

Tips whilst you're waiting for therapy



What can I do while waiting to start therapy?

Brainstorm.

The therapy process essentially starts by identifying your goals? What do you want to achieve through therapy? Set aside some time to think, jot a few notes down about what you want to address during your first visit (and finish the paperwork requested for your intake!)

Move your body.

When we feel stuck we often have a lot of inertia. Start with something you enjoy. Moving also helps us integrate. You can even walk around your kitchen island or a loop around your building. Set goals for yourself, for example: "I will move 10-30 minutes a few times every week."

Start paying attention to your self-talk.

Do you keep imagining what is going to happen and focused on the worst-case scenario? Do you critique yourself or others frequently? Awareness is the first step to changing unhelpful thinking patterns. Ask yourself, "what could I say to myself now that would be helpful?"

Practice mindfulness.

Dedicate some time to practising/learning breathing techniques and other mindful tools that you can utilize when feeling stressed. Not sure how? See our mindfulness guide!

Rest and Recharge.

Make sure to get the recommended 7-9 hours of sleep every night (low quality sleep can contribute to unwanted stress responses during the day). Set time aside during the day for some self-care. Whether that's reading a book, taking a bath, listening to music, etc., do something that makes you feel rejuvenated.

Talk to others. Utilize connections with loved ones when you start to feel overwhelmed, alone, or numb. Sharing with others can help lighten what you may currently feel. Online communities are an option too!

Resources Our Clients Love

Insight Timer: <https://insighttimer.com>

Insight timer offered both online and via app, is a fantastic free source for guided meditation, yoga, and sleep assistance. It also has a timer you can set instead of an alarm, and you can see how many others around the world meditate when you do. Use the free version and upgrade if needed.

Alo Moves: <https://www.alomoves.com>

Alo moves offers a wide variety of yoga and mindfulness classes (with options for all skill levels, body shapes, and many styles of practice). Free trial available!

The Marriage Minute: <https://www.gottman.com/marriage-minute/>

Get a free, easy to digest nugget of relationship wellness tips delivered bi-weekly to your email from top experts in the marital therapy field.

Peace Is Every Step - Thich Nhat Hanh

A wonderful read by a Vietnamese Zen Master providing practical tips on how to find peace in the present moment and incorporate mindfulness/meditation in our day to day lives.

The Gifts of Imperfection - Brené Brown

Brown helps us to stop the exhausting pursuit of a "perfect" life and/or self, instead of cultivating authenticity and self-acceptance. We are worthy of love just the way we are.

Get Out of Your Mind and Into Your Life - Steven C. Hayes

Too often one may miss out on a wonderful experience due to unhelpful fears and anxiety. Learn to cultivate a meaningful life for yourself, reducing the control emotions or limiting beliefs may have.