



# Know Thy Self

## INTEGRATIVE MENTAL WELLNESS HUSTLE



“ Why did the brain, the yoga mat, and the dog join a board game night? ”

“ Because they needed a “peace” of mind, some flexible thinking, and a chance to paws and relax! ”



ARE YOU READY TO EMBRACE A HEALTHIER, HAPPIER YOU? LET'S TAKE THE FIRST STEP TOGETHER. AT TONYA OCTAVE, LCSW, WE OFFER A SAFE, COMPASSIONATE SPACE TO GUIDE YOU ON YOUR JOURNEY TO EMOTIONAL WELLNESS AND PERSONAL GROWTH. WHETHER YOU'RE NAVIGATING LIFE'S CHALLENGES OR STRIVING FOR PERSONAL GOALS, WE'RE HERE TO HELP YOU THRIVE.

🌟 SERVICES OFFERED:

💡 PSYCHOTHERAPY: DISCOVER THE POWER OF HEALING THROUGH MEANINGFUL CONVERSATIONS.

🧘 MEDITATION COACHING: LEARN TECHNIQUES TO CALM YOUR MIND, REDUCE STRESS, AND FIND INNER PEACE.

🏃 FITNESS & YOGA COACHING: BUILD STRENGTH, FLEXIBILITY, AND A POSITIVE CONNECTION WITH YOUR BODY.

🍏 HOLISTIC NUTRITION COACHING: NURTURE YOUR BODY WITH PERSONALIZED GUIDANCE FOR HEALTHIER LIVING.

🎯 LIFE COACHING: SET GOALS, OVERCOME OBSTACLES, AND CREATE A FULFILLING, PURPOSE-DRIVEN LIFE.

🌟 HYPNOTHERAPY FOR SPECIALIZED NEEDS:

TRANSFORMATIVE SOLUTIONS TAILORED TO YOU! CHOOSE INDIVIDUAL OR GROUP PACKAGES FOR:

- 🌟 WEIGHT LOSS
- 🌟 SMOKING CESSATION
- 🌟 PAIN MANAGEMENT
- 🌟 AND MORE!

💬 TAKE THE LEAP!

IMAGINE THE LIFE YOU'VE ALWAYS WANTED—FILLED WITH BALANCE, CONFIDENCE, AND WELL-BEING. WHETHER IT'S HEALING FROM THE PAST, BUILDING HEALTHIER HABITS, OR ACHIEVING LIFELONG GOALS, TONYA OCTAVE, LCSW IS HERE TO WALK WITH YOU EVERY STEP OF THE WAY.

📞 CONTACT US TODAY:

REACH OUT TO SCHEDULE YOUR FIRST SESSION OR A FREE CONSULTATION. YOUR NEXT CHAPTER IS WAITING—LET'S WRITE IT TOGETHER!

👉 [YOUR CONTACT INFORMATION HERE]

YOU'VE GOT THE COURAGE TO START. WE'LL PROVIDE THE TOOLS TO SUCCEED. 🌱

# Psychotherapy



## UNDERSTANDING GENERALIZED ANXIETY DISORDER (GAD): WHEN WORRY TAKES OVER

CONSTANT WORRY? RESTLESS MIND? IT'S NOT JUST STRESS—GENERALIZED ANXIETY DISORDER (GAD) CAN MAKE EVERYDAY LIFE FEEL OVERWHELMING. YOU DON'T HAVE TO STRUGGLE ALONE. HELP IS AVAILABLE. 💙



### 📌 WHAT IS GAD?

GENERALIZED ANXIETY DISORDER (GAD) IS MORE THAN JUST WORRYING—IT'S PERSISTENT AND EXCESSIVE ANXIETY ABOUT EVERYDAY SITUATIONS, EVEN WHEN THERE'S NO CLEAR REASON FOR CONCERN. IT CAN INTERFERE WITH WORK, RELATIONSHIPS, AND DAILY FUNCTIONING.

### 📌 SYMPTOMS TO LOOK OUT FOR:

- ✓ EXCESSIVE WORRYING, EVEN WHEN THINGS ARE OKAY
- ✓ RESTLESSNESS OR FEELING ON EDGE
  - ✓ FATIGUE OR TROUBLE SLEEPING
- ✓ DIFFICULTY CONCENTRATING OR MIND GOING BLANK
- ✓ MUSCLE TENSION, HEADACHES, OR UNEXPLAINED ACHES
- ✓ IRRITABILITY OR FEELING OVERWHELMED
- ✓ STOMACH ISSUES OR NAUSEA

### 💡 WAYS TO ASK FOR HELP:

- 👤 TALK TO SOMEONE YOU TRUST – OPEN UP TO A FRIEND, FAMILY MEMBER, OR MENTOR.
- 📞 SEEK PROFESSIONAL SUPPORT – A THERAPIST OR COUNSELOR CAN HELP YOU DEVELOP COPING STRATEGIES.
- 🧘 TRY SELF-HELP TECHNIQUES – MINDFULNESS, MEDITATION, EXERCISE, AND DEEP BREATHING CAN EASE ANXIETY.
- 📅 CONSIDER THERAPY & MEDICATION – A MENTAL HEALTH PROFESSIONAL CAN HELP DETERMINE THE BEST TREATMENT PLAN.
- 💙 YOU DON'T HAVE TO DO THIS ALONE. IF ANXIETY IS IMPACTING YOUR DAILY LIFE, REACH OUT FOR SUPPORT. HELP IS AVAILABLE, AND HEALING IS POSSIBLE.

All Behavior Makes Sense: We Just Need to Find The Sense It Makes

# Coaching



## HOLISTIC NUTRITION COACHING

ADOPT HEALTHIER  
EATING HABITS TO  
NOURISH YOUR  
BODY AND BOOST  
VITALITY.  
ACHIEVE LONG-  
TERM WELLNESS  
THROUGH  
SUSTAINABLE,  
WHOLE-FOOD  
NUTRITION  
STRATEGIES.



## FITNESS AND YOGA PRACTICES

IMPROVE PHYSICAL  
HEALTH AND ENERGY  
THROUGH  
CUSTOMIZED  
EXERCISE PLANS.  
DEVELOP STRENGTH,  
FLEXIBILITY, AND  
INNER PEACE WITH  
TAILORED YOGA  
GUIDANCE.



## MEDITATION PRACTICES

LEARN MINDFULNESS  
TECHNIQUES TO  
REDUCE STRESS AND  
PROMOTE MENTAL  
CLARITY.  
BUILD A STRONGER  
CONNECTION WITH  
YOUR INNER SELF TO  
ENHANCE EMOTIONAL  
RESILIENCE.

## ☀️ WHY CHOOSE TONYA OCTAVE?

WITH HER BACKGROUND AS AN LCSW AND YEARS OF EXPERIENCE, TONYA COMBINES PROFESSIONAL EXPERTISE WITH HEARTFELT SUPPORT TO HELP YOU UNLOCK YOUR FULL POTENTIAL. WHETHER YOU WANT TO REDUCE STRESS, ENHANCE WELL-BEING, OR ACHIEVE MEANINGFUL SUCCESS, TONYA IS HERE TO GUIDE YOU EVERY STEP OF THE WAY.

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# Hypnotherapy



- 1** REWIRES THE SUBCONSCIOUS MIND  
HYPNOSIS HELPS CHANGE DEEP-ROOTED HABITS AND BEHAVIORS BY REPROGRAMMING THE SUBCONSCIOUS, MAKING IT EASIER TO ADOPT A HEALTHIER LIFESTYLE OR QUIT SMOKING FOR GOOD.
- 2** REDUCES CRAVINGS & TRIGGERS  
THROUGH GUIDED SUGGESTIONS, HYPNOSIS REDUCES THE URGE TO OVEREAT OR SMOKE BY ADDRESSING EMOTIONAL AND PSYCHOLOGICAL TRIGGERS, LEADING TO LONG-TERM SUCCESS.
- 3** MANAGES STRESS & EMOTIONAL EATING (WEIGHT LOSS)  
MANY PEOPLE TURN TO FOOD OR CIGARETTES AS A WAY TO COPE WITH STRESS. HYPNOSIS PROMOTES RELAXATION AND HEALTHIER COPING MECHANISMS, PREVENTING EMOTIONAL EATING AND SMOKING RELAPSES.
- 4** BOOSTS MOTIVATION & SELF-CONTROL  
HYPNOSIS STRENGTHENS WILLPOWER, REINFORCING YOUR COMMITMENT TO A HEALTHIER LIFESTYLE, WHETHER IT'S MAINTAINING A BALANCED DIET, EXERCISING CONSISTENTLY, OR STAYING SMOKE-FREE.
- 5** SUPPORTS LONG-TERM BEHAVIORAL CHANGE  
UNLIKE FAD DIETS OR NICOTINE PATCHES, HYPNOSIS FOSTERS DEEP, LASTING BEHAVIORAL TRANSFORMATION, MAKING IT EASIER TO SUSTAIN WEIGHT LOSS AND PERMANENTLY QUIT SMOKING WITHOUT FEELING DEPRIVED.

All Behavior Makes Sense: We Just Need to Find The Sense It Makes

# Trauma and Social Work

## A Mother and Son Dialogue



Trauma, Humility, and the Ego: Exploring Spiritual Lessons Across Cultures

The Power of Gratitude & Loving Unconditionally

Wrapping up Observation

Unlocking Personal Health Through Communication and the Nervous System Awareness

Compassion, Forgiveness, and Ego Health: A Journey of healing and reflection

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“

I am free, your energy  
can't affect me.

”

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## Heal Thy Mind



7 Strategies Towards Mental Wellness, Happiness, and Success

By: Tonya Octave, LCSW

