

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]

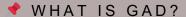
YOU'VE GOT THE COURAGE TO START. WE'LL PROVIDE THE TOOLS TO SUCCEED. 🧩

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.





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.
 - FIRY SELF-HELP TECHNIQUES MINDFULNESS, MEDITATION, EXERCISE, AND DEEP BREATHING CAN EASE ANXIETY.
- TOONSIDER 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



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

Coaching



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.

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

Hypnotherapy





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.
- 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





<u>Trauma, Humility, and the Ego: Exploring Spiritual Lessons Across</u> <u>Cultures</u>

The Power of Gratitude & Loving Unconditionally

<u>Wrapping up Obsrvation</u>

<u>Unlocking Personal Health Through Communication and the Nervous System Awareness</u>

<u>Compassion, Forgiveness, and Ego Health: A Journey of healing and reflection</u>

Don't forget YouTube: (** SUBSCR youtube.com/@HolisticClinician

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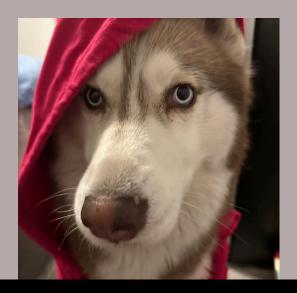
am free, your energy can't affect me.

Heal Thy Mind



7 Strategies Towards Mental Wellness, Happiness, and Success

By: Tonya Octave, LCSW



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