**Monarch Therapists**

Helps clients understand & overcome the

**STRESS …ANXIETY… DEPRESSION CYCLE**

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**Break the cycle of STRESS…ANXIETY…DEPRESSION**

Schedule an appointment with a therapist today and learn to

**BALANCE MIND…BODY…SPIRIT**

**BALANCE MIND: think positively**

Read Affirmations; Use Guided Meditations on You Tube; Listen to Uplifting Music;

Develop a Support Network of **LIFE SAVERS**.

**BALANCE BODY: discharge negativity**

Walk; Kickbox; Do Yoga; Eat Healthy; Play; Sleep Well; Garden; Dance; Squeeze a

**STRESS BALL.**

**BALANCE SPIRIT: seek internal peace**

Pray; Breathe Belly Breaths; Love Yourself Unconditionally; Practice **SERENTIY .**

**Ph:** 203.587.3650 **Email:** monarchpsychotherapy@gmail.com **Web:** monarch-therapy.us

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