

# Know Thy Self

## INTEGRATIVE MENTAL WELLNESS HUSTLE

I met with my physical therapist and he suggested I try counseling. I have been trying to lose weight over the past year. Now I decided I wanted to have weight loss surgery and was concerned that my depression may come back.



I became a social worker because the voices in my head told me to.

Social Workers need vacations, psychotherapy, and a good laugh.



Accepting NEW Patients:



# Ways to celebrate APRIL, OCTAVE Style

## METHOD



## 7 ways to OBSERVE this month

**1 MEDITATION**



**2 MINDFULNESS**



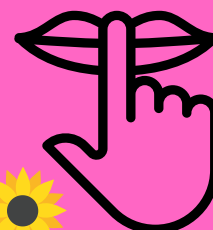
**3 JOURNALING**

*I strongly believe that the moment you decide better at your chosen me, you'll become more to learn. My journaling is a great way to track*

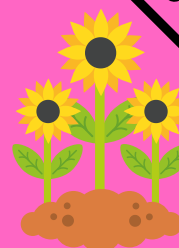
**4 AFFIRMATION**

*I am loved*

**5 SITTING IN SILENCE**

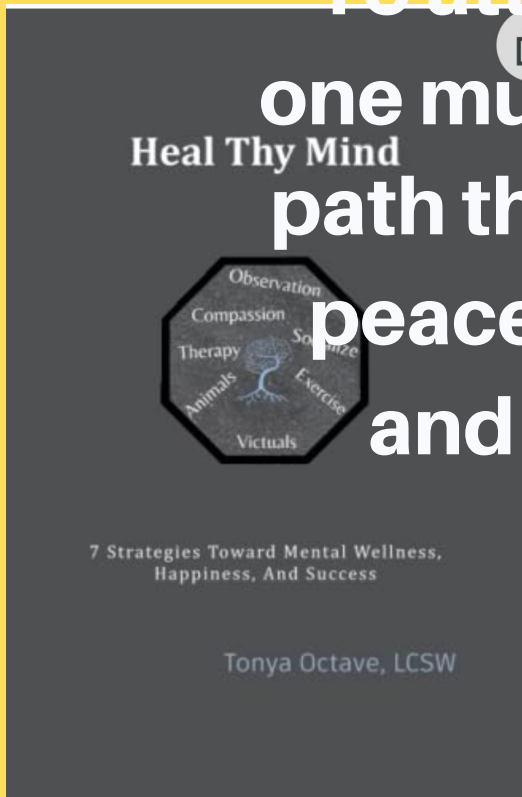


**6 SINGING & DANCING**



**7 GARDENING & EARTHING**

"To attain mental balance,  
one must choose a spiritual  
path that promotes mental  
peace, mental calmness,  
and mental discipline



**Yes, EGO, you know me better than anyone or anything.**

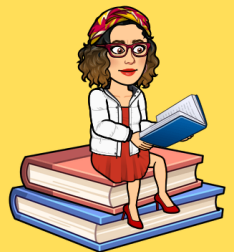
**Yes, EGO, you show up when the good and bad happen.**

**Yes, EGO, you feel like my best friend; Yes, Ego, you feel like my worst enemy.**

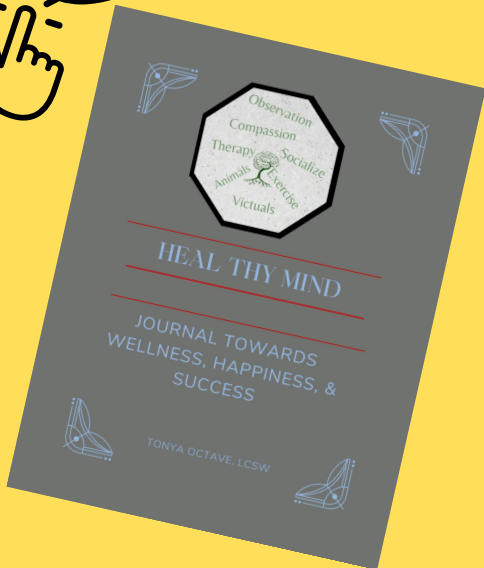
**Yes, EGO, I sometimes feel you have my back; Yes, Ego, I sometimes feel like you will stab me in the back**

**Is this who I am?**

**I am an EGO. I am an Ego-Spirit. I am a Spirit. This is who I am. I am in the process, a sort of transition, a sort of transformation, a sort of blissfulness.**



**Purchase a copy for you and a friend.**





**Trauma & Social Work  
I'm back**

“  
Journal your way  
towards WELL BLISS  
”



**New Episodes released weekly:**

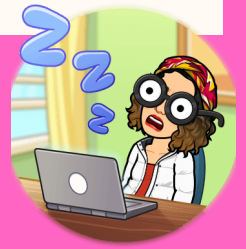
- April 04, 2023 @ 7am (Who am I?)
- April 11, 2023 @ 7am (How can I take care of myself?)
- April 18, 2023 @ 7am (Who do I gain from Therapy?)
- April 25, 2023 @ 7am (What type of play did I enjoy?)

This season is about supporting you in your journey of self-discovery. To accomplish this, two things are suggested. Purchasing "Heal Thy Mind: Seven Strategies Towards Mental Wellness, and Happiness, and Success" and "Journal Towards Wellness, Happiness, and Success." Both are available on Amazon for a low cost. However, if money is a real challenge, contact me directly. I hope you can get the best out of this process. Remember that you also don't need the books to listen: you have choices and can listen to this podcast in any helpful capacity.



BIOFEEDBACK

# NES Health System



The NES technology works with the energy of the body.

The scan is done via ZOOM from your chosen quiet and confidential place. The scan is free from the month of April 2023. Let's JUMP back into health.

The bioenergetic assessment looks at how energy and information flow from within the body. It gives a guide to what areas may need more attention and support.

You can see where the energy sources, energy strength, energy flow, along with the mind, body, and emotions, are distributed.

When things come up out of balance it confirms what I need to work on. This includes physical and emotional concerns. I feel energy, I think I am moving towards wellness. I am health..



## DOGS & CATS TOO



# Nutritional Consultations



Would you be interested in a DETOX? Consider cleaning the body of junk for 30 days.

Do you know how important food is to your mental health?

**ARE YOU IN THERAPEUTIC RANGE?**

**Vitamin A, C, and E are linked to decreasing symptoms associated with anxiety, if consumed in therapeutic range.**

Follow me @HolisticClinician for more information.



# ONE MORE OPPORTUNITY

**DM, TEXT, OR CALL FOR  
MORE INFO**

PSYCHOTHERAPY FOR WOMEN

## Group Therapy: I Am Healing In This Moment

PSYCHOTHERAPIST



**TONYA OCTAVE**

Must live in California & Nevada

### THE BENEFITS

- Cheaper than individual therapy.
- Heal in a small, intimate group setting (7-10 people).
- Learn from other women and find your voice.
- Telehealth via Zoom.
- Weekly treatment sessions.
- "Healing" retreats, two times/year.

### Starting April 2023

Mondays: 6:30pm-8:00pm

Thursdays: 10:00am-11:30am

Saturdays: 9:00am-10:30am

Change starts with me, and I am  
ready to heal

**\$100 per month;**  
**Encourage 6 month committment**

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**Ever wanted to try  
psychotherapy?**

**Nervous about  
starting it alone?**

**Are you lonely?**

# STARTING THIS MONTH

I am looking for women over the age of 25 years.

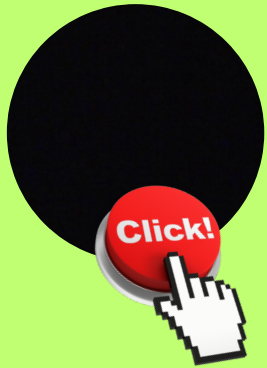
I am looking for professionals: psychologists, physicians, dietitians, coaches, trainers, spiritual/religious teachers, childcare providers, etc.

I am looking for individuals wanting to change.

I am looking for people willing to make a financial commitment.

Healing in This Moment This is an excellent option for you to explore. As a relational psychotherapist, I provide weekly group therapy sessions. This is a private, confidential, safe space to connect with other professional women. Women who are ready to heal, change, and try something different, something new, and something beautiful.





I AM LIKEABLE;  
I AM LOVEABLE;  
I AM  
GOODENOUGH

GRATEFUL



Here are five ways to increase wellness within a relationship.

1. Work on yourself. You have the power to heal yourself. The answers are within you, and psychotherapy helps with this process.
2. Find a diet filled with nutritious and detoxifying foods. The gut is the second brain and benefits from minerals, vitamins, essential fatty acids, Omegas, and many organic green vegetables.
3. Move the body; move the cells. The movement of cells creates space for healing to occur from within. Energy is health; fatigue is the first sign of illness.
4. Be playful and childlike, not childish. Have fun, laugh, be goofy, and rediscover who you are before all the traumas.
5. Work to silence the mind and control the thoughts. But, again, the ego will trick you as the ego knows you better than anyone or anything