

# Know Thy Self

INTEGRATIVE MENTAL WELLNESS HUSTLE



## Are you hiding in 2025?

Welcome to 2025—a year that means something different for everyone.

For some, it's a year of hope, joy, and optimism, believing that positive change is on the horizon. Perhaps finances will improve, opportunities will grow, or dreams will finally come to life.

But for many, 2025 brings questions, uncertainties, and even fear. Skepticism and trauma reactions surface as people worry about what lies ahead—especially for vulnerable populations. Concerns about Latino communities, poverty, homelessness, reproductive rights, healthcare laws, and the mental toll of shifting policies are on the minds of many.

So, where does that leave us?

My intention for 2025 is simple: Move towards wellness, happiness, and success. That's my commitment—to myself and to those I serve. This year, I dedicate myself to healing, growing, and helping others do the same.

What's your intention for 2025? Are you ready to step out of hiding and claim the life you deserve?

Accepting NEW Patients: Psychotherapy, Coaching, & Hypnosis

# Seven Ways Psychotherapy Can Help You Achieve Wellness, Happiness, & Success



1

## Process and Heal Trauma

Psychotherapy provides a safe and supportive space to explore past traumatic experiences, helping you process and release their emotional weight.

2

## Develop Healthy Coping Mechanisms

Therapy equips you with tools and strategies to manage triggers, reduce anxiety, and cope with stress in healthier ways.

3

## Improve Emotional Regulation

Learn techniques to better manage overwhelming emotions, such as anger, sadness, or fear, fostering a greater sense of balance and control.

4

## Build Resilience

Strengthen your ability to bounce back from setbacks and adapt to life's challenges with confidence and inner strength.

5

## Reconnect with Your Spiritual Self

For those grappling with spiritual trauma, therapy can help rebuild a sense of connection, faith, and inner peace.

6

## Achieve Personal Growth

Therapy supports your journey toward wellness, happiness, and success by helping you set and achieve meaningful goals aligned with your values.

7

## Strengthen Relationships

Therapy can improve communication skills, rebuild trust, and foster healthier relationships with loved ones, creating a stronger support system.

Investing in you is a power step towards wellness, happiness, and success

## The Impact Trauma Has on Your Adrenals



Discover how trauma impacts your adrenal glands and overall health in this insightful video. I delve into the connection between trauma (PTSD, Complex, and Developmental traumas) and HPA Axis Dysregulation (Adrenal Fatigue), exploring how your adrenals tirelessly work to heal and protect you from birth.

In less than an hour, you'll learn:

- The vital role of your adrenals in responding to trauma
- How trauma disrupts hormonal balance
- Foods that support adrenal health and help restore balance

Take the first step towards understanding and healing your body's stress response system. Click the link below to watch the full video and empower your journey to wellness!

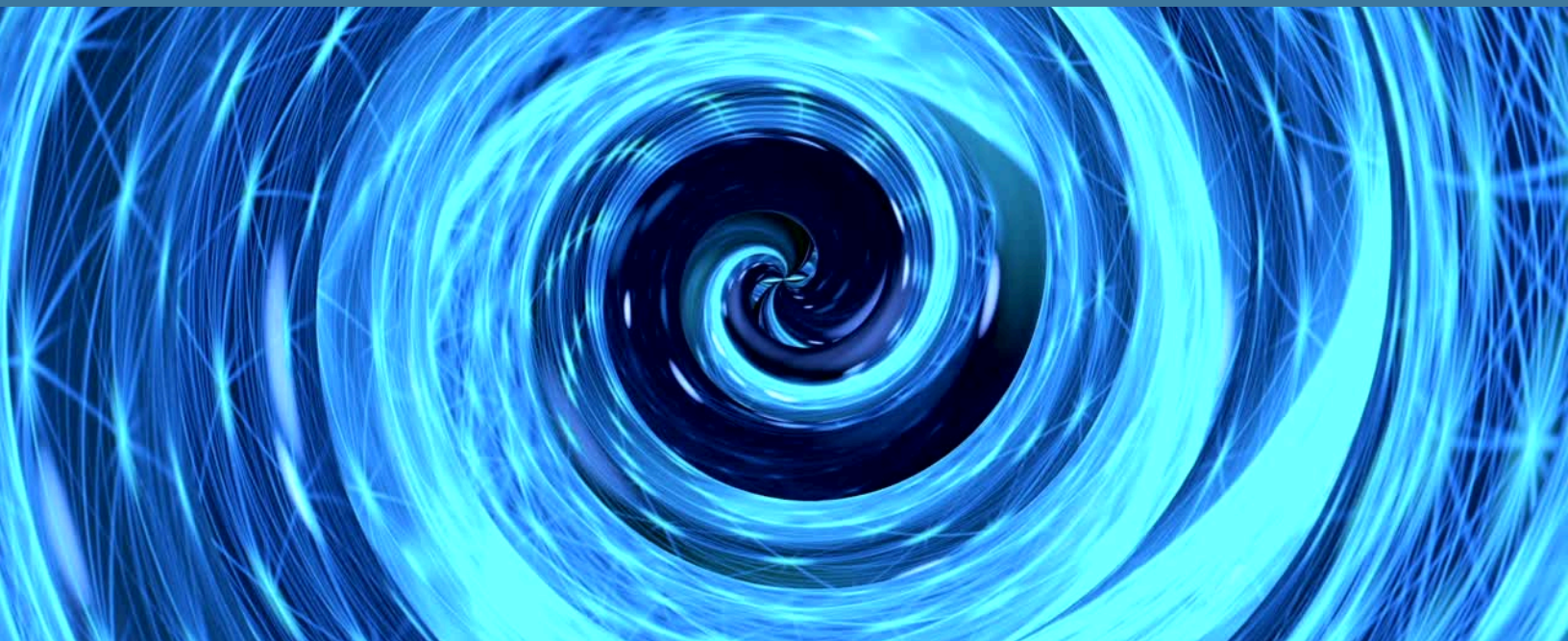
*Any Questions?*



# How Hypnosis and the Octave's Method Can Transform Your Life

HYPNOSIS IS A POWERFUL TOOL THAT WORKS WITH YOUR SUBCONSCIOUS MIND (88%) TO CREATE MEANINGFUL, LASTING CHANGE. USING THE OCTAVE'S METHOD, I GUIDE YOU THROUGH SEVEN KEY AREAS: OBSERVATION, COMPASSION, THERAPY, ANIMALS (PLAYFULNESS), VICTUALS, EXERCISE, AND SOCIALIZE. THESE ELEMENTS COMBINE WITH POSITIVE SUGGESTIONS DURING HYPNOSIS TO HELP YOU ACHIEVE WELLNESS, HAPPINESS, AND SUCCESS. IN EACH SESSION, YOUR CONSCIOUS MIND (12%) STAYS FOCUSED WHILE WE WORK TOGETHER TO CREATE A 100% EFFORT TOWARD YOUR GOALS. WHETHER YOU ARE SEEKING HEALING, CLARITY, OR PERSONAL GROWTH, HYPNOSIS AND THE OCTAVE'S METHOD PROVIDE AN INTEGRATIVE PATH TO TRANSFORM YOUR LIFE.

Click for a FREE self-hypnosis recording





## Nutritional Coaching

### Avocados, Avocados, Avocados, Avocados and more

The avocado, often referred to as "nature's butter," has a rich history dating back thousands of years to Central and South America, where it was cultivated and revered by ancient civilizations. Known for its creamy texture and versatility, the avocado is more than just a delicious fruit; it is packed with nutrients that support both physical and mental health.

#### Nutritional Benefits

Avocados are loaded with healthy fats, particularly monounsaturated fats, which support heart health and brain function. They are also rich in vitamins such as B6, E, C, and folate, which play crucial roles in mood regulation and reducing inflammation.

#### Mental Health Support

The healthy fats in avocados support the production of neurotransmitters like serotonin, often referred to as the "happiness chemical." Additionally, their high levels of magnesium and potassium help regulate stress and improve overall mental well-being. These nutrients can be particularly beneficial for those dealing with anxiety, depression, or trauma.

#### Interesting Facts

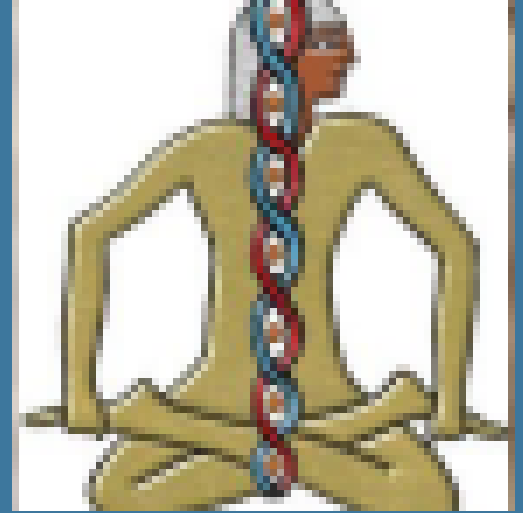
The word "avocado" originates from the Aztec word "ahuacatl," meaning "testicle," due to its shape and association with fertility.

Avocados were once considered a luxury item and were nicknamed "butter pears" in the early 20th century.

Despite their creamy texture, avocados are classified as berries!

Incorporating avocados into your diet is a simple and delicious way to support your journey toward wellness and mental health. Add them to salads, smoothies, or enjoy them on their own. Your body, mind, and spirit will thank you!

# Trauma & Social Work Podcast



MINDFULNESS MATTERS: GROUNDING TECHNIQUES FOR EVERYDAY CALM

SHIFTING PERSPECTIVES: FROM NEGATIVITY TO POSITIVITY WITH LOVE AND RESPECT

LIFE PURPOSE: A JOURNEY FOR BODY, MIND, AND SPIRIT

TRAUMA SENSITIVE MEDITATIONS: HEALING PTSD & DEVELOPMENTAL TRAUMA

EXPLORING SPIRITUALITY, TRUST AND SECURE ATTACHMENT

“

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

”

Get your copy on [AMAZON](#)

# Heal Thy Mind



7 Strategies Towards Mental Wellness, Happiness, and Success

By: Tonya Octave, LCSW