



# MENTAL HEALTH TIP OF THE MONTH

## Schedule time for JOY!

Summer often brings a change of pace, but it's easy to fill every moment with activities and obligations. This month, intentionally schedule something that brings you joy~ a walk at sunset, reading by the pool, an ice cream date with a friend, or simply sitting outside for a few quiet minutes.

Just like appointments and responsibilities, moments of joy deserve a place on your calendar too. Small moments of pleasure and connection can reduce stress, improve mood, and help you feel more present.

**This month, ask yourself: What fills my cup, and when can I make time for it?**

### Meet Our Staff

**Kristie Cavanaugh, MSW, LCSW**  
Therapist & Clinical Director

Michele is a licensed clinical social worker (LCSW) with over 20 years of experience helping children, adolescents, and adults navigate life's challenges with compassion and clarity. Based in North Carolina, Michele specializes in treating anxiety, bipolar disorder, life transitions, and emotional regulation, offering personalized, integrative mental health care for individuals and families.

Drawing from a rich background in psychiatric hospital settings, private practice, and community mental health, Michele uses an eclectic therapy approach that blends Cognitive Behavioral Therapy (CBT), solution-focused therapy, and spiritually integrated counseling. She also incorporates mindfulness-based practices and yoga-informed techniques to promote relaxation, emotional awareness, and holistic healing.



# SELF-CARE ISN'T SELFISH, IT'S ESSENTIAL

TAKING CARE OF YOUR MENTAL HEALTH DOESN'T ALWAYS MEAN A SPA DAY OR A VACATION...

## *Sometimes self-care looks like:*

- Saying "no" without guilt
- Taking a break when you're overwhelmed
- Asking for help when you need support
- Getting enough sleep and nourishing your body
- Making time for the people and activities that bring you joy

You cannot pour from an empty cup. Caring for yourself allows you to show up more fully for your family, your work, and your community.

Today, take one small step to care for your mind, body, and heart. You deserve the same compassion and care that you give to others.



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## YOUR SELF-CARE THAT DOESN'T HAVE TO WAIT

Self-care is more than a moment—it's making space for your mental health, even during the busiest seasons.

This summer, if you've been putting off getting support, we're here to make it easier to start. We offer **quick appointment availability** so you don't have to wait weeks to begin feeling better.



- **Fast access to care when you need it**
- **Flexible in-person and virtual appointments**
- **Support that fits into your self-care routine**

Taking care of yourself isn't something you have to "earn" or delay. It can start today—with one small step toward support.

***Schedule your appointment and make your self-care a priority this summer.***