. Use the following tips to improve consistency.

Start small: If needed, break activities into smaller pieces. Some activity is better than none.

Make a plan: Set an alarm as a reminder or tie an activity to something you already do.

Bring a friend: Including a friend will increase your commitment and make things more fun.

Social Support

Social isolation is a common symptom of depression. Resisting social isolation and leaning on social support can improve resilience to stress and depression.

Lean on your existing relationships. Make it a priority to socialize with friends or family every day. If this is proving difficult, or if no one is nearby, plan times to interact remotely. Try cooking together on a video call, playing a game together, or sharing a coffee over the phone.

Say "yes" to socializing. Depression makes it tempting to stay home, isolated from friends and family. Make a habit of saying "yes" to social opportunities, even when you're tempted to stay in.

COPING SKILLS FOR DEPRESSION

Three Good Things

Negative thinking is a defining feature of depression. Positive experiences are minimized while negative experiences are magnified. Gratitude helps combat this tendency by shifting focus toward positive experiences, rather than negative ones.

Write about three positive experiences from your day. These experiences can be small ("The weather was perfect when I walked to work") or big ("I got a promotion at work").

Choose one of the following questions to answer about each of the three good things:

- Why did this happen?
- Why was this good thing meaningful?
- How can I experience more of this good thing?

Repeat this exercise every day for 1 week.

Mindfulness

Mindfulness means paying attention to the present moment. It means taking a step back and noticing the world, and one's thoughts and feelings, without judgment. The goal of mindfulness is to simply observe. Mindfulness helps reduce the rumination and worry that often accompany depression.

One way to practice mindfulness is through meditation. During mindfulness meditation, you will simply sit and focus your attention on the sensation of breathing. By focusing on your breathing, you will put yourself in the here-and-now.

- Time and Place: Find a quiet, comfortable place where you can practice mindfulness for 5-15 minutes a day.
- Posture: Sit in a chair or lie down in a comfortable position. Close your eyes or let your gaze soften. Let your head, shoulders, arms, and legs relax. Adjust your posture whenever you feel uncomfortable.
- Awareness of Breath: Focus on your breathing. Notice the sensation of the air as it travels in through your nose and out through your mouth. Notice the gentle rise and fall of your belly.

COPING TOOLS FOR DIFFICULT MOMENTS

Breathe. Inhale for 4 seconds, hold your breath for 7 seconds, and exhale for 8 seconds.

Validate your feelings of stress or ask for a quick validation from someone supportive.

Identify the correct origin of feeling unsafe, rejected, or stressed.

Evaluate the actual consequences of what is happening. You are allowed to be stressed and also recognize that you and other people will ultimately be okay.

Slow down and connect with the present moment.

Use 5, 4, 3, 2, 1. Simply identify 5 things you see, 4 things you feel, 3 things you hear, 2 things you can smell, and 1 thing you can taste. Use your imagination to envision your favorite smells or tastes if there aren't any accessible at the moment. Increase complexity and interest by finding different categories of things, such as 5 things you might want to take with you on a boat.

See the rainbow. Identify different things in the room using each color of the rainbow.

Rehearse a process that you are familiar with. Walk yourself through how to tie your shoe, make a cup of tea, knit a sweater, etc.

Utilize cool and cold sensations. Cold temperatures naturally decrease our heart rates, which are usually raised while we are in the middle of a stress response. Moving into colder temperatures also increases stimulation of the vagus nerve which helps regulate our stress response and restore parasympathetic activity that allows us to rest and relax. Here are examples of what you can do: take a cold shower or splash cold water on your face, walk outside, hold an ice cube, or have a cold drink.

Take a break and change your environment. There is a chance that something in your environment has triggered a stress response, and you may not be able to move out of it until you've been able to step away. Moving to a new room may be enough of a change to give you the space you need to use other coping tools.

Identify safety in your surroundings or in others around you. If you can't move to a new environment, try actively identifying what resources you have around you to keep you safe. Maybe a pet, a favorite TV show, or an easy task that you can handle.

Actively care for yourself by drinking a glass of water, eating a snack, or taking a break to use the restroom. A simple offering of care toward yourself can create space between yourself and those who you may be impulsively catering to.

Use a quick workout to raise and then lower your heartbeat: hop from one foot to the other, dance, do a couple of jumping jacks, wiggle, rock, or gently shake the stress out of your body. Instead of building up tension or releasing tension on others, use a quick burst of energy to give your body the release it might be craving.

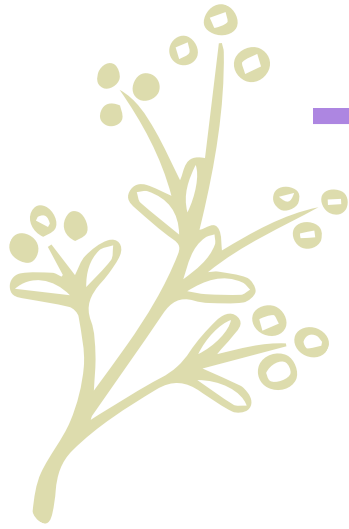
Progressive Muscle Relaxation. Progressive muscle relaxation is the practice of intentionally tightening certain muscle groups and then relaxing them. Many scripts and videos can be found online, or you could practice slowly tensing up and relaxing your hands and your toes to start.

Ease into your body and gently stretch your neck, arms, and legs. If we are feeling disorganized it may be hard to use a cognitive approach to calming down. Instead, try working with your body to find a sense of calm and allow that to begin to relax your thoughts.

Sing song lyrics in your head that make you feel empowered. Or play the music out loud if you can.

Delegate tasks to others. You don't have to do it alone. Work to build—and trust that you have—relationships with people that can support you without repercussions or judgement.

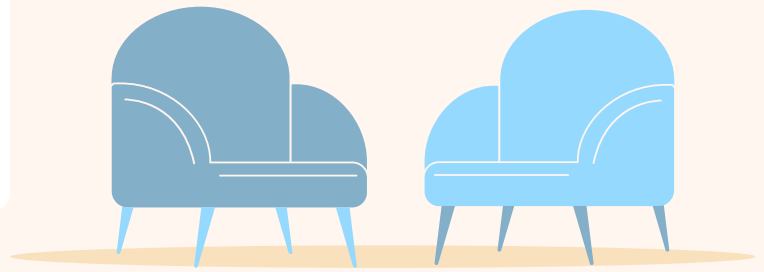
Validate your right to have boundaries and use assertive communication skills to express your needs and feelings. Advocating for ourselves can be uncomfortable or even triggering, so consider practicing phrases that help to maintain boundaries.



RESOURCES FOR WHEN YOU NEED SUPPORT



WHEN SHOULD I SEE A THERAPIST?



1 You're in distress

Emotional distress can include feelings of numbness, sadness, frustration, hopelessness, worry, or anger. Therapy can be beneficial if you frequently find yourself having these feelings of emotional distress.

2 You've experienced a traumatic event

Traumatic events, however you define them, can have a significant impact, whether or not they occurred recently or took place in the past. Talking to a professional can be helpful for processing the event, recognizing how it affected you, and learning to cope with the aftermath.

3 Your current coping methods aren't working

Learning to cope with emotions like sadness, anxiety, and anger in a healthy way can be done. However, if you find your usual coping methods, like going for a run or venting to friends, aren't helping, it could be a time to see a therapist.

4 You find it hard to function

Therapy may be helpful if you find yourself having a hard time managing your day-to-day life. This can include:

- Feeling like you can't cope
- Being overwhelmed by your emotions
- Difficulty managing daily tasks like running errands or cleaning
- Finding it difficult to maintain relationships with loved ones

HOW DO YOU KNOW WHEN YOU ARE IN A CRISIS?

A mental health crisis is an intensive behavioral, emotional, or psychiatric response, typically triggered by a precipitating event, which causes one's usual coping strategies or problem-solving skills to be overwhelmed. The goal of crisis intervention is to ultimately stabilize the immediate situation, provide support, and facilitate understanding.

Mental health crises can include:

- Suicidal thinking, intentions, gestures
- Psychotic episodes (loss of reality, delusions, hallucinations)
- Other behaviors that seem out of control or irrational and that are likely to endanger yourself or others

Our crisis counselors at Thrive are all master's level clinicians, and our team works closely with local law enforcement, allowing our crisis counselors to respond on site within the Oak Park and River Forest community. Client records are kept in accordance with Illinois confidentiality requirements.

If you believe that you or someone you know is experiencing a crisis, please call our crisis team at 708-383-7500, 24 hours/day, 7 days/week, 365 days/year.

LEARN THE FACTS

PSYCHIATRY

What is the difference between psychiatry and psychology?

Both are two very important mental health professions that often overlap. However, psychiatry is the practice of using medications to manage symptoms associated with a mental health diagnosis. Psychology is the broad study of how the mind works, and therapy is often used as the practice for addressing mental health disorders.



What is medication management?

Medication management is when a mental health professional (psychiatrist, mental health nurse practitioner, or physician assistant) has the legal authority to prescribe medication—and to follow/manage the patient while they are on medication to try to ensure the best possible outcome while on that medication.



When should I consider medication management?

Consider medication management when traditional therapeutic services have not been fully successful as a first line of treatment. However, for a limited few conditions, such as schizophrenia, medication management should be the primary treatment option.



When should someone consider seeing a psychiatrist?

Individuals are typically introduced to psychiatry when a family member, or another health care professional (therapist, counselor, PCP) recommends that someone should receive additional support. Unfortunately, others are introduced to psychiatry after they have had an "episode" that warrants police intervention, or they are referred from the emergency room. Lastly, some people voluntarily admit themselves when they realize that they may need some additional support.



RECOMMENDED BOOKS

Stop People Pleasing by Hailey Magee

Hailey Magee offers strategies to break free from the habit of seeking external validation and prioritizing others' needs over one's own. By fostering assertiveness and self-respect, the book helps improve mental health through enhanced self-esteem and reduced anxiety.

Complex PTSD: From Surviving to Thriving by Pete Walker

Pete Walker is a complex post-traumatic stress disorder (CPTSD) survivor and a clinician who specializes in adult CPTSD. This book is a good option for those who want to learn more about what CPTSD is and feel secure and safe enough in their current state to explore this sensitive topic without the direct assistance of a therapist.

Laziness Does Not Exist by Devon Price, PhD

This book challenges the cultural myth of laziness and argues that what is often labeled as "lazy" is actually a result of systemic and personal constructs. By encouraging self-compassion and by understanding the real reasons behind procrastination and burnout, this book offers strategies for anyone who may be feeling the effects of being pushed into over productivity.

Finance for the People by Paco de Leon

Financial stress is a common contributor to anxiety and feelings of instability. This book provides practical financial advice while addressing the emotional aspects of money management, helping readers reduce financial stress, and supporting improved mental health through greater control and confidence over personal finances.



The Body Is Not an Apology: The Power of Radical Self Love by Sonya Renee Taylor

This is a great book to explore radical self-love, especially for those interested in exploring how to heal from society's oppression against bodies and identities. Sonya Renee Taylor encourages embracing and loving one's body, promoting self-acceptance, and challenging societal beauty standards by fostering body positivity and reducing shame and self-criticism.

THRIVE IS HERE FOR YOU

“Mental health is about feeling safe and connected to a community. Having equal access to goods and services. Mental health is about acknowledging trauma and seeking support. Mental health is about being treated with respect and dignity, having compassion for each other, who we are and our lived experiences. Mental health is wanting the best for ourselves and for others too...mental health matters!” -Thrive Therapist

24/7 Crisis Support

Thrive's Crisis Program offers immediate support to de-escalate an intense mental health crisis. The two-person crisis response team uses a compassionate approach of inquiry to resolve immediate issues and link people to needed support and services. Thrive provides mobile crisis services to Oak Park and River Forest, a walk-in clinic during business hours, and a 24/7/365 crisis telephone hotline that can be reached at 708-383-7500.



Adult, Youth, and Group Counseling

Thrive's respectful and compassionate therapists have the training and experience required to provide the highest level of professional counseling services. We provide counseling for: adult ages 18+, youth ages 6-17, married couples or partners, and families. We also hold regular group counseling sessions that include the following: grief, relationships, art, dialectical behavioral therapy, and mindfulness.



Psychiatry Services

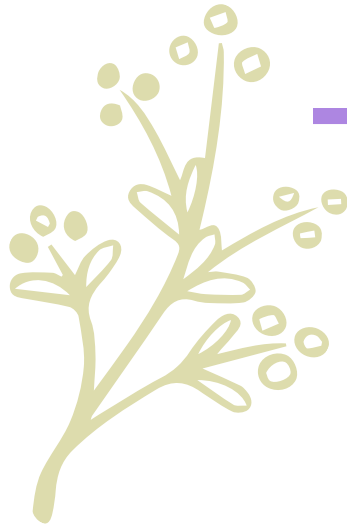
Thrive offers psychiatry services as part of a holistic approach to addressing mental illness. Diagnosis, prescription access, and medication management are supported by patient education and advocacy. Our psychiatric mental health nurse practitioners treat a wide range of mental health challenges and work with clients age 6 and above.



Adult Trauma Clinic

This program is our response to the need for trauma-specific treatment. The Trauma Clinic is designed to address the neurophysiological responses to traumatic experiences by offering evidence-based time-limited interventions by qualified staff. Clinical interventions include individual sessions (Brainspotting, EMDR), and group sessions (Gestalt Group Therapy, EMDR G-TEP, STAIR Skills Based Group Therapy).



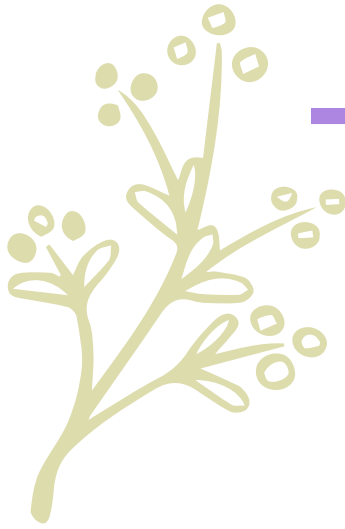


The mission of Thrive Counseling Center is to provide community-centered mental health services that empower individuals and families to build resilience and lead lives filled with meaning, connection, and hope.

All who come to Thrive are welcomed regardless of ethnicity, gender, sexual orientation, beliefs, or disability.

Translation services, including ASL, are available upon request.





THANK YOU TO OUR COMMUNITY MENTAL HEALTH PARTNERS

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Community Mental Health Board
of Oak Park Township





HOPE RESILIENCE RECOVERY

www.thrivecc.org