



Know Thy Self

INTEGRATIVE MENTAL WELLNESS HUSTLE

**December
2024 Edition**



Give the Gift of Self-Care

As the holiday season unfolds, it's important to prioritize your well-being. This December, I'm offering special gifts to support your journey toward healing and balance:

- Current Clients: Enjoy 3 complimentary hypnosis sessions to deepen your healing and personal growth.
- Past Clients: Receive 2 complimentary hypnosis sessions to reconnect with your wellness goals.
- Past and Current Clients: Experience a free NES Biofeedback Health System Scan to assess and optimize your energy and health.
- New Clients: Take the first step with a free 15-minute consultation to explore how we can support your mental, physical, and spiritual wellness.

Let this season be a time to give back to yourself. Prioritize your needs, nurture your spirit, and step into the New Year with renewed energy. Contact me today to schedule your sessions or consultation. Spaces are limited!

Accepting NEW Patients: Psychotherapy, Coaching, & Hypnosis

Psychotherapy

Self-Care During the Holidays: 7 Tips for a Peaceful Season

1. Practice the Power of 'No': Saying no is a complete sentence. Politely decline invitations or requests that overwhelm your schedule or drain your energy. Remember, your well-being comes first.
2. Set Boundaries with Grace: Be clear about your limits—whether it's time, finances, or emotional energy. Communicate these boundaries kindly but firmly to others, and honor them yourself.
3. Spend Time in Nature: Step outside and connect with the beauty of the season. A quiet walk in the park, a hike, or even sitting on your porch can help you reset and find peace.
4. Prioritize Rest: The holidays can be busy, but rest is essential. Make time for quality sleep and moments of stillness to recharge your mind and body.
5. Create a Personal Ritual: Light a candle, sip tea, meditate, or journal about your gratitude and intentions. Small rituals can ground and soothe you during hectic times.
6. Simplify Your Commitments: You don't have to do it all. Focus on what truly brings you joy and meaning, and let go of the rest.
7. Treat Yourself with Compassion: Be gentle with yourself. If things don't go as planned or if emotions run high, remind yourself that it's okay to take a step back and breathe.

Taking care of yourself is the best gift you can give—not only to yourself but to those around you.



Why did the
couch go to
therapy?
It couldn't handle
all the emotional
baggage.



FREE

NES HEALTH Biofeedback

The Impact Trauma Has on Your Adrenals
Some Simple Stuff About Trauma



YOUTUBE

BWS Voice Scan

This feature allows you to record your voice, which carries information about your body's energy system. This lets us provide you with a Energy4Life wellness assessment. If asked, you must allow access to your device's microphone for this to work.

Make sure you're in a location where your voice will be the primary sound when you record. Our system automatically checks to ensure that enough audio is recorded to successfully provide your results.

When you are ready to begin, click on the button below and count from 1 upward (1, 2, 3 ...) until the recording process is complete.

The assessment will be sent to your Energy4Life professional, who you can make arrangements with to view your results.

Client Name Tonya Octave
Client Email info@tonyaoctave-iesw.com

Unlock Healing Through Hypnosis



Click for a FREE self-hypnosis recording



Hypnosis is a powerful tool that works with the subconscious mind to promote healing, reduce stress, and reframe negative thought patterns. Whether you're seeking relief from anxiety, overcoming a limiting habit, or addressing deep-rooted trauma, hypnosis helps create lasting, transformative change.

This holiday season, consider giving the gift of healing to yourself or a loved one. Hypnosis packages make meaningful presents that show you care about their mental and emotional wellness.

Ready to begin your journey or gift a session? Contact me today to schedule a session or purchase a package. Together, we'll take the first step toward peace and empowerment.

📞 Book Now: Tonya Octave

✉ Email: nfo@tonyaoctave-lcsw.com

🌟 Learn More: www.tonyaoctave-lcsw.com

Take the step to transform—mind, body, and spirit.

Nutritional Coaching

Calm & Citrus: A Trauma-Sensitive Salad for Anxious Moments

The holidays can stir up emotions, especially for those healing from trauma. This Calm & Citrus Salad is not just a meal—it's a mindful moment of nourishment. Packed with vitamin C and grounding ingredients, it helps balance the body, calm the mind, and support emotional resilience.

Vitamin C-rich foods like oranges, grapefruits, and kiwis have been shown to reduce cortisol levels, the stress hormone often elevated in trauma survivors. By choosing raw, whole ingredients, you give your body the nutrients it needs to heal and rebuild.

Ingredients (Serves 2-4):

- 2 cups mixed greens (arugula, spinach, or kale)
- 1 orange, peeled and segmented (high in vitamin C to reduce stress hormones)
- 1 grapefruit, peeled and segmented (aids digestion and enhances mood)
- 1 pomegranate, seeds only (rich in antioxidants to support cellular repair)
- 1 kiwi, peeled and sliced (boosts immunity and promotes calm)
- 1/4 cup raw walnuts or pecans (optional, for grounding crunch)
- 2 tbsp hemp seeds or chia seeds (for omega-3s to soothe the nervous system)



For the Dressing:

- Juice of 1 orange (brightens mood and supports hydration)
- Juice of 1 lime (balances flavors and detoxifies)
- 1 tsp raw agave nectar or maple syrup (optional, for natural sweetness)
- 1/2 tsp grated ginger (soothes the gut, often impacted by trauma)



Instructions:

1. Arrange mixed greens on a plate, creating a calming, colorful base.
2. Add orange and grapefruit segments, kiwi slices, and pomegranate seeds.
3. Sprinkle with walnuts or pecans and hemp/chia seeds for added grounding and nutrition.
4. Whisk together dressing ingredients and drizzle over the salad.
5. Pause, take a deep breath, and savor the mindful act of eating as part of your self-care.

Trauma-Sensitive Additions:

- Add slices of avocado for its calming, healthy fats.
- Sprinkle raw shredded coconut for a soothing, festive touch.

This salad embodies healing through nourishment, reminding us that what we eat can support both our body and our emotions. Take this step toward balance and let each bite restore a sense of calm during this holiday season. 🌿🌟

Trauma & Social Work Podcast



NAVIGATING TRAUMA TOGETHER: A
GENERATIONAL EXCHANGE ON HEALING

WISDOM AND HEALING: A JOURNEY
BEGINS WITH WORDS

THE POWER OF PRESENCE: EMBRACING
OBSERVATION THROUGH MEDITATION

LETTING GO WITH EASE: A JOURNEY IN
PROGRESSIVE RELAXATION

“

The mind wants to sit
in stillness; it is freeing.

”

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Heal Thy Mind



7 Strategies Towards Mental Wellness, Happiness, and Success

By: Tonya Octave, LCSW