



## MENTAL HEALTH TIP OF THE MONTH

### Winter Blues Got You Down? Create a Small Daily “Anchor”

Seasonal changes can quietly affect your mood, energy, and motivation. Shorter days or extreme weather may leave you feeling low, restless, or disconnected—and that’s more common than you think.

Create a small daily “anchor.” Choose one simple habit you do at the same time each day, like a morning stretch, a walk outside, journaling, or a consistent bedtime routine. Anchors provide stability when external conditions change and help regulate your mood and sleep.

Get natural light whenever possible, even if it’s just a few minutes outdoors, and stay connected with others—seasonal shifts are easier to manage when you’re not doing it alone.



### New Blog Post: The Connection Between Nutrition and Your Mood

Our latest blog post explores the powerful relationship between what we eat and how we feel mentally and emotionally. It explains that nutrition plays a critical role in supporting brain function, influencing everything from energy levels to mood stability and stress management.

Foods rich in essential nutrients—such as vitamins, minerals, healthy fats, and amino acids—help the body produce neurotransmitters like serotonin and dopamine, which regulate mood, sleep, and emotional well-being. On the other hand, diets high in processed foods, sugar, and unhealthy fats may contribute to fatigue, irritability, anxiety, and even symptoms of depression.

Head to our website to read the full blog post and learn about a few key elements that will help you slowly and consistently improve your health.

### Meet Our Staff

**Brittany Hunter, MSW, LCSWA**

**Therapist**

In a “just move on” culture, I choose to sit in the messy parts with you. I focus on holding a space with dignity and care for those who are navigating life’s toughest transitions. I believe the best thing you will ever do is choose yourself—even when it looks impossible, and the answers aren’t clear yet.

I believe therapy should feel human. Meeting you right where you are—in the messy, the good, or the in-between. This is my mission. My heart and skills are rooted in faith-based principles. My belief is that when you have the opportunity to do good for others, you should. My practice is grounded in a trauma-informed approach, blending practical tools from Cognitive Behavioral Therapy (CBT) with a focus on the resilience you already carry. I have dedicated my career to working with individuals of all ages who are navigating life transitions, adjustments, grief, and substance use.



# NEED SUPPORT? WE'RE HERE FOR YOU!

Quick appointments are available—virtual or in person—so getting help fits YOUR schedule.

Don't wait to prioritize your mental health. Give us a call to book your appointment today! (910) 298-6207

## Services Spotlight: Speech Therapy

At Tar Heel Human Services, PC, we offer Speech Therapy. Our team is dedicated to helping students reach their full communication potential.

Our Speech-Language Pathologists (SLPs) and SLP Assistants provide services in school settings, collaborating with educators, families, and other professionals to support students' speech, language, and communication development.

This is just one of our many services! We also offer family, individual, and virtual therapies for mental and emotional wellness.



## FAQ: How much does therapy cost?

One of the most common questions we get! We accept many major insurance plans, and in many cases, therapy is covered at little to no cost to you. Everyone's coverage is different, so we're happy to help you understand your options.

Contact us today and we can give you more specifics based on your insurance or self-pay options.



## Please Follow Us on Facebook

We are bringing helpful mental health and emotional wellness tips to our Facebook page. Be sure to follow us to stay up-to-date and to get our latest information.

This is an easy and FREE way to keep your mental well-being top of mind. It is also an opportunity to stay in touch with the friendly and professional staff at Tar Heel Human Services.

WE LOOK FORWARD TO SEEING  
YOU ONLINE & IN-PERSON!