TAR HEEL Human Services, P.C.

MENTAL HEALTH TIP OF THE MONTH

Practice the Pause

In moments of stress or emotional overwhelm, take a brief pause before reacting. A few deep breaths, a short walk, or even counting to ten can help create space between a trigger and your response. This small practice can improve emotional regulation, reduce reactivity, and enhance your ability to respond with intention rather than impulse.

Remember: sometimes the most powerful tool is a moment of stillness.

Blog Post: Self-Care Ideas for Your Well-Being

Have you ever felt like you're running on empty—constantly doing things for others, but never taking time for yourself? Need a few self-care ideas, but don't know where to start? In today's fast-paced world, it's easy to get caught up in work, responsibilities, and daily stress, leaving little room for your own well-being. That's where self-care comes in—not as an indulgence or luxury, but as a necessity to reduce stress and improve overall well-being.

Taking as little as 15 minutes a day for self-care is beneficial. Many people feel this is time wasted or time they could be doing something more "important" or "productive". However, just a few minutes of self-care will allow you to be more focused and motivated to handle life situations and tasks, which is very important.

Head to our blog to discover five different kinds of self-care and how you can incorporate them into your life.

Meet Our Staff

Sarah Pearl Farrior, MSW, LCSW-A

Therapist

Sarah Pearl is a Licensed Clinical Social Worker Associate (LCSW-A) who is passionate about helping children and adolescents grow into the best versions of themselves. She feels especially drawn to supporting young people as they navigate challenges related to anxiety, emotional regulation, self-esteem, and identity.

Because every individual is unique, Sarah Pearl tailors her therapeutic approach to meet each person's needs, using a blend of strengths-based, person-centered, and cognitive-behavioral strategies. She enjoys incorporating creative tools such as play, art, and mindfulness to help young people express themselves in ways that feel natural and safe. Ultimately, her biggest goal is to create a space where individuals can be open, feel supported, and feel empowered to build the tools they need to thrive.

HAPPY THANKSGIVING!

Please note that our office will be closed on Thursday, November 27th and Friday, November 28th.

We hope you have a wonderful Thanksgiving holiday. Thank you for being a part of the THHS family and for being YOU!

FAQ:
How Do I Know if I Need Therapy?

Therapy isn't just for crisis moments. It's for *any* time you're feeling overwhelmed, anxious, stuck in negative patterns, or just not quite yourself. Maybe you're dealing with stress, relationship struggles, or just want a safe space to explore your feelings.

If your mental or emotional health is affecting your daily life or happiness, therapy can be a great step toward feeling better and gaining new tools to cope.

Remember, taking care of your mind is just as important as taking care of your body. Don't hesitate to reach out, whether you are a first-time or returning client.

Our Therapy Services:

- Individual Therapy
- Family Therapy
- Virtual Teletherapy
- Speech Therapy

Give us a call to schedule a virtual or office appointment.

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.

THANK YOU FOR FOLLOWING ONLINE & IN-PERSON!